

MINUTES

Purpose: Engage Okaloosa County community members in a health improvement process through an open, two-way dialogue to reduce infant mortality and racial disparities related to infant and maternal health outcomes.

Attendees: Robert Bage, Fort Walton Beach Police Department; Emily Pickens, Florida Department of Health in Okaloosa County (DOH-Okaloosa); Jennifer Wilhelm, DOH-Okaloosa; Donna Burns, DOH-Okaloosa; Lauren Hobbs, DOH-Okaloosa; Bethany Guillory, Healthy Start Coalition of Okaloosa and Walton Counties; Ardelle Bush, Healthy Start Coalition of Okaloosa and Walton Counties; Chris Hawkins, CDAC Behavioral Healthcare.

Opening – Emily Pickens

- Emily Pickens opened the meeting and welcomed attendees. She reviewed the meeting's purpose and agenda.
- Minutes from the March 9th, 2023, meeting were reviewed and approved.
- Jennifer Wilhelm shared results from the Community Engagement Survey from the previous meeting.

Action Plan Updates – Ardelle Bush

- Bethany Guillory provided an update on FIMR CAG.
 - She presented slides with educational information including recommendations and steps community members can take to help reduce infant mortality.
 - Key recommendations are providing education on warning signs and symptoms that warrant a hospital visit, providing adequate and inclusive prenatal care, and educating the community on health risk factors.
 - She also shared Healthy Start staff will become trained Safe Baby trainers soon.
 - A social determinants of health screening form is being developed. Bethany will update the group once she receives the form.
 - They plan to utilize their T.E.A.M. Dad Fatherhood Program and Hear Her Campaign to support the key recommendations.
 - The Fatherhood Program is fully staffed. Interested fathers do not need to be Healthy Start Clients, but they must have children under the age of three. The program includes peer-to-peer mentoring and education.
 - Healthy Start's Doula Program will be launched once their data tracking system is in place.
- Jennifer Wilhelm asked for more information about the Healthy Start referral process. Ardelle explained there is now a [training video](#) on their website showing providers how to complete the form.
 - She stated many labor and delivery hospitals are completing the screening, but few are referring families to Healthy Start services.

- Ardelle brought attention to [Senate Bill 1718](#). She shared Healthy Start offices across the state are concerned of the unintended consequences of the immigration bill, including its impact on undocumented mothers receiving prenatal care.
 - The concern is the bill could deter women from receiving Healthy Start services because emergency departments will be required to ask if the mother is lawfully present in the United States.
 - Chief Robert Bage read line 260 of SB 1718, which states emergency departments are not allowed to withdraw or refuse care if someone reports they are not lawfully residing in the country. He suggested the use of careful messaging to resolve unintended consequences.
 - Emily shared it could be useful to work with community health workers, care coordinators, and hospital intake specialists, especially those who speak Spanish. They could potentially assist with misinformation and assist patients, so they do not miss necessary care.
- The group discussed successes from the World's Greatest Baby Shower. Bethany stated more than 400 people attended this year.
 - Jennifer shared she provided educational items at the event coordinating with the different aspects of the Recipe for a Healthy Baby.
 - Narcan and Nicotine Replacement Therapy were provided at the Quit for Baby table. Never Shake a Baby was represented by the shaken baby simulation doll. Onesies saying 'this side up' were given out to support the ABC's of Safe Sleep. Breastfeeding educational information was provided to support breastfeeding efforts.
 - Donna Burns shared around half of the attendees did not know about WIC services. She felt the event was a success from the education alone.
- Jennifer presented the Recipe for a Healthy Baby to the Destin Rotary Club on May 2nd. She shared Rotary International's service theme for the month of May is Maternal and Child Health.
- The group discussed that breastfeeding support is in demand throughout the county.
 - Ardelle reminded the group they have funding to support lactation consultant services for those who are unable to access care due to cost. Donna Burns shared she will report this resource to her clients.
 - Jennifer shared she promoted the Breastfeeding Friendly Employer Award application at the Early Learning Coalition of the Emerald Coast's Provider Conference on May 6th. She is still working with child care centers and worksites to become certified as breastfeeding friendly.
 - Donna stated she will be offering virtual lactation classes to engage parents with transportation challenges or are hesitant of home visits. Classes are free and open to anyone in Okaloosa County, regardless of being a WIC client or not.
 - She reports positive increases in all four areas of breastfeeding: ever breastfed, breastfeeding and on WIC, breastfeeding at 26 weeks, and exclusively breastfeeding at 26 weeks.



