



Annual Report

2022-2023



Message from the Health Officer



I am delighted to share with you our Annual Report highlighting the remarkable progress and achievements we have made in the past year, thanks to the unwavering support and partnership of the Healthy Start Coalition of Orange County. Our collective dedication to meeting the needs of vulnerable expecting and parenting families and infants in Orange County has led to significant strides in improving maternal and infant health.

Over the course of this fiscal year, our collaborative efforts have yielded exceptional results:

Continuation of Coordinated Intake & Referral (Connect) Services: We have successfully sustained the provision of coordinated intake, referral, and care coordination services for mothers and babies, ensuring that they receive the comprehensive care they require for optimal health outcomes and linkage to local home visiting services for support.

Reinvigoration of In-Person Services: We were able to transition back to in-person home visiting, educational classes, and community events. This transition was crucial in establishing deeper connections and engagement with our clients and fostering a sense of community among them.

2nd Annual MCH Summit Success: The 2nd Annual Maternal and Child Health Summit, organized through our collaborative efforts, proved to be a resounding success. A total of 98 attendees, 20 vendors, and ten speakers participated in the summit. The summit provided a platform for educating parents, sharing knowledge, fostering dialogue, and linkage to crucial maternal and child health resources.

Expanded Wraparound Services: Through joint initiatives, we have successfully implemented and leveraged additional wraparound services including car seat and safe sleep environment education, infant/toddler swimming lessons, baby showers, and the reestablishment of Fetal Infant Mortality Review (FIMR) in Orange County. These services continue to have a substantial impact on reducing risks and enhancing the safety of our youngest community members.

As we look ahead, our commitment remains steadfast. Our shared mission to identify and address key root causes of infant mortality in Orange County are more vital than ever. We are determined to ensure that every baby in our community celebrates their first birthday and continues to thrive beyond that milestone.

In closing, I want to express our sincere gratitude for the invaluable support, resources, and partnership that the Healthy Start Coalition of Orange County has provided. Together, we have made significant strides in improving the lives of mothers and babies within our community. Your persistent dedication has truly made a difference.

Here's to another year of impactful collaboration and the prospect of brighter, healthier futures for the families we serve.

Robert D. Karch, M.D., M.P.H., F.A.A.P.
Health Officer and Director
Florida Department of Health in Orange County



Message from the Healthy Start Program Manager



As the Program Manager for the DOH-Healthy Start Program, we are formally submitting the Healthy Start Annual Report for the 2022-2023 fiscal year which ended June 30, 2023. Your contributions of time, advocacy, and funds have allowed us to invest in Orange County's families and be part of the communities we serve. During this fiscal year, more than 10,000 pregnant women, infants and families received services through telephonic, virtual and in-person visits. Despite the continuous pandemic hesitancy, the resiliency of Healthy Start team members allowed them to persevere with continued virtual provision of services (i.e., educational classes) to ensure their clients' ongoing health, safety and comfort. Beginning April 1st,

2023, the Healthy Start team members returned to in-person client visits only in accordance with the guidelines set by the Florida Agency for Health Care Administration (AHCA). This has proved to be a challenge; however, the team members have been able to engage over 2000 in-person visits.

The Healthy Start system is the organization that supports and enhances the community's ability to promote healthy birth outcomes, health and developmental outcomes for all pregnant women and babies. Thanks to your generous support we continue to be able to provide coordinated intake and referral, and care coordination services to pregnant and parenting women, infants, and children up to age three. With transformations of the deliverables through the fidelity of evidenced-based curricula, even greater potential exists to achieve measurable, lasting return on investments and improvements in the health of women, babies, and families across Orange County, Florida. The provision of client services, support, and active engagement continues to be a priority for us.

We are grateful for the growth and opportunities and remain committed to continuing our endeavors to help communities ensure a healthy start for every family. The Florida Department of Health in Orange County leadership, staff, partnering agencies/organizations, and the families we serve appreciate your continued support.

Warm Regards,

Adrian Lawson

Healthy Start Program Manager



Accredited Health Department
Public Health Accreditation Board

Message from the Healthy Start Coalition of Orange County Executive Director



As a unified community, we know there are steps that we must take to redraw the roadmap to health equity. This year's report from the Department reflects the work that is being done – continuously - to address the root causes of our continued public health problems. This body of work moves the needle for Orange County to be better prepared for maternal and child health concerns, chronic diseases like diabetes, emerging infectious diseases or the next pandemic. The substantial evidence and data gathered and reported will help our community formulate and utilize interventions that target the social determinant conditions. Healthy People 2030's central theme is to work toward health equity. The places where we live, learn, work, and age, along with our socioeconomic status and race, all have a tremendous influence on our health. **In fact, 80% of health outcomes can be attributed to social determinants of health (SDOH), such as poverty,**

housing stability, access to transportation and food insecurity. The data presented in this report help better visualize health inequities and predict risk, allowing us, as a community, to mitigate the drivers of underlying health inequities in the community — helping improve care and health outcomes. In addition to the work taking place in the government and community, individuals can also help shape change by advocating among their friends and family members! As with anything... we are better together! The Healthy Start Coalition of Orange County appreciates the opportunity to work with the Department of Health —Orange to achieve stated goals. Today, tomorrow and all the days to follow, the Coalition is here to “Connect” our families, rally behind our “Team Dads” and provide a “Healthy Start” for our families. In partnership, with all our community friends will can ensure that every baby has a healthy start. Please contact the Coalition at 407-228-1478 or www.HealthyStartOrange.org for additional information on all our programs — referral, home visiting, and other community supports. Our families... our babies are the foundation of the best yet to come!

