

The Healthy Start Coalition of Brevard County is a local, non-profit, 501(c)(3) organization that works to make sure that all moms and babies have the services they need to begin healthy lives together. Healthy Start provides moms, newborns and families with the resources, help and support they need to have a healthy pregnancy and a healthy baby. Free services are not based on income or insurance.

## COVID-19 UPDATE

Due to the impact of COVID-19, Healthy Start is still taking every precaution we can for the safety of our staff and our moms and babies of Brevard, while working within the best practices set forth by the CDC, the Florida Department of Health, and the State of Florida. Our “home-visiting” services are currently being provided via video-conferencing or over the phone. If you have any questions or concerns, please call us at 321.634.6101.



## MARCH OF DIMES 2020 REPORT CARD

**HEALTHY MOMS. STRONG BABIES.**



**2020 MARCH OF DIMES REPORT CARD**

In the 2020 Report Card, March of Dimes (MOD) highlight the latest key indicators to describe and improve maternal and infant health in the United States (U.S.). Preterm birth and its complications are the second largest contributor to infant death in the U.S., and preterm birth rates have been increasing for five years. Prematurity grades are assigned by comparing the 2019 preterm birth grade to March of Dimes’ goal of 8.1 percent by 2020.

Rates of maternal death and morbidity continue to be unacceptably high in the U.S. Maternal morbidity, social determinants of health, availability of state level health insurance policy and the availability of surveillance and research data affect the health and survival of both mom and baby. While MOD currently does not have enough to grade states or report on all maternal health indicators, they have highlighted measures with the best available data.

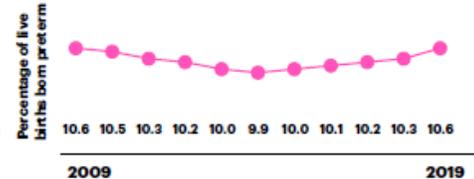
### FLORIDA

#### PRETERM BIRTH GRADE

**D+**

#### PRETERM BIRTH RATE

**10.6%**

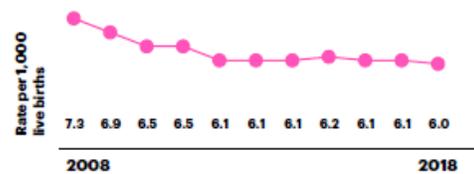


#### INFANT MORTALITY

Infant mortality rates are an indication of overall health. Leading causes of infant death include birth defects, prematurity, low birth weight, maternal complications and sudden infant death syndrome.

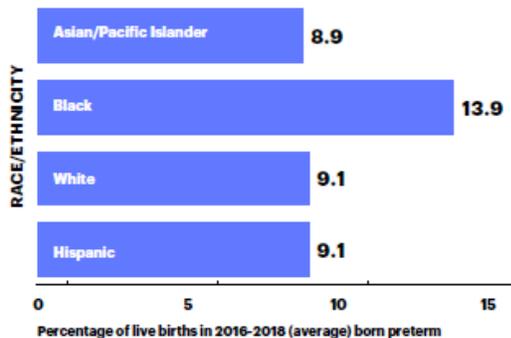
#### INFANT MORTALITY RATE

**6.0**



#### PRETERM BIRTH RATE BY RACE AND ETHNICITY

The March of Dimes disparity ratio measures and tracks progress towards the elimination of racial/ethnic disparities in preterm birth. It's based on Healthy People 2020 methodology and compares the group with the lowest preterm birth rate to the average for all other groups. Progress is evaluated by comparing the current disparity ratio to a baseline disparity ratio. A lower disparity ratio is better, with a disparity ratio of 1 indicating no disparity.



*In Florida, the preterm birth rate among Black women is 53% higher than the rate among all other women.*

**DISPARITY RATIO:**

**1.17**

**CHANGE FROM BASELINE:**  
**No Improvement**

### MORE INFORMATION: [MARCHOFDIMES.ORG/REPORTCARD](http://MARCHOFDIMES.ORG/REPORTCARD)

March of Dimes recommends state policy actions that are rooted in addressing disparities in maternal and infant health outcomes. For details on data sources and calculations, see full report card.

To learn how we are working to reduce preterm birth visit [www.marchofdimes.org](http://www.marchofdimes.org).

# Healthy Start Moms & Babies



*We are excited to announce  
our partnership with  
Trisha Harris Photography*

Healthy Start of Brevard recently did a testimonial photo contest with our Healthy Start and Nurse Family Partnership families. Those that were chosen out of a lottery system had professional photos taken of their babies and their pregnancy.

