

Starting Off Right

A Quarterly Newsletter from
Healthy Start Coalition of Jefferson,
Madison & Taylor Counties, Inc.

SPRING 2011



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Coalition Communications Campaign

When we proposed our service plan in 2009, part of the commitment we made to our members was to increase our communication efforts to afford more opportunities in the community for collaboration. To fulfill that commitment we will be creating three new venues of communication on behalf of our membership.

The first of these will be our coalition website overhaul. We are intending for our coalition members to use this site to access membership privileges such as our meeting agendas and minutes, community needs assessments, as well as connectivity to Healthy Start direct service staff. Although www.healthystartjmt.org is currently under construction, we anticipate a fully functioning membership hub by the end of April.

Additionally, this website will also provide a link to a calendar of events based on the activities of the membership and current articles relating to Whole Child leadership efforts. The information that is currently sent by Cindy

Hutto will also appear on this calendar of events as a service to the members.

Finally and most importantly, the coalition has partnered with Michael Curtis and his associates from Madison Media Group to form a community-driven newsletter. Although the coalition will be lead and primary author,

Michael may be contacting some of you to highlight your agency, in the hopes that each newsletter will be a useful collection of information with a central and highly impactful theme. With current budget situations amongst our members, I encourage you to take advantage of this opportunity to collaborate.

I would like to take this opportunity to remind members that as the legislative session begins in a few weeks, the importance and lasting value of collaboration will be a central theme of discussion as legislators look to align resources with agendas. We have opportunities within these new communication initiatives to be heard with a single dominant voice, in terms of the breadth of our advocacy and cross-pollination of our missions. It is with

great pleasure that we announce these new endeavors as fulfillment of our Board of Directors' philosophy that "as our partners achieve, so raises the outcomes in maternal and child health".

Lastly, we are urging members to join the current Whole Child recruiting effort by updating their existing profile and referring providers to the program. Additionally, although many of the components are still under construction, our website will eventually be the gateway for members to:

(1) Find out the latest news in the tri-county area regarding human services and related opportunities.

(2) Check the events calendar (as well as post your own events)

(3) Access the live resource directory. As of June 2007 the coalition no longer prints the resource guides in each county; access to the Whole Child database would serve to accomplish a more realistic and current database. We are almost there. By the end of this month, you should be able to access the resources from this website by clicking on the "Find Resources" tab.

(4) Access the profile for your clients. Remember, all human service professionals are also Whole Child Advisors in the sense that we are still working toward the no wrong-door culture.

(5) Visit the News and Events Section to check your current postings.

I encourage you to save the link to the website www.wholechildtricity.com as one of your favorites, visit often, encourage use of the profile, and provide us your feedback. Remember, if you have an event upcoming that you would like posted, contact Cindy at cjhutto@healthystartjmt.org.



Revitalize Jerkins Campaign Kickoff a Big Success

The Revitalize Jerkins Campaign Kickoff was held on Feb. 28 in the restored cafeteria of the old Jerkins High School in Perry. Retired educator Dr. Horace McLeod and Donna Hagan, executive director of the Healthy Start Coalition of Jefferson, Madison and Taylor Counties, hosted the event. Taylor County Shared Services, which meets the last Monday of each month at 9:30 a.m., devoted their meeting time to the event, recognizing the vital need for a community center to service the area.

Shawn Salamida, president and CEO of Partnership for Strong Families, which is headquartered in Alachua County, was the featured speaker. Describing methods to build community resiliency, he discussed an existing community center in Alachua County that was planned, developed, and is currently operated in the manner recommended for the proposed Jerkins facility. Salamida also outlined the key community partnerships necessary to accomplish campaign objectives.

The funding requirements of the campaign were then detailed by Attorney Rocky Cabagnot, who serves as counsel to the Taylor County Leadership Council. Outlining a proposed solution that complemented Salamida's informative presentation, Cabagnot further reinforced the importance of having a local center where health, employment, legal and other key services are available. The Alachua facility includes a library annex as well,

allowing access to a variety of essential resources, from educational materials to the Internet.

When asked how community partners could assist in the



Above: Shawn Salamida, president and CEO of Partnership for Strong Families, spoke to a full house on Feb. 28 in the remodeled cafeteria of the old Jerkins High School.

