A Letter from the Director

A Time of Thanksgiving

It’s that time of year when the holidays arrive in rapid succession: Halloween, Thanksgiving, Christmas and Chanukah.

Thanksgiving in particular is a time to give thanks for all we have and for all that others do. Our Coalition has much to be thankful for, especially those who work to help pregnant women have healthy babies and infants to have a good start in life: doctors, nurses, care coordinators, health department and medical staff, Coalition members and administrative staff. It is gratifying to know that our collaborative efforts help pregnant women and babies have the best possible outcomes.

There have been many changes over the past year and a half but we hope these changes will positively impact the Coalition. Most of all, we hope that these changes help the pregnant women and babies get the services they need to have a Healthy Start!

We have so much to be thankful for! Best wishes to you all and may you have a happy holiday season!

Julie Moderie, MPH
Program Director

Coalition Updates

Quarterly Report
The fourth quarter report and the Annual Action Plan Update were submitted to DOH Contract Manager on August 10, 2012.

Exit Review
QA staff held an exit review for Bradford and Union counties on August 17, 2012.

Service Delivery Plan
If you are interested in helping with the Service Delivery Plan, please contact Fay Davis at fdavis@wellflorida.org. We need and value your input.

Upcoming Trainings
Tobacco Training
When: Tuesday, October 23rd
Where: WellFlorida Council, Inc.
Time: 9:00 AM until 4:00 PM
*Training is for new Healthy Start employees in need of smoking certification.

Coding Training
When: Friday, October 26th
Where: Marion County HD
Time: 9:00 AM until 4:00 PM
*All Healthy Start service providers are REQUIRED to attend this training.

Breastfeeding Training
When: Tuesday, November 20th, Tuesday, November 27th, and Tuesday, December 4th
Where: WellFlorida Council Inc.
Time: 9:00 AM until 4:00 PM
*Training is for new Healthy Start employees who need the training in order to code for services.

Parents As Teachers Training
During the last week of September, the Parents As Teachers curriculum training was offered to Healthy Start program staff.

FAHSC Summer Conference
Healthy Start Coalition and program staff attended the FAHSC Summer conference the week of July 9, 2012 in Orlando, Florida.

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Coalition Spotlight—Summer FAHSC Conference Recap

This year the Florida Association of Healthy Start Coalitions (FAHSC) conference was held in Orlando, Florida from Monday, July 9th through Wednesday, July 11th. The first day included committee meetings, a training on FIMR BASINET training, an update on the Healthy Start Redesign process, a best practices sharing and a MomCare program training.

On the second day there was a keynote speaker who presented on the rising rates of gestational diabetes mellitus, an update from the Department of Health and different breakout sessions for the leadership track or the Community Liaison/MomCare/Care Coordination track. Sessions included topics on MomCare Network, Building Individual Care Plans, New Approaches for Providing Smoking Services and Healthy Babies are Worth the Wait.

On the third day, FAHSC partnered with the Florida Association for Infant Mental Health (FAIMH) and had day packed with keynote speakers a five different breakout sessions. Hope everyone enjoyed the conference!

Prenatal Screening Rates*

Coalition Goal: 75%

**CONGRATULATIONS SUWANNEE COUNTY!**

You have the highest percentages of women consenting to screen!

*Prenatal Screening Rate = Total Consenting to Screen / Estimated Number of Pregnant Women

<table>
<thead>
<tr>
<th>Location</th>
<th>Total Consenting</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alachua County</td>
<td>389/509</td>
<td>76%</td>
</tr>
<tr>
<td>Bradford County</td>
<td>17/53</td>
<td>32%</td>
</tr>
<tr>
<td>Columbia County</td>
<td>58/128</td>
<td>45%</td>
</tr>
<tr>
<td>Dixie County</td>
<td>20/27</td>
<td>74%</td>
</tr>
<tr>
<td>Gilchrist County</td>
<td>32/41</td>
<td>78%</td>
</tr>
<tr>
<td>Hamilton County</td>
<td>21/30</td>
<td>70%</td>
</tr>
<tr>
<td>Lafayette County</td>
<td>7/17</td>
<td>41%</td>
</tr>
<tr>
<td>Levy County</td>
<td>63/59</td>
<td>107%</td>
</tr>
<tr>
<td>Marion County</td>
<td>413/527</td>
<td>78%</td>
</tr>
<tr>
<td>Putnam County</td>
<td>89/135</td>
<td>66%</td>
</tr>
<tr>
<td>Suwannee County</td>
<td>78/61</td>
<td>128%</td>
</tr>
<tr>
<td>Union County</td>
<td>18/38</td>
<td>47%</td>
</tr>
<tr>
<td>Coalition Total</td>
<td>1,205/1,625</td>
<td>74%</td>
</tr>
<tr>
<td>State Total</td>
<td>24,015/36,892</td>
<td>65%</td>
</tr>
</tbody>
</table>

Infant Screening Rates*

Coalition Goal: 85%

**CONGRATULATIONS BIRTH AND BEYOND, WEST MARION COMMUNITY HOSPITAL AND MUNROE REGIONAL MEDICAL CENTER!**

You have the highest percentage of infants screened!