A handwritten signature in black ink that reads "Thelisha Thomas".

Thelisha Thomas
Healthy Start Coalition of Orange County
Executive Director





Table of Contents

6	<i>County Overview</i>	15	<i>Community Engagement</i>
7	<i>Healthy Start Services</i>	16	<i>Special Initiatives</i>
8	<i>Administrative Support</i>	18	<i>Inter-Conceptual Care</i>
9	<i>Coordinated Intake & Referral</i>	19	<i>Healthy Start Mall</i>
10	<i>Healthy Start Care Coordination</i>	20	<i>Quality Assurance</i>
11	<i>Safe Futures</i>	21	<i>Client Satisfaction</i>
12	<i>Breastfeeding-Parenting</i>	22	<i>Staff Development</i>
13	<i>Smoking Cessation</i>	24	<i>Testimonial</i>
14	<i>Psychosocial Counseling</i>		

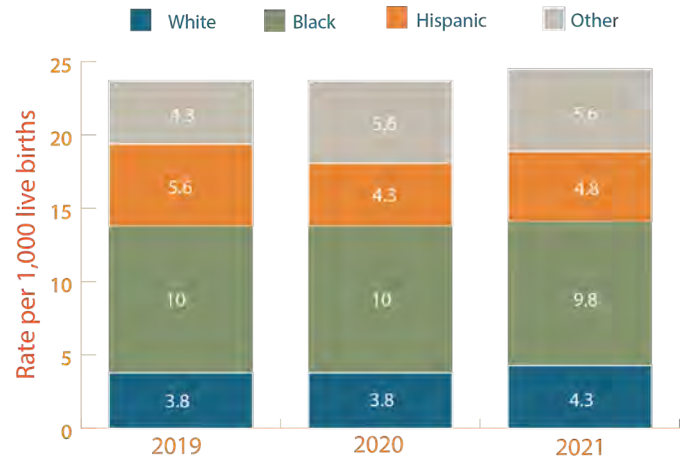
County Overview

5.8

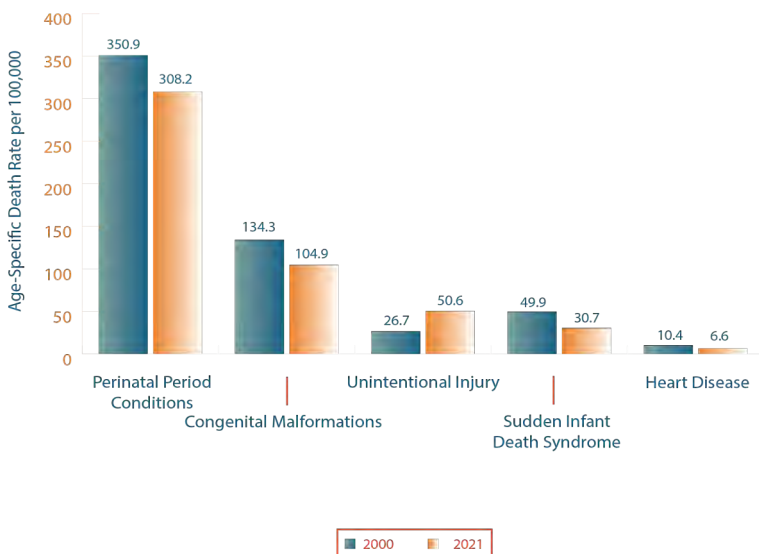
(per 1,000 live births in 2021)

In 2021, the infant mortality rate for Orange County was 5.8 per 1,000 live births. Poor pregnancy outcomes, including low birth weight, preterm births and infant mortality, are associated with late or no prenatal care, an unplanned pregnancy, cigarette smoking, alcohol and other drug use, being HIV positive, short interpregnancy spacing, chronic diseases, obesity, maternal age, poor nutrition and low socioeconomic status.

