

# Supporting Healthy Start Performance Project NEWSLETTER



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

## TA & Support Center News & Updates

### August/September Healthy Start Events & Deadlines

#### Deadlines:

Aug 15 HSMED-II Report (CSV or XML) Due

#### Events:

Aug 24 [Fatherhood Learning Academy Session #2](#)

Aug 25 Mentoring Program Kick-off (*Mentors and mentees only*)

Aug 25 [Male Doula Webinar](#)

Aug 26 [CAN Learning Academy Session #4](#)

Sep 15 HS COIN Meeting (*COIN members only*)

Sep 15 [An Innovative Approach to Preconception Care for Young African American Men: the Gabe Health IT System](#)

Sep 16 [Fetal Alcohol Spectrum Disorders \(FASD\) Webinar #1](#)

Sep 20 TIROE CoP Session #5 (*TIROE CoP members only*)

Sep 21 [Fatherhood Talk Tuesday](#)

Sep 23 [CAN Learning Academy Session #5](#)

Sep 28 [Fatherhood Learning Academy Session #3](#)

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### Fatherhood Learning Academy Session #2

Please join the Healthy Start TA & Support Center (TASC) for the **second session of the Fatherhood Learning Academy on Tuesday, August 24 from 2-4 p.m. ET**. The goal of the Fatherhood Learning Academy is to examine the breadth and depth of the fatherhood movement in the 20th and 21st century, and to deeply examine the policies and practices that have influenced fatherhood programming by either impeding or encouraging father engagement. The Fatherhood Learning Academy is led by our dean, Dr. Jeffrey Johnson of the National Partnership for Community Leadership (NPCL), and will run through November 2021. **To access the slides and recording from the first session, [please click here](#). To register for the second session on August 24, [please click here](#).**

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### Male Doula Webinar

Please join the TASC for the **Male Doula webinar on Wednesday, August 25 from 2-3:30 p.m. ET**. Meloney Baty, Project Director of South Phoenix Healthy Start, will share her project's journey working with doulas and how they have worked to redefine the role of fathers in maternal care by incorporating male doulas into the Healthy Start model. **To register, [please click here](#).**

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## Community Action Network Learning Academy Session #4

Please join TASC and dean Angela Ellis for the **fourth session in the CAN Learning Academy on Thursday, August 26 from 2-4 pm ET**. This session will feature a presentation on the “Roots of Healthy Inequity” from our partners at the National Association of County and City Health Officials (NACCHO). The goal of the CAN Learning Academy is to empower grantees to elevate their CAN to address maternal and child health disparities and other disparities by implementing CAN activities that are developed using a racial equity lens. **To access the slides and recordings from the previous sessions, [please click here](#). To register for the fourth session, [please click here](#).**

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## Fetal Alcohol Spectrum Disorder (FASD) Webinar #1

TASC is partnering with the National Organization on Fetal Alcohol Syndrome (NOFAS) to provide a three-part series related to prenatal alcohol exposure. Session one will be targeted toward Healthy Start Project Directors/Managers and sessions two and three will be targeted toward Healthy Start Frontline Staff. Led by Kathy Mitchell, this series will explore opportunities to eliminate birth defects caused by alcohol consumption and substance use during pregnancy and improve the quality of life for all those affected by fetal alcohol syndrome. This series will be held over approximately 3 months, with the first session being held on **Thursday, September 16<sup>th</sup> from 2-3:30pm ET**. **To register, [please click here](#).**

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## Save the Date: Virtual Healthy Start Grantees' Meeting

On behalf of HRSA/MCHB's Division of Healthy Start and Perinatal Services, TASC is pleased to announce there will be a **Virtual Healthy Start Grantees' meeting on November 3-5, 2021**. We look forward to convening all 101 Healthy Start projects to celebrate 30 years of Healthy Start!

The Healthy Start Grantees' Meeting will be hosted virtually across three half-days. We will convene from 12-5 p.m. EST on November 3, 4, and 5. Please reserve these three half-days on your calendars now and plan for a minimum of three people (per your Notice of Award) to virtually participate in the meeting. The Project Director (or their designee\*) and a Data/Evaluation lead are expected to virtually attend. CAN Coordinators, Fatherhood Coordinators, Consumers and other interested staff members are also encouraged to attend (there is no limit on the number of staff members from each Healthy Start project that can attend).

You will receive a follow-up email with additional details and registration information in the coming weeks. If you have any questions in the meantime, please email [healthystart@nichq.org](mailto:healthystart@nichq.org).

*\*If the Project Director cannot virtually attend, they must notify their Project Officer and get prior approval of their designee.*

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## In Case You Missed it...