*Infant Screening Rate = Total Screened / Total Infants

<table>
<thead>
<tr>
<th>Location</th>
<th>Total Screened</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>North Florida Regional Med. Center (Alachua)</td>
<td>449/461</td>
<td>97%</td>
</tr>
<tr>
<td>Shands at UF (Alachua)</td>
<td>433/445</td>
<td>97%</td>
</tr>
<tr>
<td>The Birth Center of Gainesville (Alachua)</td>
<td>7/7</td>
<td>100%</td>
</tr>
<tr>
<td>Shands at Lakeshore (Columbia)</td>
<td>123/125</td>
<td>98%</td>
</tr>
<tr>
<td>Munroe Regional Medical Center (Marion)</td>
<td>388/390</td>
<td>99%</td>
</tr>
<tr>
<td>Putnam Community Medical Center (Putnam)</td>
<td>62/76</td>
<td>82%</td>
</tr>
<tr>
<td>Coalition Total</td>
<td>1,462/1,504</td>
<td>97%</td>
</tr>
<tr>
<td>State Total</td>
<td>33,623/36,892</td>
<td>91%</td>
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</tbody>
</table>

Completing the Healthy Start screening form is valuable for all mothers regardless of age, race or economic status.
Fall Issue of “For Starters”: Smoking Cessation

The fall edition of “For Starters” focuses on the importance of not smoking during and after pregnancy. The newsletter covers risk factors for pregnant women and children who are exposed to smoke, ways to quit smoking, and the difference between habit and addiction.

Women who smoke during pregnancy are more likely to have a miscarriage. Smoking can also contribute to a higher likelihood that the baby will be born too early or too small. Smoking during and after pregnancy is also associated with Sudden Infant Death Syndrome.

Though it is difficult to quit smoking, and many of our participants have tried to quit at least six or seven times, it’s important that we continue to encourage them to succeed.

Some steps you can suggest for those who are trying to quit are to 1) set a quit date, 2) write out a plan, 3) know your triggers, 4) change how and when you smoke, 5) talk to your friends and family, 6) clean your house and throw out all your ash trays, 7) quit on your quit day and 8) reward yourself for the huge changes you are making—you deserve it!

Upcoming Quarterly Meetings

Executive Committee Thursday, November 15, 2012 @ 1:00 PM
Service Provider Council Thursday, December 20, 2012 @ 11:00 AM
Board of Directors Thursday, December 20, 2012 @ 12:00 PM
March of Dimes Committee Thursday, December 20, 2012 @ 4:00 PM
Executive Committee Thursday, February 21, 2012 @ 1:00 PM

Last Quarter Highlights

- Fourth quarter report and the Annual Action Plan Update were submitted to DOH.
- The quarterly e-newsletter was issued in July.
- Exit reviews were completed for: Bradford and Union counties.
- FAHSC Summer Conference was held in Orlando July 9th through July 13th.
- Fall edition of “For Starters” was created and distributed to providers.
- Quality Assurance forms training was held at the Coalition office on Friday, August 31, 2012.
- Engaging Challenging Families training by the Ounce of Prevention was provided for Healthy Start Program staff on Friday, September 14, 2012.
- Parents As Teachers training was held for Healthy Start program staff September 24th through September 28th.
- The following HSNCF committees met this quarter: Executive, Public Awareness, and March of Dimes and the Service Provider Council.
- The HSNCF Board meeting was held Thursday, September 20, 2012.
Board of Directors
Mary Birk, Treasurer
Florida Mentor
Sarah Catalanotto
Suwannee River Area Health Education Center
Joseph Charles, Jr., M.D.
Comprehensive Women’s Health
Rajeeb Das
University of Florida Family Data
Roseann Fricks
Early Learning Coalition Marion County
Mona Gil de Gibaja
United Way
Karen Harris, M.D., MPH
North Florida Women’s Physicians
Shirley Lick
Shands Lakeshore
Morgan Rockey
Department of Children & Families
Mary Peoples-Sheps, President
UF College of Public Health and Health Professions
Ellen Prosser RN, Past-President
Munroe Regional Medical Center
Julie Samples, Secretary
North Florida Regional Medical Center
Sky Wheeler, Vice-President
March of Dimes
Cathy Winfrey, LMHC
Healthy Families Alachua

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Shelly Vickers
QA Specialist
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Care Coordinators
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352.334.7940
Bradford County, Traci Wilson
904.964.7732
Columbia County, Susie Tyson
386.758.1065
Dixie County, Oliva Weeks
352.498.9991
Gilchrist County, Kathie Cooper
352.463.6252
Hamilton County, Hope Crawford
386.792.1414
Lafayette County, Colleen Cody
386.294.1321
Levy County, Diane Wilson
352.486.5300
Marion County, Lynne Hough
352.629.0137
Putnam County, Randy Terry
386.328.0108
Suwannee County, Colleen Cody
386.362.2708
Union County, Cynthia Kent
386.496.3211

www.HealthyStartNCF.org