Orange County Infant Mortality Rates

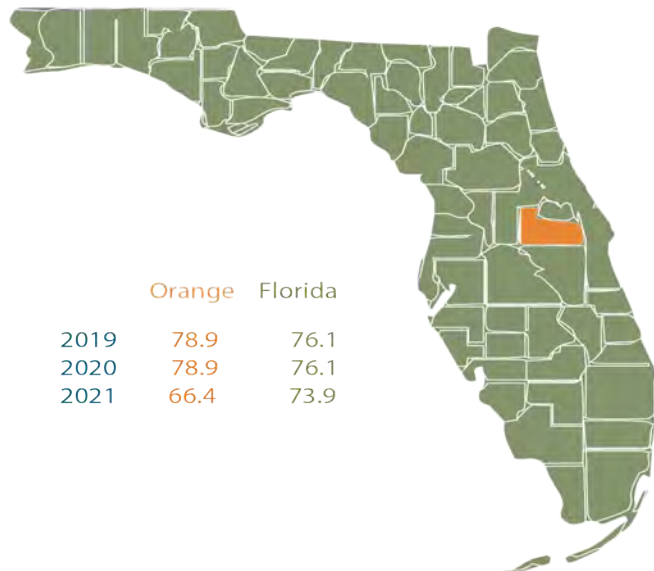


Leading Causes of Death per 100,000 Population
Orange County, 2000 and 2021, Under Age 1

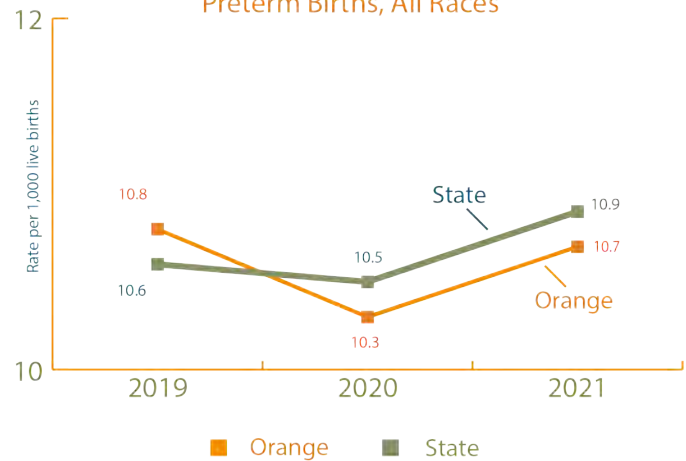


* Perinatal conditions and congenital malformations were leading causes of death among those less than 1 year of age.

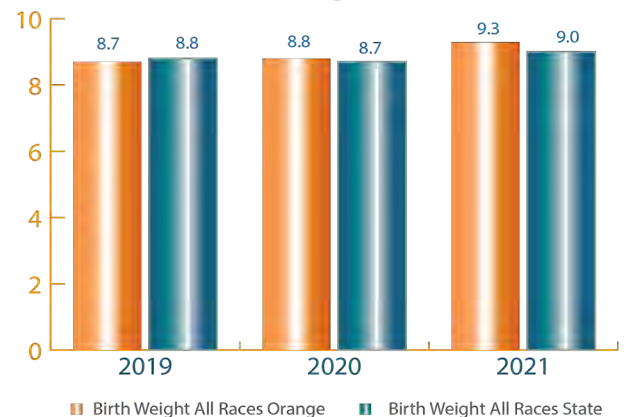
1st Trimester Entry into Prenatal Care



Preterm Births, All Races



Low Birth Weight All Races



Healthy Start Services

Services Provided

- Home visiting support and education.
- Education consists of prenatal, interconception, parenting, breastfeeding, baby care, planning for future pregnancies, and nutrition.
- Wraparound services and support include therapeutic intervention counseling, childbirth classes and Daddy Boot Camp.
- Evidence-based depression screening and referral.
- Infant developmental assessments utilizing the Ages and Stages Questionnaire 3 and the Ages and Stages Questionnaire SE-2.
- Help to quit smoking.
- Stress reduction techniques.
- Connection to services needed for families.
- Car seat class (Safe Ride 4 Babies).
- Interconceptual Care Education and Counseling (ICC).

Services are available to Orange County women who are pregnant women or between pregnancies, as well as children up to three years old.

Healthy Start Services are FREE for participants and are paid for by the Healthy Start Coalition of Orange County.

GOAL

To ensure pregnant women have access to care and to improve maternal and infant health while reducing the number of preterm births, low birth weight babies, and infant mortality.

Evidenced-Based Interventions

Partners for a Healthy Baby

Ages and Stages Questionnaires

Edinburgh Perinatal Depression Screening

Motivational Interviewing

Smoking Cessation Reduction in Pregnancy Treatment (SCRIPT) Program

Show Your Love

Intimate Partner Violence

Substance Use Screening

Relationship Assessment Tool (RAT)

