



Chipola
Healthy Start
COALITION, INC.

HEALTHbeat

Health Beat is a quarterly newsletter produced by the Chipola Healthy Start Coalition
Serving Calhoun, Holmes, Jackson, Liberty and Washington Counties

Chipola Healthy Start ... *the trusted voice*

Beat the Heat! We're Here To Help!

As we are in full swing into summer, Healthy Start would like to remind all of our readers to make sure to stay hydrated and prepared for the weather. It is important to hydrate all year long, but especially in the summer months. Some signs of dehydration include, but are not limited to, dry or sticky-mouth, dry cool skin, headache, and muscle cramps, among other feelings. So, please be mindful of yourself and others that you may be caring for in this heat.

Healthy Start would also like to remind all readers to look before you lock. As we live in this technologically connected age, it is easy to get caught up in text, phone calls, etc. Slow down and take a breath, and "be in the moment." Remember, your little ones are depending on you.

Services here at the local Healthy Start programs have undergone major changes in the last year; Coordinated Intake and Referral were introduced to our five-county area. It is the concept of having a one-touch point for mother and baby. You'll often find these details under the term, "Connect," and we really look forward to serving you.

The client can call one number and be put in touch with the CI&R Specialist, who will share information about all of the home-visiting programs that serve maternal and child health in our area. Home-visiting is a feature in much of our business that we hope your family will use.

We are also introducing a new system of care for Healthy Start; this system of care will focus on delivering mother and babies the best care available, both mentally and physically. All clients can also continue to receive "Enhanced Services" through their Healthy Start programs, which include parenting, breastfeeding education, smoking cessation, and childbirth education.

If you are interested in talking with our Coordinated Intake and Referral Specialist, please phone (850) 482-9895, and simply ask for Angela.



**Theresa Harrison,
Executive Director**



Baby Comes First: Breastfeeding



Source mentioned in story:
Healthiest Weight: www.healthiestweightflorida.com
Declaration on the Protection, Promotion, and Support of Breastfeeding

Program Manager: Valery Lawton

Holmes: (850) 547-8500

Washington: (850) 638-6240

According to “Healthiest Weight Florida,” breastfeeding is the best source of nourishment for infants and young children. The goal of the Healthiest Weight Florida initiative is to collaborate with communities to help Florida’s children and adults make healthy choices about eating and active living. The Innocent Declaration on the Protection, Promotion, and Support of Breastfeeding recognizes that breastfeeding is a unique process that provides ideal nutrition for infants, reduces incidents of infectious diseases, and lowers risks for infant mortality.

Exclusive breastfeeding is recommended for six months after birth, and continuous breastfeeding with the addition of solid foods is encouraged for 12 months. Healthy Start in Holmes and Washington Counties has a Certified Lactation Consultant (CLC); she is our program manager, Valery Lawton.

Valery received a telephone call from Brionna Arrant who was having breastfeeding concerns, and arrangements were made to meet with her. Brionna was not a Healthy Start participant, but the local Breastfeeding CLC at Holmes and Washington Counties Healthy Start was there to help anyone with breastfeeding support.

“It had been over five years since I breastfed my first child,” Brionna noted, “and I don’t consider that time a successful breastfeeding journey. My second time becoming pregnant, I was determined to have a better breastfeeding experience. However, ever since my 5-week-old was born in May, nursing has been awfully painful. I had researched, asked friends, and even went to the doctor. I couldn’t understand what was wrong, and I was more than ready to give up. Just about the time I had talked myself out of breastfeeding, I decided to contact a lactation consultant but wasn’t sure where to begin.”

Brionna added, “I was pleased to find out that my local health department had a certified lactation consultant, and I was able to meet with her immediately! She was so kind and helpful and was able to teach me many things I didn’t know, especially how my daughter should be latching for feedings. After fixing these problems, I’m happy to say that breastfeeding my baby is no longer painful and has been such a great bonding experience for the two of us.” Brionna’s appreciation of Healthy Start was evident!

If you or anyone you know is in need of breastfeeding support, or has breastfeeding concerns, please contact Holmes or Washington Counties’ Healthy Start or contact the local WIC office. CLC services are free and open to anyone.



Breastfeeding Benefits

Save Money: Breastfeeding saves at least \$1,500 each year on formula and other supplies.

Lose Weight: Breastfeeding can burn as much as 600 calories a day. That's as much as walking for over an hour!

Sleep Better: There's no getting up in the night to fix bottles while your baby cries. Skip the stress, for you and your baby

Be Healthier: Babies who breastfeed get sick less, and mothers who breastfeed are less likely to develop diabetes, breast cancer, and ovarian cancer. Plus, skin-to-skin works to calm both mama and baby.