Below: Dr. Horace McLeod graciously welcomed the Taylor County Shared Services members and other invited guests to the Revitalize Jerkins Campaign Kickoff.



County Commissioner Malcolm Page (right) continues to provide leadership and support to community programs throughout Taylor County. Donna Hagan (left) was extremely pleased to have his participation in the Revitalize Jerkins Campaign.

CHILDREN'S FUN FESTIVAL COME JOIN THE FUN!!

Ring Toss

Saturday, April 16, 2011

10:00 a.m. - 12:00 Noon

Perry City Park, Jefferson St.

Bubbles

Face Painting

Everyone is invited to the annual
Early Childhood
Children's Fun Festival &
Pinwheels for Prevention®

There will be fun for all ages!

If you need more information call:

Salena at Pre-K 838-2535 or Tremmie at Head Start 838-2558

Go Fishing

Crazy Art

Opioid Pain Killers Linked to Increased Risk of Some Birth Defects

Babies born to women who take opioid pain killers such as codeine, oxycodone or hydrocodone just before or in early pregnancy are at increased but modest risk of birth defects, according to a study conducted by the Centers for Disease Control and Prevention.

The study, published in the *American Journal of Obstetrics and Gynecology*, found 2–3 percent of mothers interviewed were treated with prescription opioid pain killers, or analgesics, just before or during early pregnancy. The study did not examine illicit use of these medications.

The most commonly used opioid medications reported by women were codeine and hydrocodone. Treatment with opioid analgesics was linked to several types of congenital heart defects as well as spina bifida, hydrocephaly, congenital glaucoma and gastroschisis. The findings with some congenital heart defects are consistent with previous studies.

This study found that women who took prescription opioid medications just before or during early pregnancy had about two times the risk for having a baby with hypoplastic left heart syndrome (one of the most critical heart defects) as women who were not treated with these opioid medications.

Congenital heart defects are the most

common type of birth defect, affecting nearly 40,000 births in the United States each year. Many infants with congenital heart defects die in the first year of life, and infants who survive often require numerous surgeries, lengthy hospitalizations and a lifetime of treatment for related disabilities.

While some medications are known to be harmful when taken during pregnancy, the safety of most medications taken by pregnant women has not been determined.

“Women who are pregnant, or thinking about becoming pregnant, should know there are risks associated with using prescription painkillers,” said CDC Director Thomas R. Frieden, M.D., M.P.H. “They should only take medications that are essential, in consultation with their health care provider.”

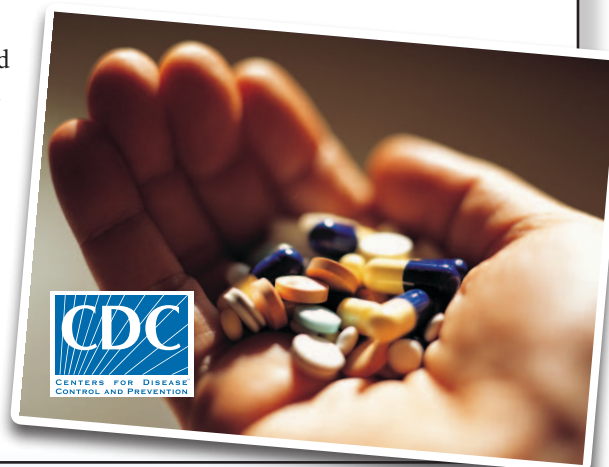
“It’s important to acknowledge that although there is an increased risk for some types of major birth defects from an exposure to opioid analgesics, that absolute risk for any individual woman is relatively modest,” said the study’s lead author, Cheryl S. Broussard, Ph.D., CDC’s National Center on Birth Defects and Developmental Disabilities. “However, with very serious and life threatening birth defects like

hypoplastic left heart syndrome, the prevention of even a small number of cases is very important.

“Talk with your doctor if you are pregnant or planning a pregnancy and you have taken or are considering taking any medication. This includes prescription and over-the-counter medications, as well as dietary or herbal products,” said Dr. Broussard.

For information about birth defects and opioid analgesic use, please visit: <http://www.cdc.gov/ncbddd/features/birthdefects-Opioid-Analgesics-key-findings.html>.

For general information about medications and pregnancy, please visit www.cdc.gov/ncbddd/pregnancy_gateway/meds/index.html or call 1-800-CDC-INFO.