Healthy Moms & Babies OCHIP Group Meeting | Healthy Start Fetal Infant Mortality Review Community Action Group (CAG)
 Northwest Florida State College Building 400 Room 301
 100 E College Blvd Niceville, FL 32548 & via Microsoft Teams
 May 11, 2023 3:00 PM to 4:30 PM

Action Items – Ardelle Bush

- The group discussed continuing to share messaging from the Maternal and Child Health Social Media Toolkit.
- Emily challenged attendees to consider policy and systems-level opportunities to create positive change for maternal advocacy. The group discussed provider accreditation requirements, conference speaking engagements, and other potential methods to reach more than parents and caregivers with this messaging.

Open Discussion – All

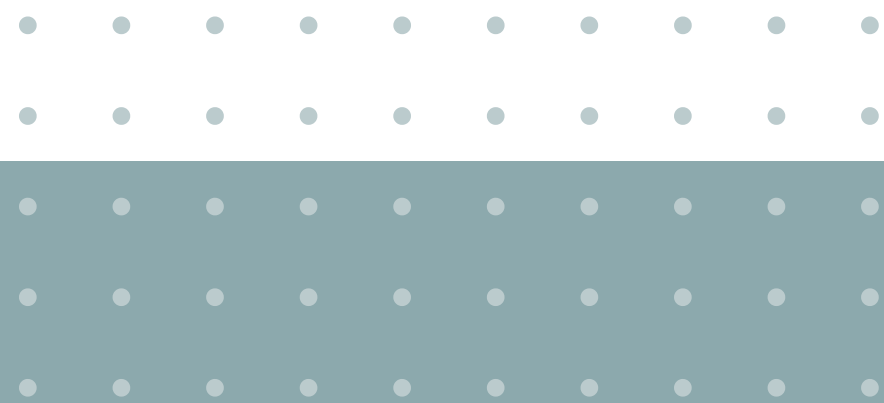
- Chris Hawkins shared the next Opioid Summit will be at Sanders Beach Community Center in Pensacola on June 15th. She stated their recent summit in Pace was a success.
- Ardelle Bush shared she is searching for space to hold in-person parenting classes and will update the group with progress.

Closing – Emily Pickens

- Emily thanked attendees for participating and asked them to complete the meeting evaluation form to provide feedback.

Next Meeting – Thursday, July 13th at 3:00 PM at Northwest Florida State College

| Action Items | Owners | Deadline | Status |
|--|---|-----------------------|-------------|
| Invite new partners needed for FIMR CAG | Ardelle Bush, Bethany Guillory | Each meeting | Ongoing |
| Invite new members from non-agency partners (i.e. mom groups) | Emily Pickens | Each meeting | Ongoing |
| Identify and invite new partners in maternal and child health | All | Each meeting | Ongoing |
| Research and identify opportunities for policies, systems, and environmental change related to maternal advocacy | Emily Pickens, Jennifer Wilhelm, Lauren Hobbs | July 13 th | Not started |
| Email photo and information about your role and organization to Jennifer at HealthyOkaloosa@flhealth.gov | All | July 13 th | Not started |



FETAL INFANT MORTALITY REVIEW (FIMR)

COMMUNITY ACTION GROUP- UPDATE





GOAL:

**REDUCE THE LATE OR
NO ENTRY TO
PRENATAL CARE FROM
5.1% TO 4% OR LESS**



RECOMENDATIONS

1

Provide education on signs and symptoms that warrant going to the hospital.

2

Providing Adequate and Inclusive Prenatal Care

3

Educate the community on Health Risk Factors



01. **ACTIVITY**
Healthy Start Prenatal Risk Screening Form Training

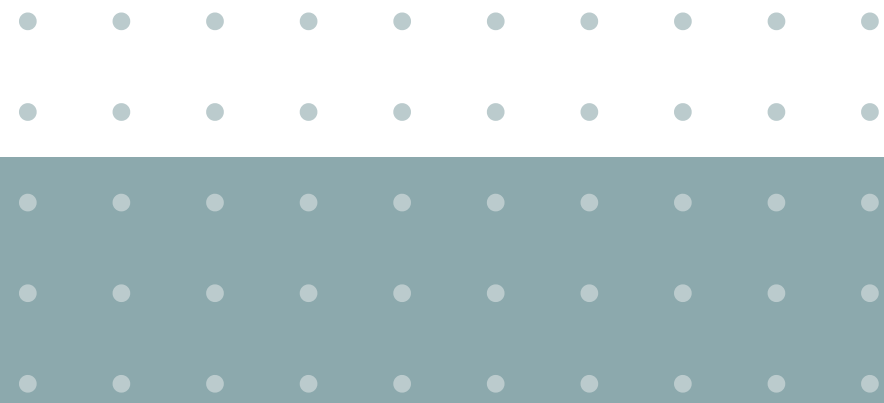
02. **ACTIVITY**
Healthy Start Prenatal Care Program

