

# Supporting Healthy Start Performance Project NEWSLETTER



*Strengthening Healthy Start to support family health and well-being*

## TA & Support Center News & Updates

### **Deadlines:**

Oct 31 2022 Healthy Start Annual Assessment Due  
Nov 15 HSMED-II Report (CSV or XML) Due

### **Events:**

Oct 31 Networking Cafe: MOVE Framework  
Oct 31 Healthy Start SPA - Support, Purpose, Affirmation  
Nov 1 Healthy Start Equity Assessment Webinar  
Nov 2 Tools for Community Transformation Workshop Series: Session #2  
Nov 6 Sustainability Cohort Meeting #1 – *Sustainability Cohort members only*  
Nov 8 Evaluation Cohort Meeting #1 – *Evaluation Cohort members only*  
Nov 8 Fatherhood Summit – *Fatherhood Summit registrants only*  
Nov 9 Tools for Community Transformation Workshop Series: Session #3  
Nov 14 Fatherhood Talk Tuesday

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### **Networking Café: MOVE Framework**

Please join the Healthy Start TA & Support Center (TASC) on **Tuesday, October 31 from 1-2 pm ET** for a Networking Café focused on the draft MOVE Framework, a systems evaluation framework currently being created by the TASC. Grantees are invited to review the [draft MOVE Framework](#) and join the Networking Café to provide feedback and help shape the framework to ensure it is supportive for grantees. We especially encourage Evaluators and Project Directors to join this discussion. **To register for the Networking Café, [please click here](#)**. For more information about the MOVE Framework and this Networking Café, please [click here](#).

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### **Healthy Start SPA - Support, Purpose, Affirmation**

The TASC is pleased to launch SPA – Support, Purpose, Affirmation, facilitated by our TASC Faculty Planning Committee members, Ms. Amanda Henley, Ms. Dakisha Mitchell, and Mrs. Tamela Milan-Alexander. Built from the energy, motivation, and joy that still fuels many who attended the [Healthy Start Consumer Convening](#) in May, the SPA is designed specifically for, and open to all Healthy Start consumers to come together to:

- Support and celebrate each other through our struggles and successes
- Share information about additional resources and opportunities
- Dream together about the future possibilities of a national Healthy Start consumer platform

The first SPA session will be held on **Tuesday, October 31 from 1-2 p.m. ET** (12-1 p.m. CT, 10-11 a.m. PT). After that, sessions will be held on the first Tuesday of each month at the same time, beginning in December.

**To register for the SPA, [please click here](#)**. We encourage you to share this invitation with all consumers – including fathers. If you have any questions, please email [healthystart@nichq.org](mailto:healthystart@nichq.org).

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### **Healthy Start Equity Assessment Webinar**

Please join the TASC, in partnership with Amaka Consulting and Evaluation Services (ACES), LLC, for the **Healthy Start Health Equity Assessment**

**Webinar on November 1 from 1-2:30 pm ET.** The TASC and ACES, a trusted minority and woman-owned consultancy firm, designed and implemented an opt-in survey assessment of equity work at Healthy Start (HS) sites across the country. The goal of the assessment was to explore existing health-equity-related activities across HS sites. Secondary aims were to assess attitudes towards and readiness for engagement in health equity work, as well as opportunities for health-equity-related technical assistance across sites. The assessment addressed the following three categories: Community Action Network (CAN), Health Equity Work, and Technical Assistance Needs.

During this webinar the Amaka team will present results, analysis, important trends and recommendations based on these findings. We encourage everyone to join this webinar to learn more about the important health equity work being done in HS and current challenges being faced. Participants will also have an opportunity to ask the team questions about the assessment and recommendations presented.

**To register for the Health Equity Assessment Webinar, please [click here](#).**

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### **Adaptive Leadership Sessions: Tools for Community Transformation Workshop Series**

The TASC is excited to host the next two sessions in the Tools for Community Transformation Workshop Series, in partnership with the National Association of County and City Health Officials (NACCHO). These sessions will focus on Adaptive Leadership. Session #2 will provide an overview of Adaptive Leadership and share a stakeholder analysis tool: the Values, Loyalties, and Losses (VLL) Analysis. Session #3 will build upon the previous session and will introduce Courageous Conversations as a framework for initiating the often challenging conversations with stakeholders that need to take place in order to truly collaborate across organizations and initiatives.

