



## COALITION NEWS

MAY 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,

Martin County Healthy Start is pleased to announce receipt of additional funding from the Children's Services Council to implement inter-conception care education in Martin County.

The interconception period is defined as the period between a woman's pregnancies. Risk factors, including 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 physi-

cal, mental, or emotional disabilities must be acted on prior to the pregnancy in order to positively impact the birth outcome.

Interconception care aims to increase folic acid fortification, treat dental conditions, diagnosis and treat any infections, and ensure an adequate immunization status.

With this additional funding, Healthy Start will be able to implement an interconception education program for women in Martin County who are at an increased risk for a poor birth outcome or women who have had a pregnancy that ended in an adverse outcome.

According to the 2005-2007 rolling three year average for Martin County, 18% of all mothers giving birth to low birth weight babies had an inter-pregnancy interval of less than 24 months (Center for Disease Control recommends a minimum of 24 months between pregnancies). With the implementation of interconception care, we hope to reduce the number of preterm, low birth weight, and very low birth weight babies in Martin County.

Sincerely,

Lisa Olds. Executive Director

### Bedtime with Dad

Do you tuck your kids into bed every night? If you don't, you're missing one of the great joys-and opportunities-of fatherhood. I believe those fathers who stand the tallest are those who kneel at the side of their children's beds.

Listen to what a first grader wrote about her dad in one of our essay contests:

*At night before bed we talk about our day and if I am sad or scared he always makes me feel good before going to sleep because he reminds me of the good things that happened.*

It's interesting that when we ask kids to write about their fathers, many of them choose to say something about bed-

time. But it's not surprising if we think back to when we were their age. There were monsters trampling through our dreams too, and strange shapes on the opposite walls of our bedrooms.

As fathers, we can have a profound effect on our kids' state of mind in those final moments of the day. Our children look to us for strength, stability and security as they drift off to sleep. But, too often, the day ends with hurried baths, last-minute homework and, perhaps worst of all, cross words about "staying up too late." Instead of providing stability, we end the day on a downer.

Tonight, look at bedtime as a great opportunity-not a painful obligation. It's a time when your kids will be most receptive to you (even if their only motivation is staying up for another fifteen minutes). We can use that time to help our children gain a healthy perspective on the positives and negatives that they experienced during the day. We can help them sort out their feelings and set a positive tone for whatever tomorrow will bring.

Most of all, bedtime is a perfect chance to speak the words of blessing that all children need so desperately to hear. What better way to punctuate the end of a child's day than to af-

firm them for who they are as our beloved children, in whom we are well pleased.

Nicholas-a first grader-wrote this about his dad:

*He gets home late but I still feel his big strong hands put the sign of the cross on my forehead saying, "God bless." Then he leans to my ear and whispers, "Sleep with angels, son. Daddy loves you."*

Ken Canfield

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## Healthy Start Funders



Children's Services Council  
OF MARTIN COUNTY



Community Foundation  
For Palm Beach and  
Martin Counties



United Way  
of Martin County



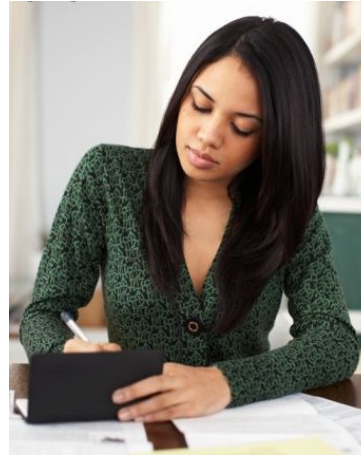
Allegany Franciscan Ministries, Inc.

## CURRENT ECONOMY CAUSING WOMEN TO DELAY PREGNANCY

According to a new Gallup Organization Survey conducted for the American College of Obstetricians and Gynecologists, women are delaying pregnancy as well as their annual well-woman exam.

14% of women ages 18-44 who were surveyed said that the economy has had an effect on their plans to increase the size of their family. The percentage increases to 17% among married women exclusively. 12% of the women surveyed said that they know someone who has delayed a pregnancy because of the current economic situation. 9% of married women said that the economy was a factor in their decision to delay a planned pregnancy.

20% of the women surveyed were more concerned about an unplanned pregnancy today than they were a year ago, with 19% more conscientious about using contraceptives to prevent an unplanned preg-



nancy.

The economy is also impacting women's access to health care, with 14% of women surveyed reporting that they have delayed their annual OB-GYN check up because of the economy. Among women using birth control methods, 12% report that they have switched in the last year and 14% of those who have switch report that the switch was because of the cost. Compared to last year, 10% of women on

birth control are worried that they may not be able to afford it. 3% of women who stopped using birth control in the last year, stopped because they could no longer afford it.

The results of the survey show significant trends that support that the economy is impacting women's reproductive decisions and family planning. However, when it comes to women's reproductive health, Dr. Douglass Kirkpatrick, President of the American College of Obstetrics and Gynecology states, "An important message that unfortunately may be overshadowed by today's current economic climate, is that the benefits of preventative health care, including the annual well-women exam, far outweigh the risks of a late diagnosis or avoidable illness."

-Information collected from the American College of Obstetricians and Gynecologists.