03. **ACTIVITY**
Hear Her Campaign

04. **ACTIVITY**
Community Events



ACTIVITIES TO SUPPORT RECOMENDATIONS



MORE UPDATES



*Let Your Journey Begin
With Us!*



DID YOU KNOW?

Children who grow up with Involved Fathers experience better *mental, emotional, educational, and social outcomes. Also...*

- 39% more likely to earn mostly A's in school
- 45% less likely to repeat a grade
- 60% less likely to be suspended or expelled from school
- 2X as likely to go to college or find stable employment after high school
- 75% less likely to have a teen birth
- 80% less likely to spend time in jail

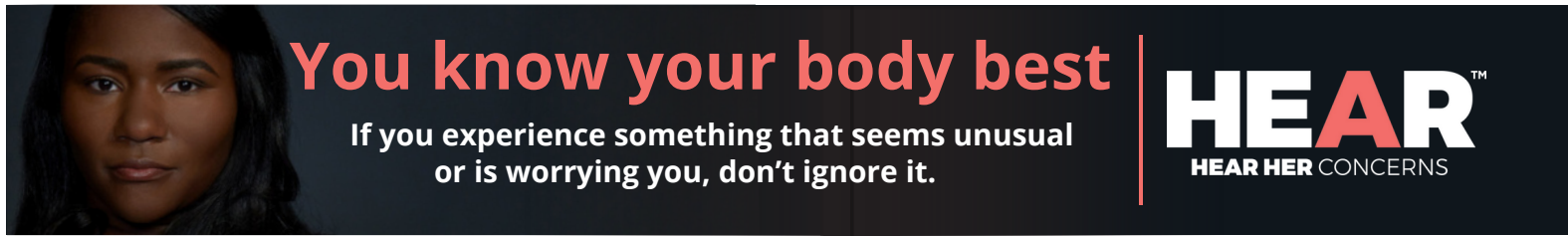
Scan Me

For More Information Contact

Fatherhood Coach
Alfred Holland Jr.

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Email: alfred@hsow.org





Learn about urgent warning signs and how to talk to your healthcare provider.

During Pregnancy

If you are pregnant, it's important to pay attention to your body and talk to your healthcare provider about anything that doesn't feel right. If you experience any of the urgent maternal warning signs, get medical care immediately.

After Pregnancy

While your new baby needs a lot of attention and care, it's important to remain aware of your own body and take care of yourself, too. It's normal to feel tired and have some pain, particularly in the first few weeks after having a baby, but there are some symptoms that could be signs of more serious problems.

Tips:

- Bring this conversation starter and any additional questions you want to ask to your provider.
- Be sure to tell them that you are pregnant or have been pregnant within a year.
- Tell the doctor or nurse what medication you are currently taking or have recently taken.
- Take notes and ask more questions about anything you didn't understand.

Learn more about CDC's Hear Her Campaign at www.cdc.gov/HearHer

✂----- Tear this panel off and use this guide to help you start the conversation:-----

Urgent Maternal Warning Signs

If you experience any of these warning signs, get medical care immediately.

- Severe headache that won't go away or gets worse over time
- Dizziness or fainting
- Thoughts about harming yourself or your baby
- Changes in your vision
- Fever of 100.4° F or higher
- Extreme swelling of your hands or face
- Trouble breathing
- Chest pain or fast-beating heart
- Severe nausea and throwing up (not like morning sickness)
- Severe belly pain that doesn't go away
- Baby's movement stopping or slowing down during pregnancy
- Vaginal bleeding or fluid leaking during pregnancy
- Heavy vaginal bleeding or leaking fluid that smells bad after pregnancy
- Swelling, redness or pain of your leg
- Overwhelming tiredness

This list is not meant to cover every symptom you might have. If you feel like something just isn't right, talk to your healthcare provider

Use This Guide to Help Start the Conversation:

- Thank you for seeing me. I am/was recently pregnant. The date of my last period/delivery was _____ and I'm having serious concerns about my health that I'd like to talk to you about.
- I have been having _____ (symptoms) that feel like _____ (describe in detail) and have been lasting _____ (number of hours/days)
- I know my body and this doesn't feel normal.