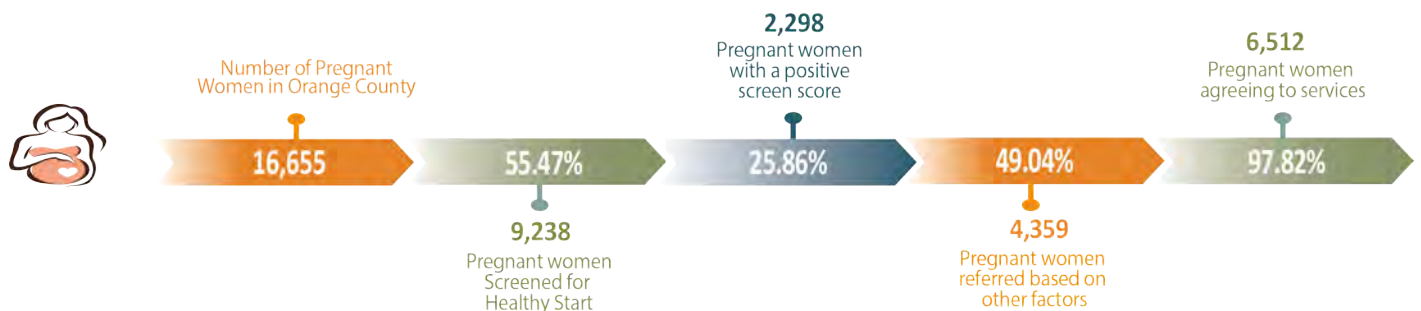
Administrative Support

The backbone of the Healthy Start Program which provides the intake and the administrative support for all programs.

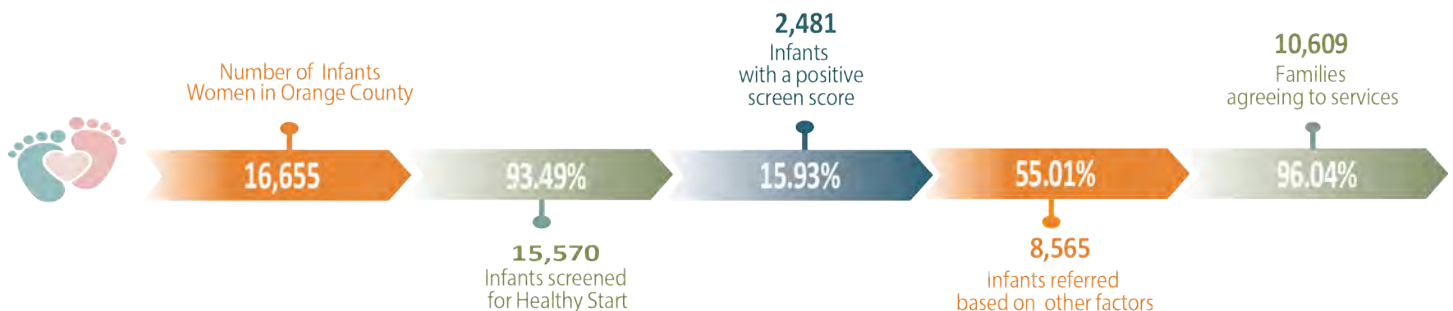
- Sort and distribute all incoming/outgoing mail and screening forms.
- Provide customer service and resource information to internal and external clients.
- Conduct research and document birth outcome findings and Medicaid status.
- Perform data entry of screening forms and other administrative documents.
- Create and maintain administrative documents.
- Safeguard all documentation and prepare documents for retention.
- Perform case assignments.
- Monitor, maintain, and update data logs.
- Update data into Well Family System.
- Maintain calendars.
- Coordinate and maintain inventory of supplies, equipment, and Healthy Start Mall incentives.
- Provide ongoing general office support.
- 5 Administrative positions.

Total Processed Forms 24,808

PRENATAL SCREENING



POSTNATAL SCREENING



Legislation

Requires that all pregnant women and infants be offered screening for risk factors that may affect their pregnancy, health, or development.

Coordinated Intake & Referral

Through the Healthy Start universal screenings, Coordinated Intake and Referral (CI&R), also known as CONNECT identifies needs and links families to a home visiting program that best meets their desires and needs. Connect helps pregnant women, caregivers and families with young children by providing a one-stop entry point for needed services. The process ensures the best fit for families and streamlines access to services. At the same time, it improves program enrollment and retention rates, and reduces duplication of efforts. Collaborating home visiting programs include: Healthy Families Orange, Early Head Start, Nurse Family Partnership and Federal Healthy Start-Bellies, Babies, and Beyond.

Clients Referred	Pregnant Women	Infants
24,440	13,529 55.35%	10,911 44.64%



Referred to Home Visiting Program



Referred to Healthy Start Program

The first 1,000 days between a woman's pregnancy and her child's 2nd birthday offer a unique window of opportunity to build healthier and more promising futures.



Healthy Start Care Coordination

Healthy Start is a voluntary and free service that supports Orange County women, infants and children (up to age three) to increase healthier pregnancies, births and child health.