Be Smarter: There are so many other benefits for your baby...

- **Higher IQs** and **better brain growth**
- **Less spit-up** because breastmilk is made perfectly for their stomachs
- **Less colic, constipation, vomiting, and diarrhea**
- **Lower risks** of childhood leukemia, **SIDS**, **eczema**, and **asthma**
- **Fewer colds** and **infections**



The Chipola Team

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CALHOUN & LIBERTY counties

Getting Better with Healthy Start

Meet Natalie and Jasmine, some of our Healthy Start clients. When we first met Jasmine (mom), she was pregnant her senior year in high school, attending Altha Public School, and was receiving Healthy Start services for herself from Cindy Grantham. Cindy and Jasmine met weekly to help prepare for what a new baby right after high school would bring. Cindy stated, "Jasmine always had a clear goal of what she wanted to do, graduate and become a nurse, while raising her baby."

Some of the services that were provided to Jasmine and baby Natalie were childbirth education, breastfeeding education, ASQ's and developmental tracking, and general support services. At 32 weeks exactly, Jasmine went into premature labor and delivered a 3-pound 11-ounce, 16-inch, baby girl. From the start, Jasmine was so attentive to her precious little preemie. She took great care of her and would always call on Healthy Start with questions and let us know how little Natalie was doing. It didn't take long, and Natalie caught up with her growth and met all her milestones right on time.

Jasmine faced all this adversity head on, and she continued with school to become a nurse. We are very proud to report that on July 16, 2019, Jasmine, surrounded by her family, graduated from Florida Panhandle Technical College with her LPN degree. She is not stopping there though; she is actively pursuing her RN degree next, all while raising her daughter, Natalie, along with her fiancé, Zac Morris.

Jasmine states, "Healthy Start helped me by educating me on many different things before birth and then after birth, too. They also helped me by just being there to talk to during my pregnancy and the months after."

We are pleased to help, and please reach out to us anytime!

Marissa Barfield, RN
DOH Calhoun/Liberty
Healthy Start Program Manager

Calhoun: (850) 674-5645
Liberty: (850) 643-2292





Healthy Start; We Take Care of Mommy and Baby!

Jackson County Healthy Start is proud to serve the women of Jackson County. We seek to serve women and their babies to ensure that every baby has the chance at a healthy start in life. For Kodie, as an example, there were many challenges to overcome to have her healthy twins. She entered the Healthy Start program already in her 25th week of pregnancy and knew at that time that she was expecting twins, a boy and a girl.

It is hard to carry one baby, yet this

sweet mommy was carrying two. When mom entered our services, she was really struggling, from marital to financial, not to mention the prenatal depression. Just when things were looking up with her and her husband, her job slashed her hours to only about 20 hours a week.

All that stress took a toll on her body, and at 30 weeks she started to go into premature labor. Thankfully, the doctors were able to keep her from having the babies until she was 38 weeks along. The babies were born on June

11, weighing in at 6lbs. 13oz. and 5 lbs. 15 oz. Even with all the hardship that she faced, mom was able to bring two healthy babies into the world. That is the main goal of Healthy Start – healthy moms and babies, which begins with mothers and babies having the best chance possible at a safe delivery.

Pictured are a few services we provide; please contact any of our great staff anytime!

David Taylor, Program Manager
(850) 526-3002



Jackson County Healthy Start offers a demonstration of how to properly buckle a child into a car seat; here are one of the tools we use. Most car seats are installed incorrectly. We'll help you beat the negative statistics with information and hands-on practice.



2019 Ultrasound of a Jackson Healthy Start Baby



Here's the exterior of the Jackson County Healthy Start Office where expectant mothers receive the latest information on birthing techniques and childcare. It's literally connected to headquarters, so just drop by or call anytime. Of course, you'll also know you're in the right place because a sign is located just inside the foyer of the Jackson County office. All mothers and babies will get the extra attention needed to help them succeed.

Healthy Start Celebrates Children's Week



Chipola Healthy Start visited Tallahassee this summer in order to celebrate Children's Week and spread their message. Visitors flocked to the state capital for a wide variety of information and entertainment that suited the whole family. With a focus on improving education and opportunities for children, Healthy Start was proud to be a part of the activities.



Jackson Hospital is *Baby Friendly!*

"I am so EXCITED to announce that Jackson Hospital has received designation as a Baby Friendly birth facility!!!"

"Thank You for being such a big part of this achievement! We will continue quarterly task force meetings, starting in August. Also, stay tuned as we are planning a Celebration at the hospital! Thanks again!"

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Growing a Healthier Community.