



Baby Blog

Winter 2011

Alarming News for the Black Infant Mortality Rate in Leon County

According to the Florida Department of Health, the state's black infant death rate decreased from 13.2% per 1,000 live births in 2008 to 11.8% in 2009. This decrease paralleled the drop in the state's overall infant death rate. However, in 2010 Leon County's numbers for black infant deaths soared from 9.7% to 18.3% - an 88 percent increase.

To put it in more personal terms, 24 black babies died in 2010; eleven more than the prior year. This was Leon County's highest single-year death toll in a decade. State and local officials have begun meeting to discuss determining factors and interventions but are hopeful that this is only a temporary spike. The majority of counties within the state witnessed major decreased death rates among minority populations.

The experts who recently met to address the infant mortality issues plaguing Tallahassee included state epidemiologists Dr. Bill Sappenfield, Dr. Cheryl Clark and Dr. Ghasi Phillips; Dr. Ed Holifield, a local physician and community activist; Dr. Homer Rice, Leon County Health Department Administrator; and Ann Davis, Executive Director of Capital Area Healthy Start Coalition. Finding the reasons for the sudden spike in black infant deaths is a top priority for this group.

No one knows why African American babies die at a higher rate than white babies. We do know that staying healthy prior to, during and after pregnancy is essential. It is vital for women to take folic acid, eat nutritious foods, exercise and avoid tobacco products and alcohol to have the healthiest pregnancy.

As noted in the 2008 Year of the Healthy Infant report, health education for women of reproductive age, their partners and their extended family is the top priority in the fight to reduce infant mortality. Capital Area Healthy Start is attempting to increase awareness concerning racial disparity and the importance of good prenatal health among the African American population through health fairs, seminars and classes.

ALSO IN THIS ISSUE:

Breastfeeding
 Resources 2
 Ten Thousand Villages
 Shopping Night . . . 3
 Art for Healthy Start . 4
 Thank You 4 & 5
 Teen Birth Rates 6
 Screening Rates. 7
 Walk to Remember. . . 7
 Board Spotlight. 8
 Staff. 8



1311 N. Paul Russell Rd
Suite A101
Tallahassee, FL 32301
(850) 488-0288

Sponsored by:



A United Way Agency



Did you know?

- The number of white infants who died in 2010 decreased by 50% - from 10 babies in 2009 to five in 2010.
- 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.

Capital Area Breastfeeding Coalition Offers Breastfeeding Resources for Health Care Providers and Parents

by Susan Taylor, Co-chair, Capital Area Breastfeeding Coalition

During this holiday season, our community has the opportunity to support the giving of a precious gift that lasts for the life of mothers and children, is within everyone's budget and supports community-wide health: Breastfeeding.

In keeping with the U.S. Surgeon General's Call to Action to Support Breastfeeding (www.surgeongeneral.gov/topics/breastfeeding), the Capital Area Breastfeeding Coalition (CABC) is active in Leon County and the surrounding areas supporting the breastfeeding relationship as the standard for infant and young child nurture and the well-being of families. The Call to Action cites many areas in which emotional and physical health risks to children and mothers are increased when breastfeeding does not happen. The report also includes steps that communities, health care organizations, work sites and families can take together to increase those rates.

In Florida, 79.5% of new mothers begin breastfeeding, while only 12.9% are exclusively breastfeeding (giving only mother's milk) at 6 months. (Centers for Disease Control and Prevention, Breastfeeding Report Card, 2011, United States: Outcome Indicators. www.cdc.gov/breastfeeding). Women who choose to breastfeed need strong community-wide support to continue for as long as they desire.

As we're all aware, the Capital Area Healthy Start Coalition is in the forefront of trying to reduce infant mortality in our region. Infant mortality rates go up when breastfeeding for the durations recommended by the American Academy of Pediatrics does not occur. Not

breastfeeding is also a factor in the alarming increase in obesity rates throughout the United States. (www.cdc.gov/breastfeeding)

The Capital Area Breastfeeding Coalition (CABC) is proud to announce that for the second year in a row, it is hosting the internationally recognized 40-hour Certified Lactation Counselor (CLC) Training Program in Tallahassee. It will be held February 13- 17, 2012 at Capital Regional Medical Center. Research indicates that when health care providers change their practices after taking a course like this, breastfeeding exclusivity and duration rates increase. The course is accredited by the American Nurses Credentialing Center and presented by faculty of The Center for Breastfeeding, Massachusetts. Further details and registration forms may be found on the Center's website: www.healthychildren.cc.