Healthy Start Clients Referred	Pregnant Women	Infants
3,869	1,734 44.8%	1,253 32.3%



Prenatal/ Infant Completed Pathways



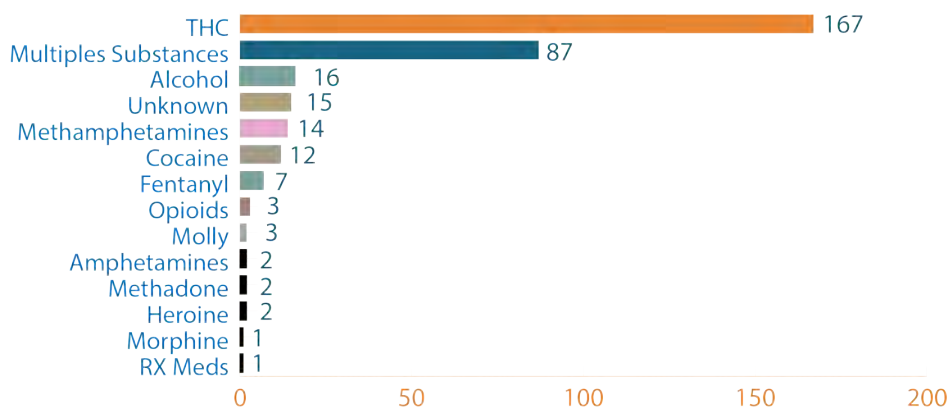
Inter-Conceptual Care Pathways



Substance Exposed Newborn & Safe Futures Initiative

Illegal drugs consumed during pregnancy are not safe for an unborn baby or the mother. Studies have shown that consumption of illegal substances during a pregnancy can result in miscarriage, low birth weight, premature labor, placental abruption, fetal death, and even maternal death. Babies born to substance-abusing mothers may have short- or long-term effects. Short-term withdrawal symptoms may consist of mild fussiness, tremors, extreme irritability, feeding problems, and diarrhea. Symptoms vary depending on the type of substances used. Long-term impacts may result in learning delays as the child grows older. Services to those in this priority population with the most serious drug exposure are now provided through the Safe Futures Initiative. Three hundred and thirty-one substance-exposed newborns were referred to the Healthy Start Program and 43 were enrolled into the Safe Futures Initiative. All infants have a Plan of Safe Care at referral and receive services from the Seeking Safety, an evidenced-based intervention.

Substance Exposed Newborn
Report Type of Drug Usage, n= 331
Year 2022-2023



Referrals

43



Families receiving services

45






Home visits made

201

Breastfeeding

Breastfeeding, with its many known health benefits for infants, children, and mothers, is a key strategy to improve public health. The American Academy of Pediatrics recommends that infants be exclusively breastfed for at least the first 6 months with continued breastfeeding alongside introduction of complementary foods for at least one year.



	Clients Served	1,170
	Unit of Services Provided	2,100
	Initiation Rate	90.6%



Parenting

Partners for a Healthy Baby

The curriculum is designed for home visitors: nurses, social workers and child development specialists assigned to assist teen mothers, at-risk families, and pregnant women or parenting families in need of support and guidance. The curriculum focuses on infants and toddlers, those early years when children and their health and safety are most vulnerable.

In the curriculum, home visitors will find a list of goals for each visit. It takes a holistic approach, also touching upon healthy body weight for parents and children, finding humor in difficult situations for those toddler years, especially, and getting dads and grandparents involved in childrearing.



