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March 2014

# Martin County Healthy Start Coalition, Inc.

MARCH ~ 2014 ~ NEWSLETTER

## National Nutrition Month

On March 10th Executive Director, Scott Berry and Director of WIC & Nutrition, Leah Bowzer were presented with a proclamation naming March as National Nutrition Month.



Recently, Martin County Healthy Start was awarded with a grant from the Martin County Board of County Commissioners to fund a new program focusing on prenatal nutrition.

Women who are pregnant and display an elevated BMI at their first prenatal care visit will automatically be referred to the program. 47% of all women giving birth in Martin County meet the medical definition of overweight/obese at their first appointment. These women are at a greater risk of developing gestational diabetes, hypertension and going into pre-term labor which could lead to a less than positive birth outcome.

The new program starts mid March with a full-time registered dietician who will take an inventory of the woman's exercise and diet, prescribe an exercise

and diet regimen for the course of the pregnancy, and provide support to help the mom-to-be follow it. The dietician will be available to meet with women at their prenatal care provider, in the privacy of their own home or in the grocery store for tours and hands on learning.



For more information regarding the program contact us at: (772) 463-2888

### Reminders:

Family Law Forum meets the first Tuesday of each month at the Father & Child Resource Center from 6:30-8:30pm. Volunteer attorneys answer questions for fathers with legal obstacle to involvement with their children. Call (772) 463-2888 to reserve your place.

Pregnant? Get Prenatal Care! For assistance call the Prenatal Outreach Center at (772) 463-2141

Baby Basics classes are available by appointment. For more information call (772) 284-5700.

Interconception Counseling and Education services are provided at the Prenatal Outreach Center, at home, and/or at clinic visits. Call (772) 463-2141



**Healthy  
Start  
Funders**



**Birth defects are common, costly and critical.**

Birth defects affect 1 in every 33 babies born in the United States and are a leading cause of infant mortality. Babies who survive and live with birth defects are at increased risk for developing many lifelong physical, cognitive and social challenges. Medical care and support services only scrape the surface of the financial and emotional impact of living with birth defects.

The good news is awareness efforts offer hope for reducing the number of birth defects in the future. All pregnant women and those who may

become pregnant should be aware of the following strategies to reduce the risk of birth defects:

- Consume 400 mg of folic acid daily.
- Manage chronic maternal illnesses such as diabetes, seizure disorders, or phenylketonurie (PKU)
- Reach and maintain a healthy weight.
- Talk to a health care provider about taking any medications, both prescription and over-the-counter

- Avoid alcohol, smoking, illicit drugs, and toxic substances
- See a health care provider regularly
- Know your family history and seek reproductive genetic counseling, if appropriate.

Martin County Healthy Start can help. For more information visit our website at: [www.mchealthystart.org](http://www.mchealthystart.org)

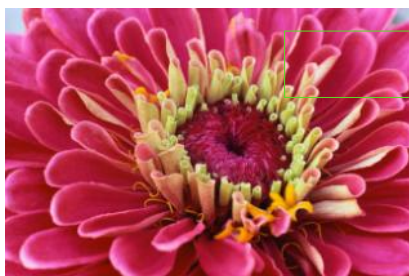
**What is preconception health and what does it involve?**

A woman's health before pregnancy is called preconception health (PCH). By improving her health before becoming pregnant, a woman can be better prepared for pregnancy and be as healthy as possible during and after pregnancy. Getting healthier involves taking steps, such as eating a healthy diet, maintaining a healthy weight, quitting smoking, limiting alcohol intake, and addressing chronic health conditions, e.g. diabetes and high blood pressure. The main goal of PCH is to provide health promotion and education, screening for diseases, and medical care for women of childbearing age (18-44 years) to improve their health and to address factors that might affect future pregnancies (CDC, 2009).

**Healthy Start Board of Directors 2012-2013**

	Teena White Indian River State College <i>Secretary</i>	Elizabeth Hawn Martin Health Systems
Dale Martinez <i>President</i>	Kim Major City of Stuart Police <i>Immediate Past President</i>	Emerald Jamison East Stuart Community Rep.
Kevin Youngblood, CPA Youngblood Solutions, PA <i>Vice President/ Treasurer</i>	Nicky Smith Devereux Community Based Care	Jane Hallick Jane's Dance Boutique
		Jason Berger Law Office of Jason Berger, PA





## March of Dimes, March for Babies

We're getting ready to walk in the March of Dimes, March for Babies walk! It promises to be a fun day out with people who share our passion for improving the health of babies. There'll be family teams, company teams and people walking with friends - it's a great feeling knowing we're all helping real families. Join our event and walk with us to raise money for babies right here in our community! April 26 at 7am in Memorial Park.



## Text4Baby



Text4Baby is a free mobile information service designed to promote maternal and child health. An educational program of the National Healthy Mothers, Healthy Babies Coalition (HMHB), text4baby provides pregnant women and new mom with information they need to take care of their health and give their babies the best possible start in life. Women who sign up for the service by texting BABY (or BEBE for Spanish) to 511411 will receive free SMS text messages each week, timed to their due date or baby's date of birth.

For more information please visit:

[www.text4baby.org](http://www.text4baby.org)

[www.facebook.com/text4baby](https://www.facebook.com/text4baby)

## Martin County Healthy Start Staff

Scott Berry  
Executive Director

Lisa Wilson  
Prenatal Outreach Coordinator

Jackie Gutierrez  
MomCare Advisor

David Cardno  
Director of  
Father and Child Resource  
Center

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Community Health Educator

Evette Santiago  
Fiscal Administrator

Aubrey Jones  
Community Liaison/  
QA Specialist

Natalie Peraza  
Community Health Educator

Ellie Duell  
Receptionist



*Ensuring that every baby in Martin County is born healthy.*



### 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.  
101SE Central Pkwy  
Stuart, FL 34994

**Or donate online at: [www.mchealthystart.org](http://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 Healthy Start Program. The following screening rates are for this fiscal year, from July 1, 2013— February 28 2014.



*Thank you*

### **Prenatal Screening Results for Martin County Residents 2013-2014**

- Florida Community Health Centers— 322/295, 92%
- Women's Health Specialists— 141/138, 98%
- Physicians to Women— 193/175, 91%
- St. Lucie County Providers— 50/44, 88%
- Palm Beach County Providers— 76/62, 82%

**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!**