CABC welcomes opportunities to provide breastfeeding in-services to physicians' offices or other community organizations. The presentations will respond to the needs expressed by those requesting a program and can be as short as ½ -1 hour over lunch. Please contact Susan Taylor at susantaylor410@gmail.com or call her at 850-445-6052 if you are interested. For general information on breastfeeding, see the Florida Breastfeeding Coalition website: www.flbreastfeeding.org. If you know of someone who is interested in supporting breastfeeding, please invite them to attend the meetings on the second Wednesday of the month from 11:30-12:30 p.m. at the Leon County Health Department, Roberts and Stevens site, Old Bainbridge Rd., Tallahassee.

Local Breastfeeding Resources

@ **Best Beginnings: 850-668-2119.** (2 Private practice IBCLC's- International Board Certified Lactation Consultants) Contracts with Capital Regional Medical Center. Breastfeeding Support Groups and Breastfeeding Class.

@ **Birth Cottage: 850-681-6969.** 2 Licensed Midwives. Childbirth classes.

@ **Gadsden County WIC Program: 850-875-7200 ext. 2** (Supplemental Nutrition Program for Women, Infants and Children in Quincy, FL. IBCLC, CLC (Certified Lactation Counselor) and Breastfeeding Peer Counselors, English and Spanish speaking. Mothers Afternoon Out support group.

@ **Gadsden County Healthy Start Program: 850-875-7200 ext. 323:** 2 CLC's, English and Spanish speaking. Childbirth classes.

@ **La Leche League of Tallahassee (voice mail): 850-552-3948.** Trained Leaders. Call for meeting times.)

@ **Leon County WIC Program: 850-606-8076** (covers Madison, Taylor and Wakulla Counties as well. Give the name of the county for specific breastfeeding support.) or 850-606-8076 for IBCLC. CLC's also on staff. Breastfeeding Support Group.

@ **Leon County Healthy Start: 850-606-8050.** Breastfeeding and Childbirth Classes.

@ **Tallahassee Memorial Health Care Women's Pavilion Lactation Services: 850-431-0468.** 3 IBCLC's. Breastfeeding Support Groups. Register for breastfeeding and childbirth classes : www.tmh.org

This Holiday Season

Tuesday, December 13

5:00 pm – 8:00 pm

Ten Thousand Villages Tallahassee Holiday Shopping Benefit

A percentage of the proceeds of your purchase will be donated to

Capital Area Healthy Start Coalition



TEN THOUSAND
VILLAGES®

HARMONY. MADE BY HAND.™

A Fair Trade Retailer.

1415 Timberlane Road in The Market District

www.TallahasseeFairTrade.com

www.Facebook.com/TenThousandVillages.Tallahassee

Thank You

Art for Healthy Start



Ann Davis with artist Joe Claborn

Capital Area Healthy Start and Signature Gallery hosted the first “Art for Healthy Start” fundraiser on Thursday, November 17th at the home of Alisa Ghazvini, a current board member. With over 50 people in attendance, it was a wonderful time to celebrate

the art work of Joe Claborn, the featured artist of the evening. His spectacular paintings range from still life fruits to local birds.

The CAHSC fundraising committee worked hard to plan a successful event. Over a dozen pieces were auctioned off to raise funds for healthy moms and babies within our local community! Kudos to everyone who was involved!

EVENT SPONSORS

Alisa Ghazvini

Capital City Bank

The Elizabeth M. Gentry Charitable Trust

Ann and Dwight Davis

Dr. Walter Colon

Thomas Howell Ferguson, P.A.

Regions Bank

Earl Bacon Agency

DuBose and Sallie Ausley

Kathleen Villacorta

Gloria & Dean Pugh - AMWAT Moving Warehousing and Storage



AMWAT believes in the importance of giving back to our community. They believe in all members of a community contributing to insure a positive quality of life. AMWAT utilizes its resources to help many non-profits throughout our community. Many of these nonprofits who have received in-kind services, cash contributions and/or deeply discounted services are: Capital Area Healthy Start Coalition; Junior League of Tallahassee; Big Bend Homeless Coalition, Alzheimers Project of Tallahassee; City of Tallahassee Back to School Community Experience; Big Bend Habitat for Humanity; March of Dimes; American Second Harvest of The Big Bend; Brehon Institute for Family Services; Early Learning Coalition; The Mary Brogan Museum; Ability First; American Red Cross; Catholic Charities; Tallahassee Film Festival and Capital Area Community Action Agency.

Among its many awards, the most prestigious was being recognized in 2011 by the Greater Tallahassee Chamber of Commerce as the Small Business Excellence Award Recipient and in 2008 the State of Florida recognized AMWAT as Florida’s Minority Business of the Year.

AMWAT Moving Warehousing and Storage is small enough to deliver quality personal services yet large enough to deliver comprehensive relocation support for all of your moving, storage and shipping needs.

AMWAT
MOVING & WAREHOUSING

Thank You

Thank you to all of our donor who have given so generously of their money, time and talent to help ensure that all babies are born healthy.