1,173	Parenting Clients	
3,149	Units of Services Provided	

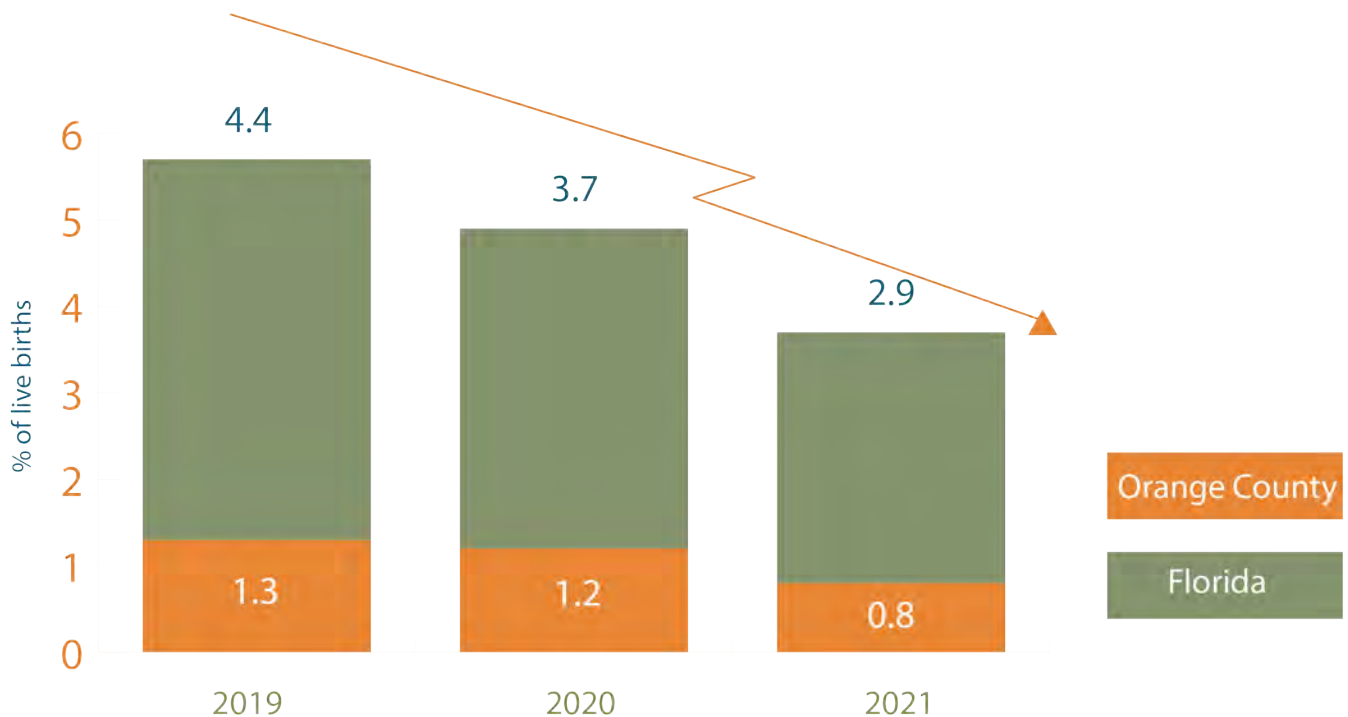
Smoking Cessation



Smoking during pregnancy is the leading cause of preterm delivery and complications. Women who smoke are more likely to have a baby born too early or too small, have a miscarriage, or lose a baby to a sleep related death. Once a baby is born, continued exposure to smoke, also known as second hand smoke, increases the baby's chance of asthma and respiratory problems as well as Sudden Infant Death Syndrome (SIDS).

Mothers Who Smoke During Pregnancy

(resident live births, n=136)



The tool used to implement smoking cessation counseling with Healthy Start participants and their family members is Smoking Cessation Reduction in Pregnancy Treatment (SCRIPT) Program, an evidenced based model used to educate and aid in smoking cessation. SCRIPT utilizes the 5A's: Ask, Advise, Assess, Assist, and Arrange along with an interactive workbook "Commit to Quit". Participants are also referred to the Quit Line.

Psychosocial Counseling

Pregnancy creates many feelings, emotions, and experiences; many of them joyful and wonderful. However, there are also pregnant and/or parenting women who are struggling emotionally or are experiencing a debilitating level of anxiety about their pregnancy due to recent pregnancy loss or the pregnancy being unplanned. For these reasons, psychosocial counseling is provided to Healthy Start participants to address emotional, situational or developmental stressors as well as the “baby blues,” postpartum depression and toxic trauma. Counseling is provided through Healthy Start’s Therapeutic Intervention Program (TIP) with professional counselors from Aspire Health Partners who visit participants in their home setting for the purpose of improving well-being, alleviating stress, and enhancing coping skills.



Clients received psychosocial counseling

27

OUR GOAL

To reduce identified risk factors to achieve positive pregnancy outcomes and optimal infant/child health and development

2,193

Edinburgh Assesments Completed

814

Units of Service Provided

Community Engagement

EVENTS

- Orange County Sherriff's Back to School Event.
- New Day Christian Center Back to School Bash.
- Jobs Partnership and Community Partner Breakfast.
- Coffee & Learn "Nutrition Education."
- 2nd Annual Maternal Child Health Summit.
- Why Positive and Adverse Childhood Experiences Matter.
- OCPS Health and Safety Event.
- DOH and OCPS Family Health Fair.
- Butterfly Lifestyle Annual Christmas Dinner at Recovery Connections of Central Florida.
- Healthy Start - BBB Community Baby Shower.
- 36 Weeks and Beyond Baby Showers.
- Mexican Consulate Love Your Heart Health Fair.
- Hope Community Center International Women's Day.
- Orlando Health "Grow Mama Family Fun Day."
- DOH Southside Health Center: Car Seat Safety Distribution and Installation Event.
- Mother's Day Celebration Community Event.
- Pine Hills Community Open House.
- Fatherhood Community Baby Shower.



Special Initiatives



Working in partnership with UCP/BETA, the Healthy Start program provides care coordination services to the pregnant and/or parenting teens at the UCP/BETA Center. The teens attend an educational class on a weekly basis to discuss prenatal care, parenting, self-care and many other pertinent topics of benefit to their maternal health and/or inter-conceptual care. The pregnant and parenting teens receive an individual initial intake and assessment to assess and discuss the risk factors associated with their pregnancy and their infant. The infants also receive ASQ Developmental Assessments on site. The teens and their infants receive ongoing care coordination services outside of the UCP/BETA school that include home visits and linkage to additional community resources. Fourteen (14) classes were held with a total of one hundred and twenty eight (128) participants.