## PREPARING FOR YOUR BABY BY PREPARING YOUR CREDIT

According to the TransUnion Credit Bureau, one of the most important steps expectant parents can take before a new baby arrives is to pay down existing debt, especially credit card debt. Once a new baby arrives, expenses go up making it harder, if not impossible to pay down credit card bills.

Here are 3 tips to reduce credit card debt before baby arrives:

1. Pay more than the minimum payment each month



2. Create your own schedule for paying bills each month
3. Negotiate with credit card companies to get a lower interest rate

Remember, an expectant couple is building a credit history for their growing family, not just for themselves. A solid credit history will benefit a family when applying for a mortgage, and will benefit their children when applying for student loans.

## TEEN PARENTS OF CRITICALLY ILL NEWBORNS DON'T GET THE SEVERITY OF THE ILLNESS

The John Hopkins Children's Center has conducted new research that shows that teenage parents of critically ill children don't understand the severity of their baby's condition.

Lead researcher, Renee Boss, MD, and her colleagues interviewed 45 mothers under the age of 21 whose critically ill newborns were being treated at the John Hopkins Children's Center Neonatal Intensive Care Unit. 97% of those mothers interviewed could accurately name at least one of their children's diagnoses and two-thirds could name a treatment, however only 17% agreed with the physician



about the severity of their child's illness. Teens were also more reluctant to ask for clarification when they did not understand medical terms.

According to Boss, "It really boils down to: Make two-way communication with parents a

top priority. Period. Ask probing follow-up questions to make sure they do get it. Ask them to summarize what they got out of the conversation and how they think it would affect their baby in the short term and in the long

term."

However, age alone is not a determining factor in miscommunication between the parents of critically ill newborns and doctors. In depth interviews with 26 mothers of babies who died at three mid-Atlantic hospitals revealed that what mothers said they were told by doctors is often contradictory to what the doctor has recorded in the chart (Medical News Today, 2008).

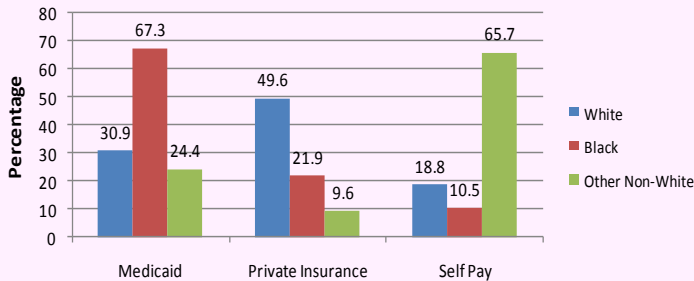
Researchers agree that the need for new communication guidelines between doctors and parents of critically ill children must be addressed.

### *Did you Know?*

60.5% of Martin County female residents giving birth in 2007 were uninsured.

The percentage of black resident births using Medicaid as the primary payment source is more than twice that of white and other non-white resident births.

**Martin County Resident Births  
Delivery Payment Source by Race  
2005-2007**



## March of Dimes

### March for Babies Results

Total Raised by Healthy Start:

**\$921.87**

### Penny Wars Results

**Outreach Center: +68**  
**Care Coordinators: +4**  
**Father & Child: -11**  
**Healthy Start MO: -539**

Congratulations to the  
 Prenatal Outreach Center  
 Penny Wars Team!

### 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!

## *Prenatal Screening Results for Martin County Residents*

*2008-2009*

- Martin County Health Department— 387/399, 97%
- Women's Health Specialists— 131/162, 81%
- Physicians to Women— 155/205, 77%
- St. Lucie Women & Children— 9/10, 90%
- Coastal OBGYN— 8/8, 100%
- Women's Health Care of Pt. St. Lucie— 7/7, 100%
- FCHC (Ft. Pierce)- 1/1, 100%
- Grace Women's Health Specialists- 1/1, 100%
- Palm Beach County— 60/80, 75%
- Brevard County—1.1, 100%
- Indian River County—1/1, 100%

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

### LISA OLDS, EXECUTIVE DIRECTOR

Lisa Olds was raised in Cherry Hill, New Jersey and moved to Florida in 1985. She and her husband, Will, have raised 5 daughters and reside in Stuart, Florida. Lisa has 4 cats and 2 dogs. She enjoys running and scuba diving.

Lisa attended Florida Atlantic University, where she earned her Bachelor's of Arts in Humanities. She has a Masters degree from Nova Southeastern University in Counseling and Education. Prior to joining the Healthy Start Coalition, Lisa was the Lead Field Evaluator for the Comprehensive Drug Research Center at the University of Miami. There, she assisted non-profits and other organizations in selecting science based programs in order to meet their outcome objectives required by funders.

Since joining the Martin County Healthy Start Coalition as Executive Director in 2005, Lisa has overseen the Coalition's growth, securing funding and increasing the Coalition's capacity for community outreach, serving women and children up to the age of 3. After two years, Lisa was able to secure funding for the opening of the Prenatal Outreach Center, which has served over 300 Martin County mothers and their babies.

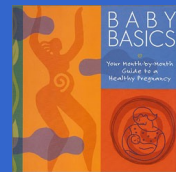


## **Pregnant? Get Prenatal Care— call 772-463-2141**

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)