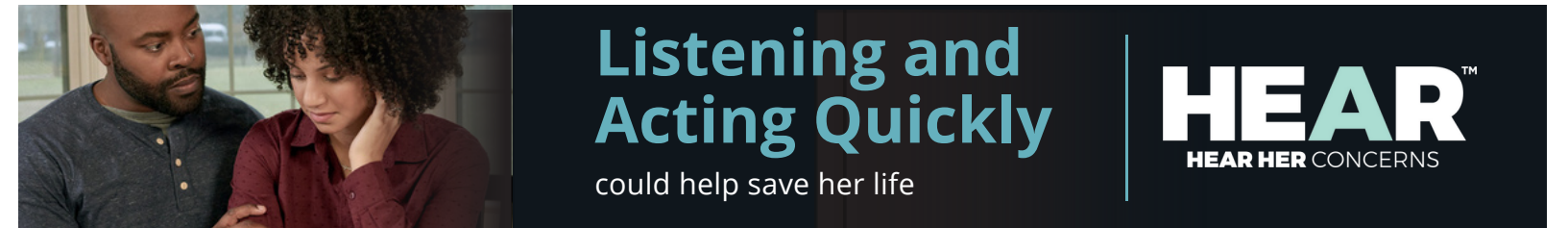
Sample questions to ask:

- What could these symptoms mean?
- Is there a test I can have to rule out a serious problem?
- At what point should I consider going to the emergency room or calling 911?

Notes:



Learn more about CDC's Hear Her Campaign at www.cdc.gov/HearHer



How Can You Help?

If a pregnant or recently pregnant woman expresses concerns about any symptoms she is having, take the time to Hear Her. Listening and acting quickly could help save her life.

- Learn the urgent maternal warning signs.
- Listen to her concerns.
- Encourage her to seek medical help. If something doesn't feel right, she should reach out to her provider. If she is experiencing an urgent maternal warning sign, she should get medical care right away. Be sure that she says she is pregnant or was pregnant within the last year.
- Offer to go with her to get medical care and help her ask questions. Visit <https://www.cdc.gov/hearher/pregnant-postpartum-women/index.html#talk>.
- Take notes and help her talk to a healthcare provider to get the support she needs.
- Support her through follow-up care.

Urgent Maternal Warning Signs

If someone who is pregnant or was pregnant within the last year has any of these symptoms, she should get medical care immediately.

- Severe headache that won't go away or gets worse over time
- Dizziness or fainting
- Thoughts about harming yourself or your baby
- Changes in your vision
- Fever of 100.4° F or higher
- Extreme swelling of your hands or face
- Trouble breathing
- Chest pain or fast-beating heart
- Severe nausea and throwing up (not like morning sickness)
- Severe belly pain that doesn't go away
- Baby's movement stopping or slowing down during pregnancy
- Vaginal bleeding or fluid leaking during pregnancy
- Heavy vaginal bleeding or fluid leaking that smells bad after pregnancy
- Swelling, redness or pain of your leg
- Overwhelming tiredness

This list is not meant to cover every symptom a woman might experience during or after pregnancy. Learn more about urgent maternal warning signs at cdc.gov/HearHer.

Hear Her

Pregnancy complications can happen up to a year after birth. If your loved one shares that something doesn't feel right, support her to get the care and answers she may need. Learn the urgent warning signs that need immediate medical attention. Here are some talking points to help with the conversation:

During Pregnancy

- It's hard to tell what's normal with everything that's changing right now. It's better to check if there's anything you are worried about.
- It's important that we share this information with your doctor and make sure everything is okay.
- I am here for you. Let's talk to a healthcare provider to get you the care you need.

After Pregnancy

- It's normal to feel tired and have some pain after giving birth, but you know your body best. If something is worrying you, you should talk to your doctor.
- Although your new baby needs a lot of attention and care, it's important to take care of yourself, too.
- You are not alone. I hear you. Let's talk to a healthcare provider to get you the care you need.



If you need additional support, don't be afraid to ask for help. Learn more about CDC's Hear Her Campaign at www.cdc.gov/HearHer.





SDOH

Social Determinants of Health

