



## COALITION NEWS

JUNE/JULY 2009



2026 SE Ocean Blvd. Stuart, FL 34996 Phone: 772-463-2888 Fax: 772-463-2896

### Reminders and News:

- 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.
- Baby Basic Moms Club Meetings are every Wednesday from 2-3pm at the Prenatal Outreach Center and Mondays and Wednesdays at 12pm at the Martin County Health Department. Health Department classes are conducted in English on Mondays and Spanish on Wednesdays in the WIC Education room. Call (772) 284-5700 for more information.

### LETTER FROM THE EXECUTIVE DIRECTOR

Greetings,

As the summer months approach us, it is important to keep in mind summer safety tips for moms-to-be and infants.

Pregnant moms-to-be are especially vulnerable to the hot Florida months. Some tips to keep in mind include:

1. Stay hydrated—make sure you get 8 glasses of water a day
2. Avoid overexposure—stay in the shade and wear a hat and sunglasses in the sun
3. Cool down when overheated—take a cool swim or shower or use cold packs to keep yourself from overheating
4. Run errands in the cooler

hours—or ask for help running errands!

5. Rest—listen to your body and rest as needed
6. Relieve swelling—use cold socks and avoid salt

For infants, summer safety is essential. Babies have thin skin and are more at risk to sunburn. Babies under 6 months old should not be exposed to direct sunlight and only small amounts of sunscreen should be used when absolutely necessary. For infants over the age of 6 months, short periods of sun exposure with an SPF of 10-15 is recommended.

As with pregnant moms, infants are more susceptible to dehydration during the

summer months. Infants under 6 months may need to nurse more frequently to replace fluids, and infants over the age of 6 months can be offered small amounts of water and juicy fruits.

Extra precautions should always be taken around water and infants should never be left alone near even a few inches of water. Infants should never be left alone in a car, even for a minute!

Please remember these safety precautions this summer and have an enjoyable (and safe) summer!

Sincerely,

Lisa Olds, Executive Director

### Pregnant? Get Prenatal Care—call 772-463-2141

The Prenatal Outreach Center can help you find:

- Medicaid Health Insurance
- A Doctor
- A Maternity Care Advisor
- Referrals to WIC
- Referrals to Healthy Start
- Educational Materials

**Prenatal Outreach Center**  
3257 SE Salerno Road  
Stuart, FL 34997  
772-463-2141



Girl Scouts of Southeast Florida

### Thank you to the Girl Scouts Baby Basics Donation Drive



**The Girl Scouts of Southeast Florida recently collected a variety of baby supplies—from diapers to car seats—and donated them to Healthy Start and Healthy Families Coalitions across South Florida. Lisa Wilson, Prenatal Outreach Coordinator was able to fill an SUV with tons of baby supplies for our moms-to-be here in Martin County.**

**Thank you to all the girls for your hard work and compassion!**

## Healthy Start Funders



Children's Services Council  
OF MARTIN COUNTY



Community Foundation  
For Palm Beach and  
Martin Counties

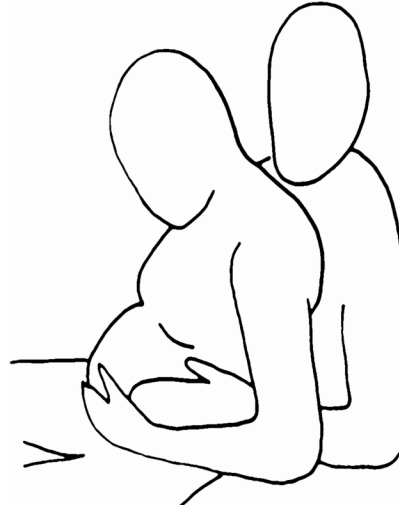


United Way  
of Martin County



## WALKING OR BEING UPRIGHT CAN SHORTEN LABOR WITHOUT COMPLICATIONS

Most women in the developed world and health facilities in low income countries lay down in a bed during the first stages of labor. A woman reclining or laying down on the side or back during the first stages of labor makes it easier for hospital staff to monitor progression and check the baby. However, lying on the back causes the weight of the pregnant uterus to rest on the abdominal blood vessels, which can lead to contractions that are less strong and not as effective in cervical dilation and the descent of the



baby (The Cochrane Library, 2009).

A study of the Cochrane Pregnancy and Childbirth Group's Trial Register showed that labor may be

approximately an hour shorter for women who remain upright or walk around during the first stage of labor. 3,706 women who remained upright during the first stage of labor were studied. These women were chosen at random.

Although it was rare for women who remained upright to use epidural analgesia, 1,176 women using epidural analgesia were studied. For those women, remaining upright did not change the length of time for the first stage of labor.

## BREASTFEEDING CUTS MOMS' RISK OF HEART DISEASE

According to new data, breastfeeding can cut a women's risk of heart disease, stroke, and diabetes. A study conducted by Eleanor Bimla Schwarz, MD at the University of Pittsburgh collected data from 140,000 post-menopausal women enrolled in the Women's Health Initiative who had given birth.