### Community Action Network Learning Academy Session #3

On July 22, TASC hosted the third session in the six-part Community Action Network Learning Academy. During the third session, Kenn Harris of TASC wrapped up the discussion on community engagement and the CAN Learning Academy Dean, Angela Ellison, focused on understanding and how to use data to address health inequities and

advance equity. **To watch the recording of this session, [please click here](#). To register for the August session, [please click here](#).**

### **Networking Café: Father/Male Recruitment and Retention**

On August 2, TASC hosted a Networking Café focused on father and male partner recruitment and retention. Networking cafés are informal lunchtime sessions, which provide Healthy Start staff an opportunity to come together and share their experiences, challenges, and strategies around a specific topic. During this session, TASC facilitated a conversation about challenges around and strategies for recruiting and retaining father and male partner recruitment and retention. It was an engaging discussion and several insights were shared. **To access the slides and watch the recording, [please click here](#).**

### **Healthy Start & WIC Webinar**

In collaboration with the United States Department of Agriculture (USDA), TASC hosted a Healthy Start and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Webinar on August 2. This webinar explored how the Healthy Start Program and WIC Program's missions and goals around improving health outcomes for women, infants, and their families complement and build off of each other. TASC is happy to partner with the USDA/WIC to encourage alignment and resources sharing among Healthy Start Grantees. The webinar featured Mary Schultheis, Project Director of Crescent City Family Services in New Orleans, who shared her Healthy Start project's experience collaborating with WIC. **To access the slides and watch the recording, [please click here](#).**

### **4<sup>th</sup> Trimester Webinar Series Session #3**

On August 17, TASC hosted the final webinar in the **three-part 4th Trimester Webinar Series**. The webinar featured Inas Mahdi, MPH and Phoebe Wescott, MPH of the National Birth Equity Collaborative (NBEC) and Kimberly D. Harper, MSN, RN, MHA; Kimberly Tully, PhD; and Sarah Verbiest, DrPh, MSW, MPH of the UNC Collaborative for Maternal and Infant Health and the Maternal Health Learning and Innovation Center. During the webinar, the speakers led a facilitated discussion and addressed grantee questions around serving families during the fourth trimester. **To watch the recording of the first webinar, [please click here](#). To watch the recording of the second webinar, [please click here](#). To watch the recording of the third webinar, [please click here](#).**

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## **August: National Breastfeeding Month**

2021 marks the tenth year that August has been recognized as [National Breastfeeding Month](#) in the United States! It is a time to recognize the vital role that breastfeeding plays in [building a healthy foundation](#) for infants and to lift up the collaborative work happening on the local, state, and national levels to protect, promote, and support breastfeeding. Each year, the United States Breastfeeding Committee (USBC) hosts weekly observances focusing on a specific topic related to breastfeeding. This year, the weekly observances include:

- Week 1: [World Breastfeeding Week](#)
  - Theme: *Protect Breastfeeding: A Shared Responsibility*
- Week 2: [Indigenous Milk Medicine Week](#)
  - Theme: *Nourishing Our Futures*
- Week 3: [Asian American Native Hawaiian and Pacific Islander Week](#)
  - Theme: *Reclaiming Our Tradition*
- Week 4: [Black Breastfeeding Week](#)

- Theme: *The Big Pause: Collective Rest for Collective Power*

In addition to the weekly themes, UBSC identifies an over-arching theme for National Breastfeeding Month. This year, the theme is “[Every Step of the Way](#),” which highlights the ongoing support that every family needs throughout their infant feeding journey. As a program that serves mothers and families from preconception through the first 18 months of their child’s life, Healthy Start projects are uniquely positioned to ensure families feel equipped and encouraged every step of the way. In addition to providing prenatal education and anticipating families’ needs around infant feeding, Healthy Start staff can connect families to lactation support and work collaboratively to ensure those needs are met.



While all families can benefit from breastfeeding support, it is essential to understand and address the racial and ethnic disparities in breastfeeding rates. According to the [Centers for Disease Control and Prevention \(CDC\)](#), 84.1% of all infants born in 2017 started breastfeeding. However, stark racial disparities in breastfeeding rates exist, similar to the disparities we see in infant mortality rates. For example, 90.3% of infants of Asian mothers started breastfeeding in 2017 compared to 73.6% of infants of Black mothers (a difference of 16.7 percentage points). There were also distinct differences by state. For example, the difference between the highest and lowest breastfeeding rates by racial/ethnic groups in Vermont was 6.6 percentage points. In North Dakota it was 37.6 percentage points.