Our future marketing and awareness of Healthy Start, Community Connect, and Nurse Family Partnership will include photos of our moms and babies of Brevard.

Check out our website and like us on Facebook, we are excited to share these beautiful photos and testimonials of our moms and babies of Brevard.

[www.healthystartbrevard.com](http://www.healthystartbrevard.com)  
[www.facebook.com/HealthyStartBrevard](https://www.facebook.com/HealthyStartBrevard)

# Maternal Opioid Recovery Effort (MORE) Initiative

*Drug overdose is the leading cause  
of pregnancy-associated  
maternal mortality in Florida*

Our Healthy Start Coalition has partnered with the Florida Perinatal Quality Collaborative (FPQC) for the MORE Initiative. The purpose is to work with providers, hospitals, and other stakeholders to improve identification, clinical care and coordinated treatment/support for pregnant women with opioid use disorder and their infants.

We have been provided the following materials to pass out to our healthcare providers. Please provide this valuable information with the rest of your staff.

### Materials for patient:

- 1) Opioid safety and how to use naloxone
- 2) MORE HOPE - Helping our parents excel

### Posters/Flyers for providers and nurses:

- 1) What every OB provider needs to know to save a mother's life
- 2) Save a Life.
- 3) Maternal Opioid Recovery Effort
- 4) Language Matters
- 5) Sample Script for a Brief Intervention

*If you would like more materials,  
please call Lisa at (321) 634-6101*

Visit the MORE page for useful tools and documents to access the initiative resources

[www.fpqc.org/more](http://www.fpqc.org/more)

## Perinatal Substance Use

**5** ways you can improve care during pregnancy and beyond

Pregnancy presents unique opportunities for patients to make positive changes in their substance use. When you become an informed provider you empower patients to make those changes.



### Educate Yourself

Learn more about the pharmacology of substance use. Promote evidence-based care by communicating with patients in a way that separates fact from fiction. Understand the cycles of sobriety and relapse so that you can help patients plan for their recovery. Advise on the risks associated with polysubstance use.



### Use the Right Words

Know the difference between substance use, substance misuse, and Substance Use Disorders (SUDs). Recognize that substance use is stigmatized and that stigma is a barrier to seeking care. Reject language that shames. Embrace the principles of Harm Reduction as a way to support any positive change.



### Screen Every Patient

Talking about substance use should be a routine part of everyone's medical care. Get comfortable discussing it. Ask questions and listen to what your patients have to say. You may be the first person to ever ask.



### Get Trained to Offer OAT

Opioid Agonist Therapy (OAT) is the Standard of Care during pregnancy, but there are not enough providers. Contact SAMHSA to become an OTP\*. Make naloxone available to all your patients who use opioids. \*opioid treatment program



### End the Stigma and Criminalization of Drug Use

Embrace people who use substances. Meet them where they are. Abide by your medical ethics. Practice beneficence. Promote public health. Advocate for decriminalization.

## Your Advocacy Matters



[www.perinatalharmreduction.org](http://www.perinatalharmreduction.org)



[www.nationalperinatal.org](http://www.nationalperinatal.org)

## What is Community Connect?

Community Connect provides a one-stop entry point for needed services. Community Connect contacts, assesses, provides information, and makes referrals to home visiting



programs and other community services. Eligibility for Community Connect begins when a pregnant woman or infant is screened and referred by their health care provider or hospital through the prenatal and infant risk screens.

### Services and Resources:

- Childbirth education
- Newborn care instruction
- Breastfeeding education and support
- Child development education and support
- Parenting education and support
- Counseling services
- Home visiting programs:  
Healthy Families, Healthy Start, & Nurse Family Partnership
- Help to quit smoking
- Nutritional education
- School readiness
- Family planning education
- Car seat safety
- Infant safety

**Connect Today! Call 321-634-6101**

## Local Resources Spotlight

### Have your patient call 2-1-1!

2-1-1 is a telephone-based helpline offering crisis intervention and information and referral services. Providing information and assistance in times of emotional, financial and community crisis.

**2-1-1**

Brevard County

### Trained 2-1-1 specialists are available 24 hours a day to help people who:

- Are seeking information about or referral to local government, health and social services.
- Seeking referrals for financial assistance and housing.
- Want to talk to someone about grief, relationship issues, personal crisis, family concerns, etc.
- Are depressed and/or considering suicide.