

Supporting Healthy Start Performance Project NEWSLETTER



Strengthening Healthy Start to support family health and well-being

SHSPP News & Updates

Fatherhood Talk Tuesday

Join the Healthy Start TA Center for our first “Fatherhood Talk Tuesday” webinar on Tuesday, November 26 from 3 – 4:30 p.m. Eastern Time. Please click [here](#) to register.

Speakers will include Quinney Harris, MPH, Director of Healthy Equity and Community Partnerships at the National WIC Association and Todd Mountin, PMP, DTR Innovation Manager at the Washington State Department of Health.

Resources

National Family Health History Day

Did you know that Thanksgiving is also [National Family Health History Day](#)? Your family health history can help you identify if you are at a higher risk of developing certain [chronic diseases](#), such as cancer, heart disease, diabetes or osteoporosis. You can then make changes to help reduce your risk, such as quitting smoking, becoming more physically active, and adopting healthy eating habits.



Your Family Health Portrait

Sharing your family health history with your health care provider can help them look for early warning signs of disease and recommend steps to reduce your risk of developing disease. The Center for Disease Control and Prevention's (CDC) [My Family Health Portrait](#) is a private, online tool that allows you to easily record your family health history. If you choose to, you can share your family health portrait with your provider or relatives.



Creating a Child's Health Story

The American Academy of Pediatrics recommends that parents keep an up-to-date document about their [child's health story](#), in order to give their health care providers a full understanding of the child beyond their medical history. Remember to include the child's name and birth date; medical history including any hospitalizations, allergies or medications; and social history including other family members, pets, hobbies, and school name.





Vaccine Records

Pregnant women and new mothers may want to include their vaccine records in both their own family health history and their child's health story. Vaccines are critical to protecting pregnant women and infants against preventable and potentially serious diseases, such as whooping cough and the flu. To learn more about which vaccines pregnant women and babies should receive, and when, click [here](#) for a great resource created specifically for Healthy Start by the CDC.

Historic Trauma in A Family's Health History

It is important to also be aware that a family's health history may also include historic trauma, particularly among historically marginalized communities such as African Americans or Native Americans. NICHQ's recent article, "[Historic Trauma is Affecting Tomorrow's Children](#)," discusses how the Native American breastfeeding tradition has been disrupted by centuries of mandated assimilation policies. Shawn Meyer, RN, BSN, CLC, a public health nurse and member of Turtle Mountain Band of Chippewa says, "Families need to know their voices are being heard and that their traditions are being honored. Otherwise, they may understandably hesitate to engage in honest conversations, open up about their own challenges and be receptive to recommendations."



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.

Have questions? Either respond to this email or contact the sender on healthystart@nichq.org

National Institute for Children's Health Quality (NICHQ), 308 Congress Street, 5th Floor, Boston, Massachusetts 02210, United States, 617-391-2700

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