



Coalition News

July 2011

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Stuart, FL 34996
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www.mchealthystart.org

Reminders and News:

- Family Law Forum meets the first Tuesday of each month at the Father & Child Resource Center from 6:30-8:30pm. Free legal advice on issues affecting families and children. Call (772) 463-2888 to reserve your place.
- Pregnant? Get Prenatal Care! Call the Prenatal Outreach Center at (772) 463-2141
- Baby Basics classes are available by appointment. Call (772) 284-5700 for more information.
- Interconception Counseling and Education services are provided at the Prenatal Outreach Center, at home, and/or at clinic visits. Call (772) 463-2141.



Local celebrities compete to support healthy babies !

“Dancing with the Martin Stars” at the Lyric Theatre Saturday, September 24

Seven recognizable Martin County business professionals will put their bodies to the test and their dignity on the line for a night of dance competition and a whirlwind of fun to raise money for **The Martin County Healthy Start Coalition**.

Like the actual “Dancing with the Stars,” this dynamic cast of local volunteer stars – all dance novices – will be well-paired with local professional dance instructors. The volunteers will spend the next several months preparing for an award-winning dance performance. They are certain to please the crowd with their poise, footwork, rhythm, choreography and fundraising abilities.

The winner of “Dancing with the Martin Stars” is determined not only by dancing ability but also by fundraising performance. The star who receives the most votes at the event for his or her performance and raises the most money outside of the event through sponsorships and donations will be the winner. For those interested in helping a candidate, please contact the candidate personally. Tickets can be purchased in advance at www.lyrictheatre.com.

This is the first time this event has been held in Martin County. Scott Berry, Executive Director of Martin County Healthy Start Coalition, said, “It’ll be a fun-filled evening of entertainment. We’re thrilled the community has come together to support us so much.”

The affair will be emceed by local celebrity, Hamp Elliott, Program Director of radio station 93.7.

All proceeds benefit Martin County Healthy Start Coalition, which is dedicated to ensuring that every baby born in Martin County is born healthy.

Healthy Start Board of Directors 2011-2012

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City of Stuart Police
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Center

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Healthy Start Funders



United Way
of Martin County



Allegany Franciscan Ministries, Inc.

Dancing with the Martin Stars

Local stars and instructors heading to the dance floor include:



Marc Baldinger, CFO of Regency Affiliates, with Shelia Soler of All That Swing.



Lisa Holland, Owner of Stroller Strides, with Bob Murray of Instructor Center for Therapeutic Massage.



Robert Crowder, Martin County Sheriff, with Thany Lin of Dance Lessons for Everyone.



Stephen Leighton, District Director for Congressman Tom Rooney, with Emily Powers of New Rio Ballroom.



Eileen Hatt, Senior Vice President/Regional Manager of Seacoast National Bank, with Craig Galvin of Dance Studio.



Sue Kinane of Kinane Corporation Commercial Printing with a dance professional Marc C. Martin of Rio Ballrooms.



Michael Mortell, Stuart City Commissioner, with Amanda Farino of Dance Academy of Stuart.

Martin County Healthy Start Coalition Staff

Scott R. Berry
Executive Director

Lisa Wilson
Prenatal Outreach Coordinator

Carlos Velez
Fatherhood Educator

David Cardno
Director
Father and Child Resource
Center

Alexandria Velez
Community Health Educator

Roy Stevens
Community Educator

Natalie Peraza
Community Health Educator

Evette Santiago
Fiscal Administrator

Aubrey Jones
Community Liaison/QA Specialist

Dulce Angulo
MomCare Advisor

Ellie Duell
Receptionist

did you know?

Approximately 15% of women experience significant depression following childbirth.

Depression during and after pregnancy occur more often than most people realize. Depression during pregnancy is also called antepartum or prenatal depression, and depression after pregnancy is called postpartum depression.

Approximately 15% of women experience significant depression following childbirth. The percentages are even higher for women who are also dealing with poverty, and can be twice as high for teen parents. Ten percent of women experience depression in pregnancy. In fact, perinatal depression is the most common complication of childbirth.

Symptoms can start anytime during pregnancy or the first year postpartum. They differ for everyone, and might include the following:

- Feelings of anger or irritability
- Lack of interest in the baby
- Appetite and sleep disturbance
- Crying and sadness
- Feelings of guilt, shame or hopelessness
- Loss of interest, joy or pleasure in things you used to enjoy
- Possible thoughts of harming the baby or yourself

It is important to know the risk factors for antepartum and postpartum depression. Research shows that all of the things listed below put you at a higher risk for developing these illnesses. If you have any of these factors, you should discuss them with your medical provider so that you can plan ahead for care should you need it.

- A personal or family history of depression, anxiety, or postpartum depression
- Premenstrual dysphoric disorder (PMDD or PMS)
- Inadequate support in caring for the baby
- Financial stress
- Marital stress
- Complications in pregnancy, birth or breastfeeding
- A major recent life event: loss, house move, job loss
- Mothers of multiples
- Mothers whose infants are in Neonatal Intensive Care (NICU)
- Mothers who've gone through infertility treatments
- Women with a thyroid imbalance
- Women with any form of diabetes (type 1, type 2 or gestational)



Postpartum and antepartum depression are temporary and treatable with professional help. If you feel you may be suffering from one of these illnesses, know that it is not your fault and you are not to blame. You can go to www.postpartum.net and use the [Get Help](#) page to reach out now. We understand what you are going through and will connect you to people who can help.



text4baby Contest!

Text4baby is a free health text messaging service that provides information and resources for pregnant and new mothers. The text4baby program just launched the **Summer Sign-Up Contest**, an opportunity to spread the word about the important text4baby effort. The top 20 contestants who enroll the most women in the text4baby service between now and September 10th will win a year's supply of baby products and a special gift, courtesy of text4baby's Founding Sponsor, Johnson & Johnson. To participate in the Contest, visit www.text4baby.org

Support the Healthy Start Coalition!

Your gift can provide:

- \$30:** *Infant CPR class for 1 participant*
- \$60:** *Crib for an infant*
- \$100:** *Materials for Health Education and Literacy Classes*
- \$250:** *Prenatal Care Assistance for mothers-to-be in need*
- Other:** \$ _____ *Support for the continued operation of the Prenatal Outreach Center*

*Please make checks payable to:
Martin County Healthy Start Coalition, Inc.*

Return this form with your donation to:

Martin County Healthy Start Coalition, Inc.
2026 SE Ocean Blvd.
Stuart, FL 34996

Or donate online at: www.mchealthystart.org

Thank you for your support of Martin County Healthy Start Coalition

Prenatal and Infant Screening Rates are crucial to the success of the Healthy Start Program. Each obstetrical provider serving Martin County residents is tracked on the number of clients who accept Healthy Start services and consent to the Healthy Start screen. Each practice has developed its own way to promote the crucial Healthy Start Program. The following screening rates are for this fiscal year, from July 1, 2010—May 30, 2011.



Featured Healthy Start baby entering screens!

Prenatal Screening Results for Martin County Residents

2010-2011

- Martin County Health Department— 462/437, 95%
- Women's Health Specialists— 205/166, 81%
- Physicians to Women— 213/176, 83%
- Women's Health Care of Pt. St. Lucie— 31/28, 90%
- St. Lucie Women and Children— 14/13, 93%
- Palm Beach County— 140/78, 56%
- Okeechobee County— 1/1, 100%

Thank you

Thank you to all of our providers and those who administer screens for your continued attention to consent rates!
You are truly helping every baby have a healthy start!