Alpha Lambda Chapter of Delta Kappa Gamma	Beverly Frick	Gloria Pugh
Benson's Heating & Air	Leah Gentry	Quilters Unlimited
Big Bend Hospice	Alisa Ghazvini	Regions Bank
Brian Armstrong	Hossein Ghazvininezad	Carolyn J. Ryals
Azalea Women's Healthcare	Pam Miller Gravely	Jean Sadowski
Tom & Robyn Asbury	Benson T. Green	Elizabeth Serow
Dubose Ausley	Gail Grimes	Elizabeth Shawen
Joe Baker	Larry & Marilyn Halsey	Terry & Sarah Sherraden
Jeffrey Barbacci	Jerri Lynn Hanna	Signature Gallery
Kenn Bass	Celeste Hart	Jacque Sloat
Kathleen Brennan	John Haugabrook	Linda W.Smith
Capital City Bank	Healthy Start of Jefferson Madison & Taylor	Orson Smith
Capital Rotary Club of Tallahassee	Calynne Hill	Frances Spears
Carroll & Company	Lee Hinkle	Patricia Spears
Costco	David & Brenda Huang	Roberta Stevens
Joe Claborn	Jack and Jill Foundation	Anne Swerlick
Fran Close	Linda James	Susan Swanson
Suzi Colledge	David A. Jones	Tallahassee Rotary Club
Dr. Walter E. Colon	Gaye Katsaris	Allison Tant
Barbara H. Cottrell	Rebecca Keaton	St. Paul's United Methodist Church
Virginia Craig	Patricia Kitchen	Susan Taylor
Culley's MeadowWood Funeral Home	Charles Kummer	Ten Thousand Villages
Grace Dansby	KWB Pathology Associates	The Elizabeth M. Gentry Charitable Trust
Linda Danser	Sandra Gail Lambert	Thomas Howell Ferguson
Ruth Darling	Mays-Munroe	Thomas Truman MD
Jill David	Margaret McGrotha	Tallahassee Pipe Band
Tad David	Les McLean	TMH Foundation
Anita Davis	Francine Millinor	Nancy H. Thomas
Ann G. Davis	Leon Mixer	Susan Thompson
M.E & P.M Dehler	Joan L Morris	Vivienne Treharne
Gloria Deison	Ann Mullis	Kathleen Villacorta
Chris DesMarais	Sally H. Newbern	Voces Angelorum
Earl Bacon Agency	North Florida Women's Care	Sandy Wadsworth
Fellowship Presbyterian Church	Patsy Palmer	Dennis Williams
Margaret Ferqueron	Celeste Paquette	Cheryl Willis
	Kirk Headley Perdue	Bob & Elaine Woodward
	Rachel S. Pienta	

Centers for Disease Control and Prevention

Teen Birth Rates Declined Again in 2009

Birth Rates (live births) per 1,000 Women Aged 15-19 Years

	2008	2009
All races and origins	41.5	39.1
White non-Hispanic	26.7	25.6
Black non-Hispanic	62.8	59.0
American Indian/ Alaska Native	58.4	55.5
Asian American/ Pacific Islander	16.2	14.6
Hispanic	77.5	70.1

After declining 2% between 2007 and 2008, birth rates for 15- to 19-year-olds decreased again between 2008 and 2009 for all races and for Hispanics. This indicates that the steady decline in teen birth rates from 1991 through 2005 has resumed, after briefly increasing between 2005 and 2007. In 2009, 409,840 live births occurred to mothers aged 15-19 years, a birth rate of 39.1 per 1,000 women in this age group (down from 434,758 births and a birth rate of 41.5 in 2008). The Hispanic, American Indian/Alaska Native, and non-Hispanic black teen pregnancy rates are more than twice as high as the non-Hispanic white teen birth rate.

The teen birth rate for 15-19 year olds decreased 6% between 2008 and 2009. Rates decreased for all races, including 4% for non-Hispanic whites, 6% for non-Hispanic blacks, 5% for American Indian/Alaska Natives, and 10% for Asian American/Pacific Islanders. The Hispanic teen birth rate decreased almost

10%. During this time period, birth rates declined for all age groups except among women age 40 years and older.

Underlying causes for the decreases are not yet known, and it is unclear whether they will continue. While birth rates for other age groups have also decreased during this time, teen birth rates bear concern due to the potential increase in the socioeconomic burden of teen pregnancy and childbearing. Teen birth rates in the U.S. remain up to nine times higher than in most other developed nations. In general, factors associated with teen pregnancy and childbearing include:

- Being sexually active
- Lack of access to or poor use of contraception
- Living in poverty
- Having parents with low levels of education
- Poor performance in school
- Growing up in a single-parent family

As part of the President's Teen Pregnancy Prevention Initiative (TPPI), CDC is partnering with the federal Office of the Assistant Secretary for Health (ASH) to reduce teenage pregnancy and address racial, ethnic, and geographic disparities in teen pregnancy and birth rates. The ASH Office of Adolescent Health (OAH) is supporting public and private entities to fund medically accurate and age appropriate evidence-based or innovative program models to reduce teen pregnancy. For more information please visit Teenage Pregnancy Prevention: Integrating Services, Programs, and Strategies Through Communitywide Initiatives at <http://www.cdc.gov/TeenPregnancy/PreventTeenPreg.htm>.