What: “The best is blue” at the **7th Annual Blue Ribbon Charity Ball!** Guests will enjoy an elegant evening of dancing, entertainment, a live auction, and a silent auction. The Ball is filled with a variety of “blue” activities including the Best Dressed in Blue Contest.

Who: All proceeds benefit Brehon Institute for Family Services, Inc. — A local non-profit organization, the mission of Brehon is to improve the lives of children and their families by providing services that promote healthy babies and prevent child abuse and neglect.

When: Friday, April 8, 2011 • 7:30 PM – 11:30 PM

Where: Tallahassee Automobile Museum — 6800 Mahan Drive • Tallahassee, FL 32308

Cost: \$75 per person — Sponsorship opportunities available from \$300 to \$3,000

Attire: Formally Blue (something blue)

For more information, contact Brehon at (850) 656-7110 or visit www.brehoninstitute.org.

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**Research Uncovers Clue to SIDS****Babies who slept on their stomachs had lower levels of oxygen in their brains**

By Randy Dotinga, HealthDay Reporter

A new Australian study finds that babies who sleep on their stomachs — a position thought to pose a risk for SIDS — have lower levels of oxygen in their brains than those who sleep on their backs.

The discovery suggests that a lack of oxygen could explain why babies in such a position are at a higher risk of sudden infant death syndrome while sleeping: Their brains may be less able to wake them up when they're in danger from not breathing.

"For a lot of parents, it's important for them to know why something works before they do it," said Dr. Rachel Moon, a pediatrician at Children's National Medical Center who studies SIDS. "If we can make this link, if we can say that if your baby is on his stomach, he's not getting enough oxygen to his brain, it'll help parents see why this might be true."

In the new study, the Australian researchers sought to better understand what happens when babies sleep on their stomachs and why they face a greater risk of not being able to rouse themselves when something goes wrong, such as when they stop breathing for a time.

Researchers found that the oxygen levels in the brain dipped when babies slept on their stomachs. This may explain why babies who sleep on their stomachs are three times harder to arouse from sleep as other babies.

For more about SIDS, try the U.S. National Library of Medicine.

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**Join Us in Working Together for a Healthy Taylor County**

TAYLOR COUNTY WALKS
YOUR TEAM WILL CHALLENGE YOU.
THE EXPERIENCE WILL CHANGE YOU.

TAYLOR COUNTY WALKS
FREE 6 WEEK
COMMUNITY TEAM CHALLENGE FITNESS WALK
APRIL 5TH - MAY 20TH, 2011

OPENING & CLOSING CEREMONIES
WILL BE HELD AT TAYLOR COUNTY SPORTS COMPLEX
(ALL OTHER WALKING DURING 6 WEEKS IS ON YOUR OWN TIME)

WIN GREAT PRIZES
CHILDREN WIN XBOX DANCE KINECT
ADULTS AGE 18 & UP WIN WILFIT
& LOTS OF OTHER GREAT PRIZES

PRIZES WILL BE AWARDED TO TEAMS AND INDIVIDUALS
(CHILDREN AND ADULTS) ... FOR A VARIETY OF ACHIEVEMENTS + PRIZE DRAWING

REGISTER YOUR TEAM TODAY ONLINE
OR FOR MORE INFORMATION VISIT
WWW.NFMC.ORG/TAYLORCOUNTYWALKS

1. Register your walking team today online at www.NFMC.org/TaylorCountyWalks
2. Donate a prize. All prize donors are listed with prizes for walkers to view regularly on the website at <http://www.NFMC.org/TaylorCountyWalks/Prizes> as well as on the prize wall at the opening and closing ceremonies and in 1/2 page newspaper ad on May 20. The website prize page will be updated regularly until the closing ceremony as prizes are donated. The earlier you donate a prize, the more publicity you will receive. We will accept cash toward grand prizes, gift certificates other prizes.
3. Call or e-mail with any questions: DNewman@NFMC.org or 850-508-2017.

Remember: You only have to walk with everyone at the opening and closing ceremonies; the rest of the 6 weeks is on your own time. Registration and steps can be recorded online for your convenience to save time. Count your Relay for Life steps as part of your total count! And allow your team to challenge you to be a better you.



Love them.
Protect them.
Immunize them.

April 23-30, 2011
National
Infant Immunization Week