



Florida Keys Healthy Start Coalition Quarterly Newsletter

Spring Edition April-June 2009



Spring 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 Training Updates

Key West Training, seats still available! Please join us for this FREE training, sponsored by a Florida Department of Transportation Grant. April 20-23 at the Sheriff's HQ on Stock Island.

To register for the Car Seat Inspector Certification, contact Mirine Dye email Liaison@KeysHealthyStart.org or call 394-2456.

Time for a car seat checkup!

Please spread the word for families to have their child safety seat inspected, adjusted and properly installed. Seats available to those in need.

April 23rd 9:00-12:00noon in Key West at Key West Publix Parking Lot

April 26th 2:00-5:00pm at YMCA Healthy Kid Day Event Key Largo Park

Our March 28th Event in Marathon was a huge success! We served over 28 families, many with more than 1 child. We took in almost a dozen seats that were broken, expired or recalled and replaced those seats with our brand new car seats.

Did you know? 4 out of 5 infant and child car seats are improperly installed!

Be part of the solution! Take the April Child Safety Seat Inspector Course and help the families you serve!

Monroe County car seat technicians show some of the unsafe seats exchanged for new seats at the event in Marathon. Thank you to the volunteers Jimmy, Teri with Wesley House, Rose with the Sheriff's Office, and Molly with Wesley House- you all made a difference!





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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

Or talk to your healthcare provider.

Local News

Heard Around the State

Feb. 2007- The Florida Breastfeeding Coalition conducted a meeting with FL Surgeon General Dr. Ana Viamonte Ros, to discuss how the Coalition and DOH can work together to protect, promote and support breastfeeding. Dr. Viamonte Ros expressed her support for breastfeeding by opening the meeting with reflection of being a former La Leche League member and nursing each of her 2 children into the second year of life. It was a positive meeting and a great beginning for what is hoped to be a long and productive collaboration at protecting, promoting and supporting breastfeeding in Florida. For more details of the meeting, as well as signing petitions and letters to our State Lawmakers, please visit <http://flbreastfeeding.org>

Training:

In March, 7 providers from the Health Department, WIC and Lower Keys Medical Center completed the State required 3 day breastfeeding counselor course. Sponsored by the Coalition, this training provides a solid foundation for managing breastfeeding in the early weeks when most women are likely to experience difficulty and lack of confidence. It is one of the Coalition goals to improve breastfeeding rates to meet or exceed those standards set forth by Healthy People 2010.

Outreach:

Also in March, the Coalition spoke with over 50 families at the GLEE Expo! Information on healthy parenting practices including eco-friendly diapers, bottles and breastfeeding were the main attraction.

L- HS Teen volunteer Mallory with Leanne and Zeffie.
Below: Mirine teaching about reducing environmental hazards.



Fetal and Infant Mortality Review

From the 2007 review of infant deaths, one suggested strategy for outreach that came out of the process is increased presence in the Haitian community through their churches. In February, the Coalition partnered with the Health Department for Black History Month hosting a history of black midwives at the Tropic Cinema. We had the opportunity to meet community leaders from different African American churches through that event and raise awareness about maternal and child health issues and the disproportionate number of black fetal deaths compared to whites.



Health Events and Holidays!

April

- 1: Bunkco for Babies, 6:00-8:00pm Doubletree Grand Key Resort Key West
- 20-23: Car Seat Inspector Training Contact Mirine liaison@keyshealthystart.org
- 23: Car Seat Inspection, Key West Publix, 9:00-12:00p
- 25-26: WeeCycle Event, Upper Keys www.keysweecycle.com
- 26: Car Seat Inspections at the YMCA Upper Keys Healthy Kids Day, Key Largo Park, 2p-5p

May

- 2: [Wesley House Conference Marathon High School](#)
- 7: Ocean Reef Employee Health Fair Ocean Reef Community
- 9: Upper Keys Mommy and Me Tea event at the Key Largo Conch House PamF@BaptistHealth.net
- 26: Coalition Planning Meeting, Marathon Government Center, 10a-2pm

June

- Family Preparedness Month
- 22: Lower Keys Health Careers Summer Camp

July

- TBA: Florida Outreach Childbirth Educator Training Program: Train to be a certified childbirth educator. Liaison@keyshealthystart.org

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
Denise Vedrenne, DDS, Pediatric Dentistry



Care Coordinator Corner

Meet Luz H. Ballesteros-Andrade, our Family Support Worker in Key West!

Luz was born in Bogotá, Colombia, and moved to live in the States in August 1989.

She has had a very interesting career here in Key West including working for the Joint Interagency Task Force East, as an Interpreter, for three years prior to having her now 8 year old daughter. We definitely rely on Luz as she has experience in the translation of documents and interpretation from Spanish into English and vice versa- as well as experience as a Medical interpreter for several medical facilities in the Keys since 2000.

New Depression Data

Diabetes Greatly Increases Odds of Perinatal Depression

A new study examined the association between diabetes and depression during pregnancy and the postpartum period among a sample of low-income women. The study authors found that women with diabetes had nearly double the odds of experiencing depression during the perinatal period, even after adjusting for age, race, year of delivery, and gestational age at birth. To access the study online, visit <http://jama.ama-assn.org/cgi/content/short/301/8/842>.

Journal of the American Medical Association (February 29, 2009)

Teen Birth Rate Rising

[The National Alliance of State and Territorial AIDS Directors \(NASTAD\)](#) has released an issue brief focused on comprehensive sexuality education. This brief addresses the components, effectiveness, and cost of comprehensive sexuality education for youth. (2009)

Hidden Dangers

A newly published CDC study assesses current evidence of the association between maternal obesity and some congenital anomalies. The study showed that, compared with mothers of recommended BMI, obese mothers were at increased odds of pregnancies affected by several congenital anomalies.

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

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