



Capital Area Healthy Start Coalition

Baby Blog

Spring 2012

Year of the Healthy Infant II



The Campaign for Healthy Babies Aims to Close the Gap

Leon County was recently awarded a \$130,000 grant from the Florida Department of Health, Office of Minority Health (OMH) to reduce racial disparity in infant mortality. Through this grant, the County has partnered with Capital Area Healthy Start Coalition to launch the “Leon County Campaign for Healthy Babies.” Improving birth outcomes and decreasing infant mortality among African Americans in Leon County through education and awareness activities are the essential goals of the campaign.

This partnership evolved at a critical time for moms and babies. Recent reports indicate in 2010 Leon County’s black infant death rate soared from 9.7 per 1000 to 18.3 per 1000- a staggering 88% increase. Twenty four black babies died in 2010; eleven more than the prior year. Over a span of a decade, this was Leon County’s highest single-year death toll. In Leon County, a black baby born in 2010 was six times more likely than a white baby to die before his/her first birthday. Finding the reasons for the sudden spike in black infant deaths is a top priority among experts in the community and steps have been taken to address the infant mortality issues plaguing Tallahassee.



Dr. A. J. Brickler was a panelist at Year of the Healthy Infant II.



Health Educator Denée Glenn explains Healthy Start services to participant.



Dr. Ed Zapert and Homer Rice, panelists at Year of the Healthy Infant II, views displays.



Candice Wilson speaks at Year of the Healthy Infant II

As part of the “Campaign for Healthy Babies” initiative, the “Year of the Healthy Infant II” convened on Saturday, March 17th at the Florida State University Turnbull Conference Center. Local agencies gave an overview of services for moms and babies and citizens were invited to share ideas, concerns and opportunities to solve this community-wide problem. A resource fair, education classes and health screenings were also available.

Dr. Cheryl Clark of the Florida Department of Health offered an in-depth overview and analysis concerning infant mortality in Leon County. Attendees had the opportunity to ask expert panelists health-related questions in an open forum. Panelists included: A.J. Brickler III, M.D.; Andrea Friall, M.D.; Kristy Goldwire, M.S.W.; Homer Rice, RS, MPH, Ph.D.; Temple Robinson, M.D.; Harold Bland, M.D., and Esias Lee, M.D. Moderating the event was CAHSC President-Elect Fran Close, Ph.D.

In addition to the “Year of the Healthy Infant II”, the Campaign for Healthy Babies has launched a targeted education and awareness media campaign focusing on safe infant sleep. These television and radio public service announcements are expected to reach an estimated 46,000 African American women and girls. Through support from and partnership with the Leon County Health Department, the education and awareness media campaign will extend beyond June 2012.

To maximize the campaign’s reach, education classes are being conducted throughout Leon County, in collaboration with various community agencies and organizations, at sites that include health centers, subsidized housing, health fairs, schools, faith-based organizations and women’s groups. Leon County and Healthy Start have emphasized that two major goals of the campaign are to reach all areas within the community and to serve as many women as possible. Healthy Start will also provide additional education classes through June 2012. Those interested in scheduling a class or having Healthy Start participate in an organizational health event should contact LaRhonda Larkins at (850) 488-0288 ext. 106.



Targeted media campaign promoting safe sleep was launched on February 1st.



Graduate Students from FAMU Department of Social Work assemble Healthy Woman Kits, which contain dental supplies, heart healthy cookbook and prenatal vitamins, as part of Health Education campaign

Meet the Closing the Gap Health Educators

In an effort to improve the overall wellbeing of African American women of childbearing age, three health educators were hired as part of the Closing the Gap grant. To date, over 700 women have been reached through health fairs and education classes in schools, health centers and subsidized housing that serve low income black women and girls, faith-based organizations and women's groups.