**To register for these workshop sessions, please click the links below:**

- **Workshop #2: Adaptive Leadership Part 1 on Thursday, November 2 from 2-2:45 pm ET - [click here to register](#).**
  - **Workshop #3: Adaptive Leadership Part 2 on Thursday, November 9 from 2-2:45 pm ET - [click here to register](#).**
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### **2023 Fatherhood Summit**

On Wednesday, November 8, the TASC will host its second annual in-person Fatherhood Summit in Boston. The Fatherhood Summit will bring together HS Project Directors, fatherhood coordinators/practitioners, and fathers to develop a better understanding of how fatherhood is currently integrated and operationalized within HS. The summit will help identify opportunities for enhancing and strengthening fatherhood integration, to ultimately lead to better outcomes for women, infants, fathers, families, and communities.

Registration is closed but the TASC looks forward to sharing the lessons learned from this summit at the November Fatherhood Talk Tuesday. Please see below for

additional information.

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### **Fatherhood Talk Tuesday**

November is dedicated to celebrating and honoring Native American Heritage Month! This month's Fatherhood Talk Tuesday will highlight the importance of Native American heritage – including its distinct ancestry, traditions, and history – and how that heritage can be reflected in the work and services offered throughout Healthy Start communities. We will also discuss the 2<sup>nd</sup> Annual Healthy Start Fatherhood Summit, which will be held in early November, including lessons learned from that convening.

Join us for this session on **Tuesday, November 14 from 3-4:30 pm ET. To register, please [click here](#).**

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### **In Case You Missed it...**

#### **Tools for Community Transformation Workshop Series Kick-Off**

As mentioned above, the TASC is partnering with NACCHO to host a monthly, virtual Workshop Series: Tools for Community Transformation. The goal of this interactive series is to improve HS programs' overall performance, including increasing their Community Action Networks' (CAN)/Consortium's capacity around leadership, partnership development, community engagement, and sustainability. **To view the recording of the first workshop, which provided an overview of what is to come in the workshop series, [please click here](#).**

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#### **Fatherhood Talk Tuesday**

Happy Fall! We at the TASC welcomed this new season with moments of reflection, thoughtfulness, and gratitude. The October Fatherhood Talk Tuesday featured Tamara Hunter, LPC, who spoke about mental health and emotional wellness in observance of Pregnancy and Infant Loss Awareness Month and World Mental Health Day. **To view the session recording, [please click here](#).**

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### **Congratulations HSE Grantees!**

The TASC would like to congratulate the 10 Healthy Start Initiative – Enhanced (HSE) grantees! The purpose of HSE is to improve health outcomes before, during, and after pregnancy and reduce the well-documented racial/ethnic differences in rates of infant death and adverse perinatal outcomes. HSE has an increased emphasis on addressing social determinants of health in order to improve disparities

in maternal and infant health outcomes. We look forward to serving the HSE grantees as their TA & Support Center and supporting this tremendously critical work.

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## SIDS Awareness Month

Each year in the United States, sudden unexpected infant death (SUID) is the cause of death for about [3,400 infants](#). [SUID](#) is the sudden and unexpected death of a baby less than 1 year old in which the cause was not obvious before investigation. In 2020, SIDS accounted for 41% of all SUID infant deaths. [SIDS](#) is defined as the sudden death of a baby younger than 1 year of age, which does not have a known cause, even after a full investigation. Although researchers do not know exactly what causes SIDS, they do have an Informed theory that may explain how SIDS happens: [the Triple-Risk Model](#). In this model, there are three factors that may contribute to SIDS:

- The baby has one or more **unknown medical conditions** that affects their heart rate or breathing
- Then the baby goes through an important **period of development**, resulting in changes to their blood pressure, breathing, and sleeping patterns.
- Finally, the baby is exposed to one or more **outside stressors** – such as an unsafe sleep environment or secondhand smoke – which put additional stress on their body or how it functions.

Although the United States infant mortality rate reached a record low in 2020, the SIDS rate increased by a staggering 15% during this time. In 2020, the SUID rate among Black infants and American Indian or Alaskan Native (AA/IN) infants was [nearly 3 times the rate](#) among White infants. In particular, the rate among Black infants increased significant between 2019 and 2020. This increase could be attributable to the COVID-19 pandemic and its impact on social determinants of health, and deserved further investigation.

