Florida Healthy Start

New Strategies for Improving Birth Outcomes & Promoting Healthy Child Development
Healthy Start

Legislation passed with bipartisan support in 1991 with goal of reducing infant mortality, low birthweight and supporting healthy child development.
Healthy Start

• Universal screening of pregnant women & newborns
• Wrap-around services, education & support
• Risk appropriate care

• Care coordination and referrals
• High volume, limited intensity & duration
Impact!

• Since 1991, there has been a 35% decrease in infant deaths.

• In 1991, nearly 2,000 babies died before reaching their first birthdays. In 2017, nearly 400 fewer babies died.

• That’s nearly 25 classes of kindergarteners that will get to start school in five years!

Why change?
Progress has stalled. . .

- Infant mortality rates
- Low birthweight, PTB
- Disparities
- Evidence
- Emerging issues

Response?
We made the best thing on earth. . .

BETTER!
Focus on systems-building
Increasing access for families

Prenatal, Infant Screens
Community Referrals

Coordinated Intake and Referral
Strengthened model

- Focus on specific risks contributing to poor birth outcomes, developmental delay
- Increased duration, intensity
- Outcomes, not volume
- Enriched content of home visits
- STANDARDIZED statewide
Research-based

Reduced Infant Mortality & Healthy Births

PTB/LBW ↓

↑ POSITIVE BEHAVIORS
- Prenatal Care
- Healthy Weight
- Chronic Disease Management
- Self-Efficacy

↓ RISKS
- Perinatal Depression
- Tobacco Use
- IPV
- Drug, alcohol abuse

Postneonatal Deaths ↓

↑ POSITIVE BEHAVIORS
- Safe Sleep Practices
- Breastfeeding
- Pediatric Care

↓ RISKS
- Perinatal Depression
- Tobacco Use
- IPV
- Abuse & Neglect
- Drug, alcohol abuse

Healthy Child Development

Developmental Delays ↓

↑ POSITIVE BEHAVIORS
- Breastfeeding
- Parent-Child Interaction
- Pediatric Care
- Postpartum Care
- Effective Contraception

↓ RISKS
- Perinatal Depression
- Tobacco Use
- IPV
- Abuse & Neglect
- Drug, alcohol abuse
- Developmental delay
Focus on critical periods

Pregnancy, newborn and postpartum/interconception
Relationship-based support

- Working with families longer: pregnancy through baby’s first birthday (or up to age 3)
- At least 5 home visits prenatally; 8 in infant’s first year
- Two-gen approach
Research-informed curricula

Hillsborough Healthy Start Interconception Care Curriculum
Creating Capacity to Identify & Address Key Risk Factors

INTERVENTION PATHWAYS
Postpartum focus on planning, preparing for next pregnancy (or not!)

[Diagram: Healthy Start Interconception Care Model]

**Target Participants:**
One Key Question™
"Would you like to become pregnant in the next year?"
3rd Trimester or at Enrollment

**YES**
Show Your Love Checklist/Life Plan Baby-to-Be

**NO DON'T KNOW**
Show Your Love Checklist/Life Plan Healthy Woman

**Month 1**
Postpartum or at Enrollment
- Follow-up: PP Visit, Syl Checklist/Life Plan: Choose 3 Goals
- Link to: FP Waiver, Ongoing Source of Health Care and FP Services, Other Programs Based on Needs
- Screening & Intervention Pathways: Edinburgh, IPV, Substance Abuse
- Education: Contraception Methods
Addressing social determinants of health

- Strengthening community collaborations (housing, social services, workforce development, education)
- Staff & partner training
- Linking to local initiatives
  - Earned Income Tax Credit – United Way
  - Medical-Legal Partnerships
  - Place-based children’s zones
Supporting a standardized intervention

- Healthy Start Standards & Guidelines
- Alignment of data system
- Funding (DOH, AHCA)
- CQI
- Outcome, performance measures
- Evaluation
First results! PPD Intervention: Statistically Significant Decrease in Depressive Symptoms
When I first started this program, I was always, always, ALWAYS worried about whether this pregnancy was going to go well or not. . .After meeting with (my Healthy Start worker) a few times and starting (Mothers & Babies), I started to help myself and my baby from the stress. . .I found ways to bring more positive contacts into my life. . .to overcome stress and negativity. . .Talking to my (home visitor) helped me A LOT. . .I will for sure remember what she has taught me. Thank you!

Michelle, who gave birth to a healthy baby girl, Ellie
Every baby deserves a Healthy Start