

# Florida Keys Healthy Start Coalition Quarterly Newsletter

January-March 2009



In this issue:

Teen Issues, Car Seat Program, Medical Lactation Support



## The first Newsletter for 2009

### Spread the word!

A newsletter resource designed to benefit those associated with maternal and child health, public health, and the women and children of Monroe County.

Please SHARE this quarterly newsletter with local families, friends and colleagues, and encourage them to subscribe to the newsletter and visit our [Fla Keys Healthy Start Coalition](http://FlaKeysHealthyStart.org) website.

## Car Seat Program Starts Now!

Our recent award of a Florida Department of Transportation grant allowed for the recent purchase of car safety seats which have started to arrive! We are already starting to distribute to families in the Keys.

Our other objective, to train new car seat inspectors, is also under way with a FREE training scheduled February 24-27th in Key Largo.

To register for the Car Seat Inspector Certification, contact Mirine Dye email [Liaison@KeysHealthyStart.org](mailto:Liaison@KeysHealthyStart.org).

The training will end with a community inspection event in which free seats and education will be available. The inspection event will be at the Key Largo Fire Department, mile marker 99.

Families will have the opportunity to receive a car seat at many different times of contact including car seat events, upon discharge at LKMC, from a Healthy Start visit and with a referral from a Community Partner!

Please let our office know immediately if you wish to receive a small quantity of car seats to distribute to your clients.

## Postnatal Screening Incentives Are Here!

Every new mother in Monroe county will be offered a postnatal screen to determine if the baby is in need of Healthy Start services. As a thank you just for saying yes to the screen, the mother will receive a tote bag filled with great items! A sleep sack for SIDS prevention, breastfeeding book, postpartum care guide, diaper pack, mom-friendly samples and a local resource guide! Mothers can receive their Healthy Start gift tote in English or Spanish at:

Drs Zuba and Mendoza's Office, Mariners Hospital  
Drs Magrane and Turbessi's Office, Mariners Hospital  
Lower Keys Medical Center Healthy Start Offices

*PS: these 500 tote bags were lovingly packed by Keys Center for Girls in Tavernier and several Key West High School volunteers! We love our volunteers! Thank you!!*

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



## Staff Email and Mailing Address

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Please add these to your address book and spam filters.

**Babies were born to be breastfed.**  
1-800-994-WOMAN [www.4woman.gov](http://www.4woman.gov)  
*Or talk to your healthcare provider.*

## Teen Pregnancy and Risk Prevention Efforts

Adolescent pregnancy is a complex issue to address. Sexual risk-taking behavior, often the cause of teen pregnancy, has costly outcomes including unintended pregnancy and contracting sexually transmitted infections (STIs). Consequently, it is the risk-taking behaviors of teens that must be addressed in order to effect a change in teen pregnancy trends.

Prevention strategies MUST include comprehensive sex education and evidence-based pregnancy prevention programs. One such evidence-based program is the [March of Dimes, Teen 2 Teen program](#). Thanks to a Monroe County Sheriff's Office forfeiture grant this year, we have provided over 150 Monroe County teens at 4 schools with the Teen 2 Teen program and materials. What makes it Teen 2 Teen? The materials and video presentations feature Florida teens talking about the issues that they find important, such as reducing risky behaviors including smoking, drugs, alcohol, and poor nutritional habits. Enhancing self-esteem and giving the teens some tools to improve their decision making will improve their health now, and in the long-term, the health of their future babies.



