The Healthy Pregnancy Program aims to reduce the preterm birth rate in the MS Delta by providing pregnant women the

* education
* support
* encouragement and
* connection to needed social services

to help foster healthy birth outcomes for mothers and their babies.

Healthy Pregnancy Program Requirements:
- Currently pregnant
- Currently receiving Medicaid benefits

Healthy Pregnancy Program Service Area:
Bolivar, Coahoma, Holmes, Leflore, Panola, Sunflower, Tunica, Warren, Washington and Yazoo counties

Benefits of the Program:
- Each participant is assigned to their own Health Pregnancy Coach, which allows for individualized care and attention
- Screenings provided will give participants regular information about their health and their baby's health and developmental growth
- Eligibility to receive "Healthy Rewards" for completing specified healthy behaviors
- Free educational materials
- Increases participation which may lead to stronger communities, thriving families and infants who are healthy and safe.
- The ability to form cohesive relationships with other expectant moms on a regular basis
Healthy Pregnancy Program

Participants in this program work closely with Health Pregnancy Coaches to increase their opportunity of developing a healthy full-term baby and increasing birth spacing. Coaches utilize a variety of valid screening instruments to gather as much information on expectant moms to assist in their prenatal care. Based upon information shared and gathered during screenings, coaches will make a referral for further assistance.

Coaches do not perform any medical screenings. There are minimal mental or physical risk expected as a result of participating in screenings.

Pre-Term Births

Are a major health challenge in Mississippi:

- About 13% of babies in the state are born before 37 weeks.
- Pre-term births place newborns at risk for health and developmental problems as they age and is a leading cause in early infancy death.
- Pre-term births are significantly higher in minorities, particularly African Americans.
- Mississippi ranks in the top five for pre-term births each year (www.healthyms.com).

Birth Spacing

It is best to wait at least 18 months between giving birth and getting pregnant again.

Why?

- Giving your body too little time between pregnancies increases the risk of pre-term birth.
- Your body needs time to fully recover from your last pregnancy before it is ready for your next pregnancy.
- The shorter time between pregnancies increases your risk for premature birth (www.marchofdimes.org).

Have you recently delivered?

The Post Partum Program is designed for women who have given birth within 8 weeks. Healthy Pregnancy Coaches work with moms until their infant is 3 months old. Participants are eligible for “Healthy Rewards.”

The Healthy Pregnancy Program is working with expectant moms to improve birth outcomes in order to give babies a healthy start.

- Select a Provider
- Apply for Health Insurance
- Apply for WIC
- Go to your Doctor

To be connected to a Healthy Pregnancy Coach in your area, contact:

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Lead Healthy Pregnancy Coach
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EMAIL latkins@deltahealthalliance.org

Learn more:

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