



Capital Area Healthy Start Coalition

Baby Blog

Fall 2015

Rep. Graham Announces New Legislation to Help Moms & Babies

Recently, at the Capital Area Healthy Start Coalition (CAHSC) office, Representative Gwen Graham, D-Florida, shared her plans to sponsor new legislation focused on pregnant women and infants with Medicaid-based insurance. The bill is called the Quality Care for Moms and Babies Act of 2015.

According to an article in the *Tallahassee Democrat*, the act will focus on maternity-care quality and healthy outcomes for mothers and infants. Currently, federal, state and local entities each collect their own data on infant mortality rates; this bill will centralize that information and improve access for everyone involved.

Prior to the press conference, Graham toured the Coalition office and met with staff who shared the meaning behind the remembrance quilts hanging in the board room. She was deeply touched thinking about the little lives lost so soon and emphasized the need for laws like the one she is proposing so “that no more quilts are needed for families.”

Rep. Graham is optimistic that one of her Republican counterparts will help sponsor the bi-partisan bill. The Coalition will continue to monitor the bill’s progress and share updates with supporters and advocates. [Click HERE](#) to read the full Democrat story.



FIMR Deliberations Show Need for Preconception Health



The case review team (CRT) for the Panhandle Fetal Infant Mortality Review (FIMR) met recently for its annual deliberations. Each year the CRT comes together to discuss the overall results of the cases reviewed during the past 12 months, and to offer recommendations that may address the underlying issues causing infant deaths in the community.

This year's data showed that 97 percent of the mothers had pre-existing medical conditions such as hypertension, diabetes, and mental health disorders; more than a quarter (28%) had a history of sexually transmitted disease; and more than half (52%) of the women said that it was an unplanned pregnancy. This last statistic is on par with the Centers for Disease Controls numbers which say that half (50%) of all pregnancies are unplanned.

"It is so disheartening that we continue to see manageable chronic diseases impacting women's health, pregnancies, and birth outcomes," said CAHSC Executive Director, Kristy Goldwire. "This lets us know that we still have work to do to in the area of preconception health—making sure women are healthy before pregnancy."

Good, beneficial discussion took place for nearly two hours at the deliberations. Recommendations included everything from increasing prenatal transportation in rural areas to making sure pregnant women have adequate amenities at work. These suggestions have since been shared with the community action team (CAT). The CAT is now responsible for creating or implementing one, or more, of the recommendations that is most financially feasible and mission-relevant.

The CRT meets the first Thursday of each month at Tallahassee Memorial Healthcare cafeteria at Noon. If you are interested in joining the CRT, please email Kristy@CapitalAreaHealthyStart.org. The CAT meets every other month at the Coalition office. If you are interested in joining the CAT, please email Monica@CapitalAreaHealthyStart.org.

The full deliberations report is available [HERE](#).

Fresh Faces on CAHSC Board



Our fall board member spotlight falls on Robin Glady, RN and Dr. Torhonda Lee.

Robin joins the CAHSC family from Tallahassee Memorial Healthcare (TMH) where she serves as the Nurse Manager in the family care unit. With nursing in her genes (her grandmother, mother, and now daughter are, or were, all nurses) she has been a nurse for nearly 30 years. She was a registered nurse in pediatrics for 26 years with 20 of those years as an assistant nurse manager.

"I've worked at TMH all my life and it is home for me," said Robin. "I love my job and the contributions we make at TMH towards helping our community become healthier!" That enthusiasm is now being directed toward maternal child health as she helps the Coalition fight infant mortality and low-birth weight.



Up next is Torhonda who comes aboard the Healthy Start train from Florida A&M University's College of Pharmacy and Pharmaceutical Science's Institute of Public Health. With a doctorate in health education and promotion from the University of Alabama, she has research interests in community health outreach and infant mortality, among other things.

Torhonda currently serves as an assistant professor at FAMU and volunteers with several community organizations including the Leon County Healthy Infant Partnership, Tobacco Free Gadsden Partnership, and Zeta Phi Beta Sorority, Inc.

The Coalition is excited to have both women on the Board. Welcome Robin and Torhonda!

Care Coordinator Spotlight

This quarter, CAHSC is shining the spotlight on Mary Westbrook who serves as the Healthy Start Program Manager at the Florida Department of Health in Wakulla County (WCHD). She has been with Healthy Start for the past 10 years.

Prior to leading the Healthy Start program, Mary was an RN in the clinic unit of WCHD and was also the supervisor of the maternity clinic. "I worked in the newborn nursery and problem pregnancy units at a hospital in South Florida before coming to North Florida," Mary said. "I have always been interested in maternal child health."

As a care coordinator, Mary works directly with Healthy Start clients providing them with individualized support related to their pregnancy needs. Thank you Mary for your hard work and dedication!