In order to provide the support that families need, it is essential to understand [how breastfeeding rates differ across the country](#) and recognize the unique barriers different communities face around breastfeeding. To support Healthy Start programs’ efforts to support breastfeeding initiation and duration among Healthy Start participants, the TASC has compiled the below resources. We hope this information helps to guide your interactions with Healthy Start participants both throughout the month of August and beyond. Please feel free to share with your Healthy Start participants.





### **WIC Breastfeeding Support**

The U.S. Department of Agriculture' (USDA) [WIC Breastfeeding Support](#) website provides free resources and support to guide parents throughout the breastfeeding journey. Topics include the stages of breastfeeding; talking to your family about breastfeeding; breastfeeding in public; steps and signs of a good latch; talking to your employer about pumping, and other topics.

### **Chocolate Milk Documentary Series**

[Chocolate Milk](#) is a collection of over 40 testimonials recorded by filmmaker and public health advocate [Elizabeth Bayne](#) from mothers and health providers about their experiences or personal journeys with breastfeeding. The series aims to increase normalcy around breastfeeding within the African American community and was developed primarily for Black mothers who are considering breastfeeding and seeking moral support or inspiration.

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### **Breastfeeding Public Health Partners (BPHP) Toolkit**

[This toolkit](#) was created by Breastfeeding Public Health Partners, a group of national organizations such as the American Academy of Pediatrics (AAP) and the Association of Maternal & Child Health Programs (AMCHP). The toolkit aims to facilitate partnerships and opportunities to advance health equity by improving the impact of existing resources and investments in breastfeeding support; enhancing capacity to identify and address inequities in breastfeeding support; and integrate breastfeeding into the broader public health agenda.

### **Landscape of Breastfeeding Support Photo Project**

In partnership with the Centers for Disease Control and Prevention (CDC), the United States Breastfeeding Committee (USBC) created the [Landscape of Breastfeeding Support](#), a library of free images that illustrate how communities across the U.S. support breastfeeding families. Breastfeeding advocates, educators, and others can use the 10,000 high-quality, high-resolution images to support efforts to illustrate and advocate for the support that all breastfeeding families need and deserve.

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### **Reaching Our Sisters Everywhere (ROSE) Resources**

Reaching Our Sisters Everywhere (ROSE) was founded to address breastfeeding disparities for communities of color. Today, the organization seeks to normalize breastfeeding by providing resources and networking opportunities for individuals and

communities. ROSE offers a [number of programs](#), such as the Community Transformer Training; the open-forum ROSE Breastfeeding Club; the ROSE Virtual Baby Café; and the 8-week BreastFriends Peer Support Program.

### **Article: Reclaiming Breastfeeding in Indian Country**

[This article](#) from the W.K. Kellogg Foundation describes how Boston Medical Center's Breastfeeding Center worked to support a cultural shift to make breastfeeding the norm again among Indigenous populations. According to Amanda Singer, the president of the [Navajo Nation Breastfeeding Coalition](#), "we believe that breast milk doesn't just nurture babies, it conveys a mother's life story, including her knowledge and culture."

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### **Father2Father Empowerment Group**

The African American Breastfeeding Network (AABN) created the [Father2Father Empowerment Group](#) to bring together Black fathers to receive support, awareness, and encouragement, including around protecting and promoting breastfeeding. The group meets on the second Thursday and third Saturday of each month at 8 pm ET.

### **An Easy Guide to Breastfeeding for American Indian and Alaska Native Families**

The U.S. Department of Health and Human Services' Office of Women's Health (OWH) developed a series of booklets that offer tips to mothers who want to breastfeed their newborns. [This booklet](#) is a guide specifically designed for expecting American Indian and Alaska Native mothers.

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### **Sudden Infant Death Syndrome (SIDS) and Breastfeeding Videos**

These [videos](#) from the National Institute for Child Health and Development's Safe to Sleep Campaign explain ways to practice safe infant sleep and breastfeeding. They also promote breastfeeding as a method of reducing an infant's risk of SIDS. The videos are accompanied by a [handout](#), which summarizes the information in an easy-to-read format.

### **Breastfeeding in the NICU**

[This video](#) from [Hand to Hold](#) features Kay Needles, an International Board Certified Lactation Consultant (IBCLC) and NICU nurse at St. David's Medical Center in Austin, Texas. In the video, Kay discusses how crucial breastfeeding is to premature babies, the challenges mothers and families face in the NICU, and how to support breastfeeding during this time.

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### **Other Resources:**

#### ***Let's Talk Breastfeeding: Fact vs Fiction Virtual Panel***

In partnership with Smart Beginnings Southeast and Reach out and Read Virginia, the Crater Healthy Start Loving Steps Community Action Network is hosting the *Let's Talk Breastfeeding: Fact vs Fiction* virtual panel on Thursday, August 26 at 6 p.m. ET. Attendees will learn about human milk feeding from lactation experts and breastfeeding peers. To register, [please click here](#).

