



Greetings,

It is time for us to revisit the importance of implementing a strong system of preconception and interconception care. The establishment of the Prenatal Outreach Center has been pivotal in successfully addressing the barriers women encounter when attempting access to prenatal care. The next step in addressing infant mortality, fetal deaths, low birth weight babies and prematurity (ie., poor birth outcomes) is to provide a full spectrum of services from preconception to interconception care – or as the March of Dimes National Initiative states: *Before, Beyond and Between pregnancies.*

Preconception/Interconception Care is defined by the Centers for Disease Control and Prevention (CDC) as interventions that identify and modify biomedical, behavioral and social risks to a woman's health and future pregnancies. It emphasizes those factors that must be acted on either before conception, in between pregnancies or early in the pregnancy that have the greatest impact on a women's health and the birth outcome. Preconception/Interconception health helps women think about how their behaviors, lifestyles and medical conditions affect their ability to live healthy lives and to have healthy children. It provides them with the opportunity to be assessed for risks, to be counseled about healthy living, and to be connected to clinical services if needed.

As we move forward to address this next pivotal component in ensuring positive birth outcomes for all babies and healthy pregnancies for all women, we ask for your support and continued commitment to the Healthy Start Coalition and thank you for your valued involvement in giving every baby a Healthy Start!

- Lisa Olds, Executive Director

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 630-830pm. 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.

Upcoming Meetings:

- Family Law Forum, April 7th at 6:30pm in the CSC Training Room
- General Coalition Meeting, March 25th, 2009 at 3pm in the CSC Training Room
- Father & Child Advisory Council Meeting, April 9th at 12pm in the CSC Conference Room

Prenatal Outreach Center Open House



Lisa Olds, Executive Director of Healthy Start, accepts a \$500 donation from St. John's Chrysostom Greek Orthodox Church. The check was presented by Father Peter Kyriakos and members of St. John's. Members pictured from left to right are: Maria Blond, Steve Chachakis, Ted Parasco, Katherine Coury, Fr. Peter Kyriakos, Joanne Xydias, Caliope & James Shenias, and Helen & George Blond.



Christina Kaiser, winner of the 50/50 raffle at our Open House, donates her winnings back to the Healthy Start Coalition. Thanks, Christina!

## HEALTHY START FUNDERS



Children's Services Council  
OF MARTIN COUNTY



Community Foundation  
For Palm Beach and  
Martin Counties



United Way  
of Martin County



Allegany Franciscan Ministries, Inc.

## HIV VACCINE TESTED ON MONKEYS

Scientists have created a new strain of HIV that is able to infect monkeys, called simian-tropic HIV-1 or stHIV-1. The creation of the virus allows scientists to test HIV drugs and vaccines in monkeys before testing them in human beings.

The virus was created by removing one HIV gene (or *sif*) to create a decently good copy of the virus that infects humans. However, the monkeys do not develop AIDS or get sick.

An experimental microbicide has been tested and has provided protection in monkeys against HIV. HIV infects the body by entering through the T-Cells sent to attack the virus after exposure. The microbicide inhibits immune signals that dispatch the T-Cells, thus preventing it from entering the T-Cells and attacking the body (Los Angeles Times, March 2009).

The study conducted by the University of Minnesota Medical School involved administering the microbicide



(glycerol monolaurate or GML) to five monkeys and then exposing them to stHIV-1. After two weeks, all 5 monkeys tested negative for the virus, whereas 4 out of the 5 monkeys exposed to the virus who did not receive the GML vaccine tested positive.

The University of Minnesota has applied for patents for the GML compound with a personal lubricant, the ultimate goal being to develop a gel that can be used by both men and women (Minneapolis Star Tribune,

March 2009).

According to microbiologist Patrick Schlievert, one of the lead scientists in this study, women could apply the gel vaginally an hour or so before sex.

Due to cultural pressures in many parts of the world deterring condom use, Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, said an effective microbicide would "empower women to protect themselves in a sexual situation in which they may not have complete control (Los Angeles Times, March 2009)."

## PRECONCEPTION/INTERCONCEPTION CARE

Preconception/Interconception care is critical in improving the health of our community. The preconception visit was labeled the most important prenatal care visit by the US Public Health Task Force in 1989, but the Healthy People 2000 report estimated that only 20-50% of primary care physicians routinely offer appropriate preconception information.

Preconception/Interconception care, defined by the Centers for Disease Control and Prevention (CDC) as interventions that identify and modify biomedical, behavioral and social risks to a woman's health and future

pregnancies, emphasizes those factors that must be acted on either before conception, in between pregnancies, or early in the pregnancy.

Those risk factors include women with diabetes, a high BMI (Body Mass Index), a previous preterm labor, a previous still birth or miscarriage, a chronic disease, a history of STDs, women who smoke, drink, or use illicit drugs, and women with physical, mental, or emotional disabilities.

Interconception care, health care in the interval between pregnancies, aims to increase

folic acid fortification, treat dental conditions, diagnosis and treat any infections, and ensure an adequate immunization status. Family planning and education on optimal birth intervals is also a primary focus, as the length of time in between pregnancies is an important factor in achieving positive birth outcomes. One of the Healthy People 2010 objectives is the reduce the proportion of births occurring within 24 months of a previous birth.

While moving toward the goal of providing all women with interconception care, experts strive to work within existing

systems to provide care for all women, especially those at elevated risk, to have a positive impact on pregnancy outcomes and women's health.