Data showed that the risk of heart disease, stroke, and diabetes caused by pregnancy was offset by breastfeeding. If women breastfed for one or more months, they were less likely to have

diabetes, high blood pressure, or high cholesterol. Women who breastfed more than six months during their lifetime were less likely to have a heart attack or stroke (WebMD 2009).

Additionally, a study of 624 adults born in Amsterdam during the Dutch famine shows that breastfeeding can reduce the risk of heart disease in infants as well. 83% of those studied were breastfed exclusively for at least the first 10 days of life. The remaining participants were partially or completely bottle fed. Those participants who were bottle fed were found to have impaired



insulin functioning compared with those participants who were breastfed. Insulin production is essential to preventing diabetes and other ailments. Chronic problems can result when the blood sugar is not kept regulated - most common are vascular problems that can lead to hypertension, coronary artery disease, stroke and peripheral vascular disease.

# 2009 Annual Luncheon



Above, from left: Father Peter Kyriakos from St. John's Greek Church presents a check to Lisa Olds, Executive Director. Center: Mr. Robert Spencer is presented with a Healthy Start Hero Award. Far Right: Patricia Kodish from the March of Dimes speaks about late preterm births in Martin County.



Above, from left: Darren Steele, MCHS Board Member; Elizabeth Motto-Barbella, Director of Policy and Operations, Children's Services Council of Martin County; State Representative Adam Fetterman; LC Campbell, Jr., MCHS Board President.



Top, Left: Martin County Commissioner Ed Ciampi and Sheriff Robert Crowder. Bottom, Left: MCHS Board Members Haley Colina and Dale Martinez. Top, Right: MCHS Community Advocate Lorene Grant and former Advocate Mary Davis. Bottom, Right: MCHS Board Member Darren Steele with his wife, Nereida, and their Healthy Start baby, Katherine Isabel.



### Mission Statement

To establish a system in Martin County that ensures that all families have access to prenatal care and that ALL infants and children up to the age of three have access to services that promote healthy growth and development.

# HEALTHY START SCREENING RATES

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 2008 through April 2009.



Featured Healthy Start baby entering screens!

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!

## MEET OUR STAFF

### KIM WASER, COMMUNITY LIAISON

Kim Waser is a Floridian who has resided in Martin County since the age of 8. She attended Hobe Sound Elementary, Murray Middle School, and South Fork High School, where she served as captain of the swim team and class historian. She was awarded her Bachelors of Arts degree by Florida State University. At Florida State, Kim served as the Deputy Director of Disabled Affairs for the Student Government Executive Cabinet and as the Deputy Director of Student Groups for the Homecoming Executive Committee.

As Deputy Director of Disabled Affairs, Kim assisted a Florida State student with a disability in creating ACCESS (Advocates Creating Community for Every Seminole Student) in order to bring together students with disabilities, many of whom were living

on their own for the first time.

Kim is a Hugh O'Brian Youth Leadership Graduate, a Presidential Classroom Honors Graduate, and spent over 250 hours volunteering at the Mayor's Office in Mangonia Park, Florida. Kim enjoys swimming and spent two years coaching the South Fork High School swim team. She is currently a volunteer Guard Start junior lifeguarding instructor with the American Red Cross.

Kim joined Healthy Start in October of 2008 as the Community Liaison. In her spare time, she enjoys spending time with her family, boating, and being as close to the water as possible!



### Prenatal Screening Results for Martin County Residents

2008-2009

- Martin County Health Department— 443/455, 97%
- Women's Health Specialists— 151/184, 82%
- Physicians to Women— 170/224, 76%
- St. Lucie Women & Children— 9/10, 90%
- Coastal OBGYN— 8/8, 100%
- Women's Health Care of Pt. St. Lucie— 8/8, 100%
- FCHC (Ft. Pierce)— 1/1, 100%
- Grace Women's Health Specialists— 1/1, 100%
- Palm Beach County— 68/101, 67%
- Indian River County— 1/1, 100%

## Father's Day Quiz

June 21<sup>st</sup> is Father's Day – a holiday to celebrate fatherhood and the contribution that fathers make to family life. So let's see what you know about this important day.

1. In which US city was Father's Day first celebrated?  
Washington, DC  
New York,  
Spokane
2. In what year was Father's Day first celebrated?  
1896  
1910  
1927
3. Name the lady who was the driving force behind the establishment of Father's Day?  
Eleanor Roosevelt  
Sonora Dodd  
Susan B. Anthony
4. Which US President proclaimed the third Sunday in June as Father's Day?  
Calvin Coolidge  
Woodrow Wilson  
Lyndon Johnson
5. In which year was the holiday officially recognized?  
1936  
1989  
1972
6. Why do telecommunications companies like Father's Day?  
busiest phoning day of the year  
largest number of collect calls in a day  
busiest day of year for cell phones
7. Which one of the following countries does NOT celebrate Father's Day on the third Sunday of June?  
Argentina  
Malaysia  
Brazil  
Japan  
Turkey
8. In terms of the number of greeting cards sent on a holiday, what does Fathers Day rank as?  
First  
Third  
Fifth  
Tenth

To see how many you got right, email David Cardno at [dcardno@mchealthystart.org](mailto:dcardno@mchealthystart.org)

*Happy Father's Day!*