#### ***Women's Health Equity Webinar Series***

In July, the Preconception CoIIN team at the University of North Carolina at Chapel Hill launched their webinar series on Women's Health Equity. The first session

focused on perinatal anxiety. To view the session recording, [please click here](#). Upcoming topics include sleep, fertility, prediabetes and hypertension, and more. To view all webinar topics and register for the series, [please click here](#).

### ***Complimentary Maternal Mental Health 101 Webinar***

Hosted by 2020 Mom, Postpartum Support International presents the complimentary Maternal Mental Health 101 webinar on Thursday, September 9 from 1:30 pm- 3pm EST. During this webinar, attendees will learn about the various Maternal Mental Health Disorders, the differences between them, risk factors, and treatment options. This webinar is designed for providers, administrators, and public health employees, though all are welcome. Registrants will receive the recording and resource list. To register, [please click here](#).

### ***COVID-19 Vaccination***

Vaccines are one of the most effective ways to protect your health and the health of those around you. MCHB's Division of Healthy Start and Perinatal Services (DHSPS) encourages you to consider opportunities to leverage your programs and partnerships to support confidence in and uptake of COVID-19 vaccines among MCH populations, for example:

- The Administration's organizing efforts, including Community Canvassing, Phone Banking, Text Banking, and Vaccination Events, will focus on what we know works best to ensure everyone has equitable vaccine access: person-to-person action that connects people with key resources and information. MCH programs can support these efforts by visiting <https://wecandothis.hhs.gov/> which includes available [resources](#) that you can use to support the communities you serve.
- Several nationwide child care providers are offering free child care to all parents and caregivers getting vaccinated or recovering from vaccination.
- Extended hours at pharmacies across the country will offer more flexible appointment availability this summer.
- Visit <https://www.vaccines.gov/incentives.html> to learn more about some available vaccine incentives.

To learn more about estimates for vaccine hesitancy in the local communities, counties, and states you serve, visit the Office of The Assistant Secretary for Planning and Evaluation mapping tool [here](#). For more information on COVID-19 Vaccinations for Children and Teens, visit the CDC resources [here](#) and the We Can Do This resources page for [here](#), which includes an Adolescent COVID-19 Vaccinations Toolkit among other resources.

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## **Healthy Start Fatherhood Corner**

TASC is excited to support Healthy Start staff in their efforts to engage fathers. To that end, we will share resources and information for Healthy Start programs and fatherhood coordinators related to fathers/partners in this “Fatherhood Corner” of the SHSPP monthly newsletter.

If you are doing work that specifically demonstrates successful inclusion of fathers in your MCH program, you are invited to share your story with us so that it can potentially be featured in the Fatherhood Corner or the new quarterly Fatherhood newsletter! Please email your stories to [healthystart@nichq.org](mailto:healthystart@nichq.org).

### **TASC Quarterly Fatherhood Newsletter**

Beginning this month, TASC began distributing a quarterly Fatherhood newsletter! To check out the first edition, [please click here](#). Each Fatherhood newsletter will feature TASC events related to fatherhood, as well as external events and resources on the topic. This newsletter will be geared towards Fatherhood Coordinators and other Healthy Start staff who work with dads. The newsletter will highlight and promote learning opportunities, helpful resources, Healthy Start site and staff spotlights, commentary from experts, and so much more! If you or your site would like to share a success story about working with fathers in your community, please email [healthystart@nichq.org](mailto:healthystart@nichq.org).

### **Fatherhood Resources on the EPIC Center Website**

The Healthy Start EPIC Center website is home to an abundance of resources geared to support the work of Healthy Start grantees. To further support Fatherhood work within Healthy Start, TASC has compiled all the available Fatherhood resources into one page on the website to make these resources easily accessible to grantees. To view the new Fatherhood Resources page on the EPIC website, [please click here](#).

### **Partner4Fatherhood (P4F)**



TASC is excited to launch Partner4Fatherhood (P4F), an informal group that will bring together new and experienced Fatherhood Coordinators to connect, share wins and barriers, and discuss their Healthy Start projects' work around fatherhood. All Healthy Start Fatherhood Coordinators and other staff who work with fathers are invited to join. In addition to serving as a fellowship opportunity with a mentoring structure, the group will allow participants to share their insights and concerns with the entire group while also being paired with another member for a more concentrated dialogue. If you are interested in participating in this group, please email [healthystart@nichq.org](mailto:healthystart@nichq.org).

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### 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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