Annual Walk Offers Solace & Support for Grieving Families

In 2014, 67 families in Leon, Wakulla, Jefferson, Madison, Taylor and Gadsden counties experienced the devastation of a pregnancy or infant loss. To support these grieving families, the Coalition will host its annual "Walk to Remember" on Thursday, Oct. 15.

Held each year to commemorate National Pregnancy and Infant Loss Remembrance Day, the walk, which was created in 2002, gives families an opportunity to share their stories with others who have had similar experiences.

The event will start at 5:30 p.m. with a reception at the Saint Paul United Methodist Church located at 1700 North Meridian Road. Other activities will include a memorial service, the reading of a proclamation, and the reading of each baby's name and more. Refreshments, support by grief counselors, and childcare will also be available. At 7:30 p.m., participants will walk around Lake Ella paying tribute to their babies during a candlelit ceremony to the sounds of the Tallahassee Pipe Band.

A special thank you goes to our Gold sponsor, Tallahassee Memorial HealthCare.

For more information, visit [www.CapitalAreaHealthyStart.org/Walk To Remember](http://www.CapitalAreaHealthyStart.org/Walk_To_Remember) or call Tracy Coomer at 850-488-0288 x109.



The poster features the Capital Area Healthy Start Coalition logo at the top, which includes a green circle with a white silhouette of a pregnant woman and the text "Capital Area HEALTHY START Coalition Solutions for Healthier Babies". Below the logo, the title "Walk to Remember" is written in large, bold, green letters. Underneath, it says "National Pregnancy & Infant Loss Remembrance Day" and "A free Memorial event for parents/families experiencing the loss of a pregnancy or infant." The event details are listed: "Thursday, October 15th, 2015 • 5:30 • 8:30 pm at St. Paul's United Methodist Church 1700 N. Meridian Road, Tallahassee, FL 32303". A schedule of activities is provided: "5:30-6:30pm – Reception including food and beverages in Sanders Hall", "6:30-7:30pm – Memorial service in Sanctuary", and "7:30pm – Candle-lit Walk around Lake Ella". A graphic of a pink and green ribbon is shown on the left side. To the right of the ribbon, the text reads: "Join us for an evening of comfort, wisdom and hope. Enjoy the lovely music of the Tallahassee Pipe Band and Voces Angelorum." At the bottom, it lists activities: "CANDLELIGHT WALK, MEMORY QUILT, ACTIVITIES FOR CHILDREN INFO TABLES & BEREAVEMENT COUNSELORS" and provides contact information: "FOR MORE INFO CONTACT TRACY COOMER AT 488-0288 X6 OR TRACY@CAPITALAREAHEALTHYSTART.ORG".

November: Prematurity Awareness Month

Helping Little Hands
Makes a Big Difference

Risk Screen Updates

Reducing infant mortality and improving birth outcomes is the primary mission of Healthy Start. Healthcare providers help further this mission by offering prenatal risk screens to ALL moms at their first prenatal visit and infant risk screens for ALL newborns before they leave the hospital. Providers are key partners in making sure all moms and babies are healthy. Below is a snapshot of the risk screen rate, by provider, year-to-date (July 2015 to Sept. 7, 2015).

Currently, providers serving women in Leon and Wakulla counties have an average risk screen rate of 84.29%. The average infant screen rate is 98.47%. The Coalition thanks all the providers for their efforts in making sure all women are screened for risks that could impact their pregnancy.

**Prenatal Risk Screen Results for Leon and Wakulla Counties Fiscal year - July 2015
through August 2015**

Provider	Total Forms Received	Total Consenting to Complete the Screen	Percentage
<i>Prenatal Risk Screens (July 2015 - August 2015)</i>			
Drs. Hall and Morales	37	32	86.0
Jasmine's Women's Center	8	6	75.0
Dr. Alfredo Nova	24	24	100.0
Anderson-Brickler Medical Clinic	13	12	92.0
Azalea Women's Healthcare	24	23	96.0
Gynecology and Obstetrics Assoc.	82	73	89.0
North Florida Women's Care	191	167	87.0
Neighborhood Medical Center	1	1	100.0
Bond Community Health Center	2	0	0.0
Dr. Alex Davenport	21	12	57.0
Dr. Chukwuma Okoroji	18	14	78.0
Capital Regional Women's Center	21	15	71.0
Dr. H. Whit Oliver	6	5	83.0
TMH Family Practice Group	17	14	82.0
Florida Dept. of Health in Wakulla County	5	2	40.0
The Birth Cottage	14	11	76.0
Diana Janopaul (Where the Heart is Midwifery)	0	0	0.0

**Infant Screen Results for Leon and Wakulla Counties Fiscal year –
July 2015 through August 2015**

Provider	Total Infants Born	Total Infants Screened	Percentage
<i>Infant Risk Screens (July 2015 - August 2015)</i>			
Tallahassee Memorial Healthcare	477	476	99.0
Capital Regional Medical Center	87	84	97.0
The Birth Cottage	9	9	100.0