Water safety is crucial for children, especially those aged 0-4 years, as

they are at a higher risk of drowning due to their limited ability to recognize danger and their relatively weak motor skills. Swimming lessons for this age group provide numerous benefits, including early exposure to water, and can aid in physical development, including motor skills, coordination, and muscle strength, contributing to overall growth. Water safety and early swimming lessons for children aged 0-4 years are essential for preventing accidents, fostering water confidence, teaching basic skills, involving parents, aiding development, enhancing social skills, and setting the groundwork for potential future lifesaving abilities.

During this year, in partnership with Childrens Safety Village, four (4) infants/toddlers received swimming lessons. This was made possible through a Consumer Product Safety Commission (CPSC) grant.



Diapers are essential to infants and toddlers daily care, and yet many families cannot afford them. A typical infant uses 10 to 12 diapers a day, adding up to about \$100 to \$120 per month. This cost is not usually covered by a financial assistance program. Like hunger, a lack of diapers has a profound impact on a baby and the family. Without enough diapers, parents are sometimes forced to reuse wet diapers or change their babies less frequently. This places their infants at high risk for painful diaper rash, infection, illness and other complications. Studies show that a child who cries frequently and has diaper rash and infections, are more likely to suffer abuse.

Central Florida Diaper Bank has a passion to assist families in the Central Florida Community by providing diapers and other essential baby items to parents that are in need. The mission of the Central Florida Diaper Bank is to ensure that all children (newborn to age 3) receive quality care and have their basic needs met. In 2019, the Healthy Start program established a partnership with the goal of protecting, promoting and improving the health of participating Healthy Start moms, babies and families through the provision of diapers, parenting education and other available baby items. This partnership allowed the Healthy Start program to become an emergency diaper site to meet families urgent needs. As a result of this partnership, we have distributed more than 115 packs of diapers to needy families and educated more than one hundred (100) pregnant women.

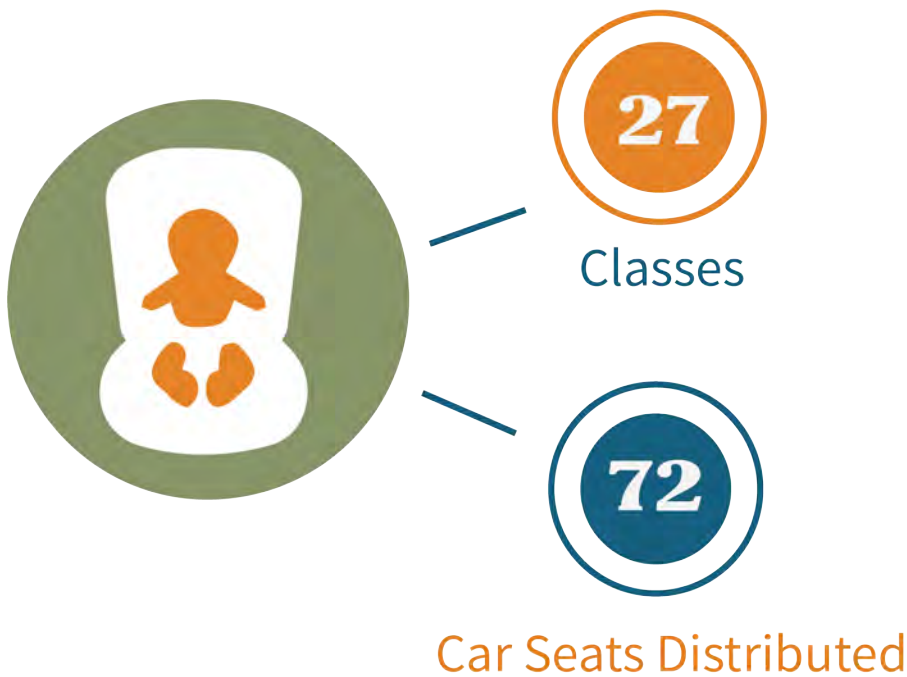
Safe Ride 4 Babies



“Safe Ride 4 Babies” is a cost sharing child safety seat incentive program designed to educate parents and caregivers about the importance of car seats and how to properly use and install infant, convertible, and booster seats. This program provides the opportunity for parents and caregivers to share the cost for a convertible child safety seat in exchange for a minimum donation.

“Safe Ride 4 Babies” is an effective way for parents/caregivers to not only obtain a needed

safety seat but also ensures its correct use by parents/caregivers. According to the Children’s Safety Network, child safety seat distribution programs such as “Safe Rides 4 Babies” for children ages 0-4, yield an estimated savings of \$2,400 for a cost of only \$82 per seat provided. The return on the investment for the “Safe Ride 4 Babies” equates to more than \$166,896.



Inter-conceptual Care



Interconceptual care (ICC) is provided to women of reproductive age between pregnancies using Show Your Love Assessment, Steps for a Healthier Me and Steps for a Healthier Baby and Me. Interconceptual care addresses risk factors that may have contributed to a previous poor pregnancy outcome and ensures that conditions and behaviors which may have caused a poor pregnancy outcome be identified and managed before the next pregnancy.