Since its inception in 1991, the Healthy Start program has been committed to [reducing infant deaths](#) and addressing racial and ethnic disparities. A major part of this effort is educating parents around safe sleep practices and connecting families to resources to ensure a safe sleep environment (e.g., smoking cessation). Below are some helpful resources Healthy Start staff can use to educate themselves and their participants on SIDS and strategies for reducing these infant deaths.

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### **SUID & SIDS Gateway**

The [MCH Digital Library](#) hosts the [Sudden Unexpected Infant Death \(SUID\) & Sudden Infant Death Syndrome \(SIDS\) Gateway](#). This database can be used to find resources for states, communities, professionals, and families to reduce SUID and SIDS, promote healthy outcomes, and cope with grief when losses occur.

### **First Candle**

[First Candle](#), an organization based in Connecticut, works to eliminate SIDS and other sleep-related infant deaths through education. Their website features a safer sleep toolkit, “Ask the Experts” resource, and information about product recalls. First Candle also provides support groups, a peer support program, and memorials for grieving families.

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### **Cribs for Kids' Safe Sleep Academy**

[The Safe Sleep Academy](#) was developed by the Cribs for Kids' National Infant Safe Sleep Initiative. The Academy provides resources and education around safe sleep, baby care, and child development. The website has an informative section explaining why parents and caregivers should put babies on their back to sleep and provides safe sleep tools and other resources to help lower the

### **Safe Sleep for Your Baby**

The [March of Dimes](#)' website contains a page dedicated to [defining and sharing information about safe sleep](#). The page provides guidance on safe sleep practices, shares do's and don'ts around putting baby to sleep, and even includes tips for establishing a bedtime routine to support infant sleep.

risk of SUID.

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### **Baby Products to Avoid for Safe Sleep**

[HealthyChildren.org](https://www.healthychildren.org), a website designed for parents and run by the American Academy of Pediatrics, has several helpful resources for parents and families, including a number of articles addressing [infant sleep](#). This includes a [parents' guide to safe sleep](#) and a [useful list of baby products to avoid](#) to ensure a safer sleep environment.

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### **Healthy Native Babies Project**

In response to racial disparities in SIDS, the [National Institute of Child Health and Human Development](#) (NICHD) launched the Healthy Native Babies Project (HNBP). HNBP was designed to assist local programs in addressing safe infant sleep in AI/AN communities by developing a comprehensive approach for how to best reach AI/AN audiences with safe sleep messages. Check out the project and relevant resources [here](#).

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### **Community-based Approaches to Infant Safe Sleep and Breastfeeding Promotion**

The [National Action Partnership to Promote Safe Sleep Improvement and Innovation Network](#) (NAPPSS-IINN), along with many other MCH programs, have begun practicing community-driven work to promote safe sleep and breastfeeding. Check out [this webinar](#), hosted by the NAPPSS-IIN team at NICHQ, to learn more about how the program has developed to center community voices within participatory quality improvement.

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### **Recent Webinar: “Was it Really Pneumonia?” Challenging Sudden Unexplained Infant Death (SUID) Cases**

The [National Center for Fatality Review & Prevention](#) (CFRP) recently hosted two webinars focused on safe sleep. The first discussed strategies for engaging substance use treatment programs in discussions about safe sleep. The second described the challenges of reviewing sleep-related infant deaths when pneumonia is listed as the cause of death. To watch the webinar recordings, [please click here](#).

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## Fatherhood Corner

Fathers play an essential role not only in the lives of their families, but in improving both infant and maternal health outcomes. In recognition of this, the Healthy Start program began intentionally engaging and enrolling dads beginning in 2019. Check out the Healthy Start TASC's [fatherhood resources](#) to learn more about how the TASC is supporting Healthy Start grantees to serve the dads in their communities. If your Healthy Start project would like support in making your space more father-friendly and in engaging and enrolling dads into you program, [please submit a TA request](#) for individualized assistance from the TASC team.



## Hosting or attending an exciting event or webinar?

We will use the EPIC Center [Training Calendar](#) to share information about events specifically planned for Healthy Start projects, as well as other relevant webinars, trainings, and other events that are open to the public. If you know of events or trainings that you think other Healthy Start projects should be aware of, please feel free to send information to [healthystart@nichq.org](mailto:healthystart@nichq.org).

Have questions? Either respond to this email or contact the sender on [healthystart@nichq.org](mailto:healthystart@nichq.org)

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