



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



DELTA HEALTH ALLIANCE

Solutions for a Healthy Tomorrow

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Healthy Pregnancy PROGRAM

SUPPORTED BY DELTA HEALTH ALLIANCE



WWW.DELTAHEALTHALLIANCE.ORG

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.

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 times 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).

The Healthy Pregnancy Program is dedicated to helping moms know what their options are and educating them on the importance of birth spacing.

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).

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



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

LaToya Atkins

Lead Healthy Pregnancy Coach

CELL 662-390-3948

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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."



4 Simple Steps for a Healthy Pregnancy:

1. Select a Provider
2. Apply for Health Insurance
3. Apply for WIC
4. Go to your Doctor

Learn more:

PHONE 1.833.335.8262

WWW.GOBEFOREYOUSHOW-MSDELTA.COM