## MARCH FOR BABIES UPDATE

Our March of Dimes March for Babies team has raised \$260.00 as of the time of this newsletter's printing. Although we have made a great start, we are still far from our goal of raising \$1500.00 to benefit all babies.

Money raised through this event supports programs in communities that help moms have healthy, full-term pregnancies. It also funds research to find answers to the serious problems that threaten babies.

We at Martin County Healthy Start urge every member of the coalition

**Join our Team!**



to join us on April 25, 2009 in the annual March for Babies. We invite you to show your commitment by joining our team online. Simply visit [www.marchforbabies.org/629227](http://www.marchforbabies.org/629227) and click "join this team."

### Penny Wars Update

The Father and Child Resource Center, the Prenatal Outreach Center, the Care Coordinators, and the Healthy Start Main Office have been competing in a Penny War since January.

Teams earn one point for every penny added to their bucket, and lose a point for each cent of all silver coins added (5 pennies equals 5 points and one quarter equals negative 25 points). The results so far:

**Outreach Center: +154**  
 Care Coordinators: +10  
 Father & Child: -132  
 Healthy Start MO: -178

Look for updated results next month!

### Our Team's Event:

Team Name: Martin County Healthy Start

Team Page:  
[www.marchforbabies.org/629227](http://www.marchforbabies.org/629227)

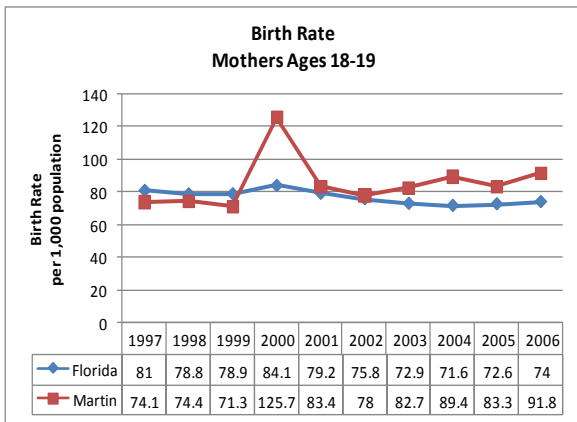
Memorial Park  
 April 25, 2009  
 Memorial Park  
 100 E Ocean Boulevard  
 Stuart, FL 34994

Walk Distance: 3 miles  
 Registration Time: 7:00AM  
 Start Time: 8:00 AM  
 Chapter: Treasure Coast Division  
 Phone #: (772) 562-0115

### Did you Know?

The number of births to women ages 18-19 in Martin County has increased by 36% from 2002 to 2006.

86.2% of mothers ages 18-19 who delivered in 2006 were uninsured.



Save the Date

Martin County Healthy Start Coalition  
 Annual Luncheon

Friday, May 15th, 2009  
 11:30am-2:30pm  
 Monarch Country Club



### 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 January 2009.



Featured Healthy Start baby entering screens!

## *Prenatal Screening Results for Martin County Residents*

*2008-2009*

- Martin County Health Department- 301/310, 97.1%
- Physicians to Women- 111/155, 71.6%
- Women's Health Specialists- 98/123, 79.6%
- St. Lucie Women & Children- 8/9, 88.8%
- Coastal OBGYN- 3/3, 100%
- Women's Health Care of Pt. St. Lucie- 3/3, 100%
- FCHC (Ft. Pierce)- 1/1, 100%
- Grace Women's Health Specialists- 1/1, 100%
- Palm Beach County- 46/70, 65.7%
- Broward County- 0/1, 0%
- Alachua County- 0/1, 0%

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

**EULALIA FRANCISCO,  
MOMCARE ADVISOR**

Eulalia has been with Healthy Start since 2006. She originally joined us as a Healthy Start mom when she was pregnant with her adorable 2 year old, Rihanna. Her care coordinator was Hilda Fernandez, who helped Lala transition from a Healthy Start mom to a Healthy Start employee.

In September of 2006, she began working at the Martin County Health Department assisting Hilda Fernandez. From there she worked as a Healthy Start Community Advocate and the Healthy Start Administrative Assistant before transitioning into the MomCare program. She originally worked part time in the MomCare program while continuing with community outreach work, but is now the full time MomCare Advisor.

Eulalia was born and raised in Martin

County (born in Stuart and raised in Indiantown). She attended the Hope Rural School, Indiantown Middle School, and South Fork High School. She is currently studying at IRSC and hopes to enroll in the nursing program this upcoming fall.

Eulalia is married and has one daughter. She enjoys spending as much time as she can with her beautiful daughter, Rihanna, a very happy Healthy Start baby! Eulalia enjoys soccer, shopping, going to the gym, and staying active.

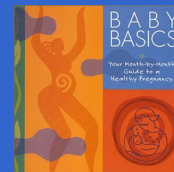


**Pregnant?  
Get Prenatal Care—call  
772-463-2141**

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**



*Martin County Healthy Start  
Presents:*

**Baby Basics  
Moms Clubs**  
*Club Hola Bebe  
(En Espanol)*

A Prenatal Health Education and Health Literacy Program

Wednesdays at 2pm at the  
Prenatal Outreach Center  
3257 SE Salerno Road

Now offered at the Health Department!  
Mondays at noon in English  
Wednesdays at noon in Spanish  
(Miercoles En Espanol)



From the authors of the best-selling parenting series, "What to Expect When You're Expecting" Murkoff, Eisenberg, & Hathaway