For additional information about teenage pregnancy, visit <http://www.cdc.gov/TeenPregnancy/index.htm>.

Leon & Wakulla Birth Rate Per 1000 population for mothers ages 15-19

	Year	White	Black & Other	Total
Leon	2008	9.7	29.7	18.3
	2009	8.3	32.4	18.8
	2010	10.7	26.6	17.6
Wakulla	2008	24.8	74.4	31.0
	2009	29.5	75.0	35.2
	2010	29.2	85.5	36.4

Walk to Remember Honors Departed Infants

On October 13th, 200 people gathered together at St. Paul's United Methodist Church to celebrate the lives of their babies at the 10th annual Walk to Remember. Held each year to observe National Pregnancy and Infant Loss Awareness Day, the event is dedicated to local grieving families and to their departed children. This occasion gives participants a chance to exchange personal accounts and share memories of their loved ones. Families create a connection with one another as they offer testimony of how they deal with their tragic loss on a daily basis. While enjoying food and beverages that evening, guests had the opportunity to write a message on a remembrance quilt square and have their babies' names read aloud during the memorial service held in the sanctuary. City Commissioner Gil Ziffer read the city's proclamation. At 7:30 p.m., bagpipes played "Amazing Grace" as participants walked around Lake Ella in a candlelit ceremony. Performers included the Tallahassee Pipe Band and Voces Angelorum.



Latest Prenatal Screening Rates Are In!

Capital Area Healthy Start congratulates all of the OB/GYN offices with screening rates of 80% or higher. These rates are based on the number of participants screened. The benchmark is 76%, but the Coalition is challenging providers to screen 100 percent of patients.

Thank you for telling moms about local Healthy Start services. A healthy baby is a happy baby!

Healthy Start Prenatal Screening Results By Provider

SCREENS FROM January 2011 THROUGH SEPTEMBER 2011

	Leon County	Wakulla County
Dr. Jolita Burns	87%	N/A
Dr. A.D. Brickler	90%	100%
Family Practice	87%	100%
Gynecology & Obstetrics	41%	0%
Dr. Alfredo Nova	85%	100%
North Florida Women's Care	83%	82%
Drs. Hall and Morales	80%	69%
Bond Community Health Center	93%	100%
Dr. Alex Davenport	91%	83%
Azalea Women's Healthcare	92%	88%
Diana Janopaul, LM,	5%	N/A
Dr. Okoroji Chukwuma, The Women's Center at Impact Health	96%	N/A
Dr. Whit Oliver	94%	100%
The Birth Cottage	66%	N/A
Wakulla County Health Department	N/A	75%

Source: Florida Department of Health's online report system



1311 N. Paul Russell Road
Suite A101
Tallahassee, FL 32301

Non-Profit Org.
U.S. Postage
PAID
Tallahassee, FL
Permit No. 706

Happy Holidays



Board Member Highlight

Suzi Colledge joined the Healthy Start Board in the spring of 2011. She grew up in New Orleans and moved to Jacksonville after she married. She and her husband Bill

moved to Tallahassee 20 years ago. They have two grown children and two precious granddaughters.

Suzi is a retired lower school teacher, having taught for 28 years. Suzi has always been involved with the welfare of children through teaching, scouts, church and Junior League volunteer work.

As a result of the premature birth of her first grandchild, Suzi saw the emotional and financial impact this experience can have on a family and on a community. By working with Healthy Start she hopes she can help others have a healthy pregnancy, a safe delivery, and a healthy baby.

Board of Directors

- Tad David, President
- Fran Close, President Elect
- Jeff Barbacci, Treasurer
- Alisa Ghazvini, Secretary
- Chris DesMarais, Past President
- Suzi College, LeonCounty Representative
- Rachel Sutz Pienta, Wakulla County Representative
- Yolanda Bogan
- Mildred Brickler
- Jo Deeb
- Benson Green
- Jerri Hanna
- Francine Millinor-Allee
- Judi Taber

Staff

- Ann Davis, Executive Director
- Kristy Goldwire, QA/QI Director
- Joan Leggitt, Director of Operation
- Kristina Abernathy, Community Liaison
- Tracy Coomer, MomCare Coorninator
- Chelsea Gold, Administrative Assistant
- Mary Shannahan, FIMR Medical Nursing Advisor
- Denee Glenn, Community Health Educator
- LaRhonda Larkins, Health Educator
- Susan Gilson, FIMR Nurse Abstractor