Denée Glenn

Denée works as both a health educator for the agency's Campaign for Healthy Babies and coordinates the S.T.R.O.N.G.E.R. Girls Afterschool Program. Before joining the Healthy Start family in 2009, she worked at Jack McLean Community Center where the program is held. She believes passion is what separates the exemplary from the mediocre. Denée is truly passionate about educating women and about the success of the girls program.

Denée graduated from FAMU in 2008 with a Bachelors in Psychology. On that same day, she tearfully accepted a marriage proposal from her boyfriend of 5 years, Breyon. The couple wed on February 21, 2010. On January 2, 2012, they welcomed a healthy baby boy. Denée believes that the wisdom gained as a Healthy Start employee helped her prepare for a healthy pregnancy and healthy baby.



LaRhonda Larkins

Before joining the Healthy Start family in 2009, LaRhonda worked as an intern for the agency from 2011-2012. She believes that God is center of all greatness and to whom much is given, much is required.

Ms. Larkins graduated from Bethune Cookman University in the spring of 2008, receiving her Bachelors in Sociology. Following her bachelor's degree she worked for Hillsborough Kids for two years as a case manager.

In 2010, she was admitted into Florida A&M University Master of Social Work program with an expected graduation date of April 28th 2012. Currently, she's a member of the National Association of Social Workers, the Havana Health & Wellness Committee in Havana, Florida and the Delta Kappa Omega Providence Community Center program Committee. In her leisure time, Ms. Larkins volunteers at local community centers and is President of the Social Work Association of Graduate Students at Florida A& M University.



Cedrika Prewitt

Cedrika is passionate about helping girls and young women reach their full potential through self-respect, self-love, and spirituality. Before joining the Healthy Start Coalition, she worked as an intern for Healthy Start at the Leon County Health Department in 2011 providing direct services to pregnant women. Cedrika graduated from Florida State University in the fall 2011 with her bachelor's degree in Social Work. She plans to return to Florida State University in the spring of 2013 to receive her Master's degree in Social Work. In her spare time, she enjoys reading, and spending quality time with her family and friends.

Coming in June: Annual Meeting and 20th Anniversary Celebration

Check our website
www.capitalareahealthystart.org
for updates.

Capital Area Healthy Start Coalition will celebrate its 20th Anniversary at its annual meeting in June. **The date and location for the event will be announced soon.** In the meantime, here is a look at some of the agency's 20 year history:



Jere Moore - our first volunteer. Board President 1995-1996



Students from Godby Teen Life Options (2000-2002)



Sally Karioth & volunteers at one of our first diaper drives



Dot Inman-Johnson (Board President 2002-2003) and her granddaughter



Left: Rhea Chiles at 1998 Annual Meeting Above: Connie May Fowler speaks about pregnancy and domestic Violence, Oct. 12, 1999

Smoking Is Deadly To Mom and Baby

Alarming statistics for Leon and Wakulla Counties:

Resident Live Births to Mothers Who Smoked During Pregnancy 3 Single-Year Rates for All Races All Sexes

Number of smoking mothers

County:	2008	2009	2010
Leon	225	203	189
Wakulla	53	63	56

Number of total births

Leon	3,192	3,122	3,087
Wakulla	354	317	327

Rate percent

Leon	7	6.5	6.1
Wakulla	15	19.9	17.1

Additional resources:

Florida Quitline: 1-877-U-CAN-NOW

www.tobaccofreeflorida.com

<http://www.lung.org/stop-smoking/tobacco-control-advocacy/reports-resources/cessation-economic-benefits/states/florida.html>

www.marchofdimes.com

www.smokefree.gov – 1-800-Quit-Now

<http://www.cdc.gov/tobacco/index.htm>

<http://www.leoncountyfl.gov/lchd/>

<http://www.doh.state.fl.us/chdWakulla/>

Smoking during pregnancy

Did you know cigarette smoking is a risk factor for an ectopic pregnancy? In an ectopic pregnancy, the fertilized egg implants outside of the uterus, usually in the fallopian tube, and begins to grow. Pregnant women who smoke are also more likely to have vaginal bleeding, placental abruption (placenta peels away partially or almost completely from the uterine wall before delivery), placenta previa (a low-lying placenta that covers part or all of the opening of the uterus) and stillbirth.