Topics Covered

- Access to healthcare.
- Baby spacing.
- Nutrition.
- Physical activity.
- Healthy relationships.
- Maternal infections.
- Chronic health conditions.
- Mental and emotional health.
- Environmental risk factors.
 - Smoking (cigarettes, vaping, e-cigarettes, and hookahs).
 - Alcohol.
 - Substance use and prescription drugs.

875

Clients
Educated



Healthy Start Mall

The Healthy Start Mall is a client incentive program created to recognize pregnant women and families for the completion of activities to give their baby a Healthy Start in life. Clients are awarded points for prenatal care appointments, keeping their home visit appointments, participating in educational workshops, and more. This program has been instrumental in increasing client participation in workshops and knowledge about various maternal child health topics (e.g. childbirth, SIDS, child home safety, and how to care for a crying baby).



72

Clients Served
at the Healthy Start Mall

Quality Assurance

Continuous quality assurance is a systematic approach to assess and improve the overall quality of a program or service by identifying positive and negative program processes, services, and outcomes. The quality assurance is facilitated through measurement and analysis of performance measures and contract deliverables, and includes active customer and staff participation. Periodic measurement and evaluation of program outcomes provides assurance that our program practices are consistent with established Healthy Start standards, guidelines and fidelity of evidence-based curricula. Ongoing monitoring of services, outcomes and processes impacting service delivery are key factors for achieving and maintaining quality.



Number of employees that completed Healthy Start Core Trainings



Healthy Start Client Satisfaction



100%
Overall
Satisfaction

“Healthy Start has eased my mind on the process of my pregnancy . I will be recommending this Program to anyone who needs it pregnant or with babies.”

“As this is my 2nd time to work with Healthy Start, I have always received pristine service and genuine concern from my care coordinator, and I am exceedingly grateful for that, she was supportive, kind and helpful to me during my difficult pregnancy.”
Thank you!

I received clear and understandable information and/or service



100%

My Healthy Start Worker was well informed, helpful and able to answer all of my questions



100%



My Healthy Start Worker was friendly



Total
Surveys

100%



153 Responses

Staff Development

Staff development is crucial not only for enhancing skills and knowledge, but also for combatting burnout and revitalizing energy. By investing in professional growth, employees feel valued and motivated, which directly contributes to higher job satisfaction and decreased burnout rates. Training and development opportunities are provided throughout the year to give the Healthy Start team members a fresh perspective, ignite enthusiasm, and rekindle a sense of purpose, ultimately leading to a more engaged and resilient workforce





Testimonials



I began my Healthy Start journey by being referred to the Healthy Start program by my Medicaid plan. I was pregnant and wanted to learn about healthy things to do for my pregnancy. My Healthy Start counselor, Genevieve Figueroa, explained the services of the Healthy Start program and we scheduled a home visit. Genevieve helped me to have a healthy and happy baby. I learned what to expect about my pregnancy and took classes to get ready for the birth of my baby. Genevieve also helped me with overcoming my anxiety about motherhood and parenting. I have really appreciated Genevieve's

support in learning parenting skills, healthy things to do for my family, and community resources. I also really appreciate the Healthy Start Mall to be able to obtain diapers and baby items for my family. Genevieve has provided a positive voice in this sometimes cruel world. She encouraged me to reach my goals and would listen and provide me with advice when I needed it.

I would recommend the Healthy Start program to anyone that is pregnant or has a baby. This program provides pregnancy and baby education, classes, community resources and support and motivation. I have a new Healthy Start counselor Lisa Mays, who I am excited to continue this journey of learning and growing with Healthy Start. I really appreciate all the support that Healthy Start program has provided to me and my family!

Thank you,

Jessica



FUNDED BY



Community Partnerships



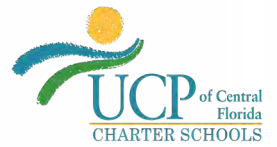
HOSPITALS

Orlando Health Hospital



SCHOOLS

Prosperitas Leadership Academy, UCP/BETA



OTHER ORGANIZATIONS

Healthy Families Orange, Early Head Start
Central Florida Diaper Bank and
Children's Safety Village



HEALTHCARE PROVIDERS

DOH-Orange Family Planning and Prenatal Health; Pine Hills and Apopka Community Health Centers and Simply Healthcare



BEHAVIORAL HEALTH

ASPIRE Health Partners





Healthy Start Coalition
of Orange County, Inc.
1040 Woodcock Road, Suite 215
Orlando, FL 32803
407-228-1478

Connect with us!

orange.floridahealth.gov
[@GOHealthyOrange](https://www.facebook.com/GOHealthyOrange)

Facebook/Instagram: [@HealthyStartOrange](https://www.facebook.com/HealthyStartOrange)
Twitter: [@HealthyStartORG](https://twitter.com/HealthyStartORG)

Florida Department of Health
in Orange County
6101 Lake Ellenor Drive
Orlando, FL 32809
407-858-1400

Healthy Start Program
Ocoee Health Center
475 West Story Road, Suite 1
Ocoee, FL 34761
407-858-1472