Picture: Mirine Dye in Ms. Lori Denny's HOPE Class at Marathon High

## Health Events and Holidays!

### January

FIMR Committee Meeting

Birth Defects Prevention Month

24th- Keys Health Fairs in Marathon , Big Pine and Key West [www.fkahec.org](http://www.fkahec.org)

### February

Heart Health Month

18th- Black History Month Celebration at the Tropic Cinema Key West: Special showing of the black midwifery documentary *Bringin in Da Spirit*

24-27th- Car Seat Inspector Certification in Key Largo [Enrolling NOW!](#)

27th- Key Largo Community Car Seat Event



### March

3rd- Coalition Board of Directors meeting Marathon

National Nutrition Month



## What Every Health Care Provider, Nurse, and Physician Should Know

Breastfeeding women show up at the dentist, surgeon, emergency department, mental health office; not just a pediatric or obstetrical provider!

So you may not know when breastfeeding is contraindicated. The answer: Not nearly as often as most mother's in our area hear from providers!

Breastfeeding is NOT advisable if one or more of the following conditions is true:

- An infant diagnosed with galactosemia, a rare genetic metabolic disorder
- The infant whose mother:
- Has been infected with the human immunodeficiency virus (HIV)
- Is taking antiretroviral medications
- Has untreated, active tuberculosis
- Is infected with human T-cell lymphotropic virus type I or type II
- Is using or is dependent upon an illicit drug
- Is taking prescribed cancer chemotherapy agents, such as antimetabolites that interfere with DNA replication and cell division
- Is undergoing radiation therapies; however, such nuclear medicine therapies require only a temporary interruption in breastfeeding



[Drugs and Lactation Database \(LactMed\)](#) - Is a peer-reviewed and fully referenced database of drugs to which breastfeeding mothers may be exposed. Among the data included are maternal and infant levels of drugs, possible effects on breastfed infants and on lactation, and alternate drugs to consider.

Don't have this evidence-based pharmacology book yet? We do! Call us and we are happy to look up the drug or herb and fax you a copy of the entry for better treatment of your patient's medical issues.

Prefer a reference you are more familiar with? Try the American Academy of Pediatrics Policy Guide: <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;100/6/1035>

Prefer formal learning? We offer the World Health Organization recognized 18hour breastfeeding course as well as other e-learning opportunities. Contact us for more information.

## Continued Thanks To Our Board of Directors

- Cheryl Cottrell, Board Chair, CNO Mariner's Hospital
- Holly Merrill, Vice Chair, Representative Ron Saunders office
- Michael Cunningham, Past Chair, Florida Keys AHEC
- Lynn Wintermyer, Secretary, Healthy Families
- Linda Welsh, Treasurer, Child Find Program

### Members at-large

- Maggie Vogelsang, Lower Keys Medical Center, Maternal/ Infant Care Unit
- Mary Williams, Early Learning Coalition of Miami Dade/Monroe
- Liz MacGard, Monroe County Detention Center

*And a big "welcome" to our newest board member:*

- Denise Vedrenne, DDS, Pediatric Dentistry

## Care Coordinator Corner

Meet Our New Program Coordinator Jessica Lariz, in the Key West office of the Monroe County Health Department. Jessica recently completed her lactation counselor certification and is completing her FOCEP certification.

Jessica joined the Healthy Start program in the Health Department in 2002, after being a Healthy Start client with her 1st child. Jessica is a University of Florida graduate with a bachelor's degree in



health education. She completed her internship at Key West High school working with teens and the sex education curriculum.

Jessica feels that access to care is the biggest challenge for her clients, and is proud to be the program coordinator over a staff that she feels "goes above and beyond".

**Coalition Staff:**

- Arianna Nesbitt, Executive Director
- Jody Smith Williams, Administrative Assistant
- Ja Good, Contract Manager
- Mirine Dye, Community Liaison

## Car Seat Coupon

Any Monroe County resident who is a caregiver of a child age 3 and under, such as a parent, foster parent, caregiver or custodian, is eligible for a FREE infant or toddler child safety seat while supplies last during 2009.

Florida Keys Healthy Start Coalition 305-293-8424 [liaison@keyshealthystart.org](mailto:liaison@keyshealthystart.org)

**PROVIDER:**

Please submit the name, date, zip code and type of seat needed to the Coalition.