What happens to the baby?

Smoking during pregnancy exposes the baby to dangerous chemicals like nicotine, carbon monoxide and tar, which can lessen the amount of oxygen the baby gets. Oxygen is very important for helping a baby grow healthy. Smoking can also damage the baby's lungs.

Babies born to women who smoke during pregnancy are more likely to be born with birth defects such as cleft lip or palate, Down syndrome, and spina bifida. Pregnant women who smoke cigarettes are nearly twice as likely to have a low birthweight baby as women who do not smoke. Smoking slows fetal growth and increases the risk of premature delivery. Babies born prematurely and at low birthweight are at risk of other serious health problems, including lifelong disabilities (such as cerebral palsy, mental retardation and learning problems), and in some cases, death.

Secondhand Smoke

Breathing in someone else's smoke is also harmful. Babies exposed to secondhand smoke are more likely to die from Sudden Infant Death Syndrome, may experience slow lung growth, and are at greater risk for asthma, bronchitis, pneumonia, ear infections, and respiratory symptoms.

Thirdhand Smoke

New research shows that thirdhand smoke is another health hazard. Thirdhand smoke is made up of the toxic gases and particles left behind from cigarette or cigar smoking. These toxic remains, which include lead, arsenic and carbon monoxide, cling to things like clothes, hair, couches and carpets well after the smoke from a cigarette or cigar has cleared the room. Things like cracking the car window down while you smoke or smoking in another room aren't enough to keep others away from the harm caused by cigarettes or cigars. It's important that expecting moms and their children do their best to keep away from places where people smoke.

How to quit

Big Bend Area Health Education Center (Big Bend AHEC) provides free tobacco cessation services to those who want to quit tobacco products (i.e. cigarettes, cigars, hookah, smokeless tobacco, etc.). They provide free nicotine replacement therapy (i.e. nicotine patches, nicotine lozenges, etc.) to those who actively participate in the program and while supplies last. Please contact Big Bend AHEC at 850-224-1177 for more information.

You can also call any one of the other resources listed on this page.

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Message from the President

Greetings. As the current President of the Board of Directors of Capital Area Healthy Start Coalition, several events and issues are in the forefront of my mind. This year marks CAHSC's 20th year, and CAHSC will celebrate this 20th Anniversary at our annual meeting in June. During the past twenty years CAHSC has continually conducted the Fetal and Infant Mortality Reviews. This project is the foundation of our mission, because it is the FIMR root cause analyses that help guide our activities to the areas and communities where the most urgent help is needed.

In March, CAHSC was an integral part of the Year of the Healthy Infant II conference in Tallahassee. This conference was initiated because of troubling statistics related to the elevated infant mortality rate for black babies in Leon County. This conference re-focused our attention on this issue and, hopefully, opened the eyes, minds and hearts of other stakeholders in Leon County.

Everyone benefits when babies are healthy. To help ensure healthier babies, we must encourage and assist everyone, including mothers, fathers and children, to live healthier lifestyles.

CAHSC will be hosting the Walk to Remember again this Fall. We look forward to this event each year as a way to help in the healing process and as a way to gain community attention to the issues surrounding infant mortality in our area.

Tad David

Back by Popular Demand A Special Mothers Day Gift



Tallahassee artist **Joe Claborn** created this **mother Canada Goose with her goslings** for Capital Area Healthy Start.

In Honor of Mother's Day, Healthy Start is once again offering personalized Mother's Day Cards, featuring these beautiful birds.

With your donation, a card will be sent to your mom or a special woman in your life. These cards are absolutely beautiful and will be suitable for framing.

A \$50 donation is requested. Additional donations are greatly appreciated. (We are happy to send multiple cards.)

Watch your mailbox or visit our website at www.capitalareahealthystart.org