



Newsletter

A publication of the Healthy Start Coalition of Brevard County | Fall 2021



The Healthy Start Coalition of Brevard County is a local, non-profit, 501(c)(3) organization that works to make sure that all moms and babies have the services they need to begin healthy lives together. Healthy Start provides moms, newborns and families with the resources, help and support they need to have a healthy pregnancy and a healthy baby. Free services are based on risk factors, not on income or insurance.

COVID-19 UPDATE

Due to the impact of COVID-19, Healthy Start is still taking every precaution we can for the safety of our staff and our moms and babies of Brevard, while working within the best practices set forth by the CDC, the Florida Department of Health, and the State of Florida. Our “home-visiting” services are currently being provided via video/phone conferencing and are starting to transition back to in-person visits. If you have any questions or concerns, please call us at 321.634.6101.

What is Community Connect?

Community Connect provides a one-stop entry point for needed services. Community Connect contacts, assesses, provides information, and makes referrals to home visiting programs and other community services. Eligibility for Community Connect begins when a pregnant woman or infant is screened and referred by their health care provider or hospital through the prenatal and infant risk screens.



Services and Resources may include:

- Childbirth education
- Newborn care instruction
- Breastfeeding education and support
- Child development education and support
- Parenting education and support
- Help to quit smoking
- Nutritional education
- School readiness
- Family planning education
- Car seat safety
- Infant safety
- Counseling services
- Home visiting programs:
 - Healthy Families, Healthy Start, & Nurse Family Partnership

Connect Today!
Call 321-634-6101

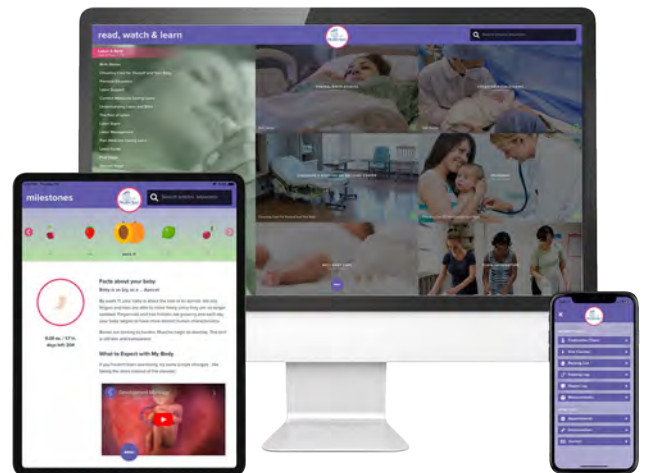
NEW Healthy Start Baby App

Healthy Start Coalition of Brevard is excited to introduce the Healthy Start Baby App, powered by YoMingo. YoMingo is a free parent education tool available through a smartphone app and website. The educational content covers pregnancy, labor and birth, postpartum, breastfeeding and newborn care, while tools include a contraction timer, kick counter, feeding log, diaper log, journal and more.

This evidence-based information offers support at every stage of the mom journey — from pregnancy through early motherhood from the convenience of a computer or smartphone.

Moms to be and new moms will receive a flyer in the prenatal and postnatal educational packets from Healthy Start and Community Connect. These educational packets are handed out during their first prenatal appointment and when they deliver at the hospital.

If you have any questions please call Healthy Start at 321.634.6101.



Register for the app and check out what the Healthy Start Baby App has to offer for our moms and families in Brevard
www.healthystartbrevard.com/app

BREVARD COUNTY HOUSING & HUMAN SERVICES

Emergency Rental Assistance Program

The Emergency Rental Assistance Program is to provide financial assistance and housing stability services to income eligible households for rent, rental arrears, utilities and home energy costs, utilities and home energy costs arrears, and other expenses related to housing.

Emergency Rental Assistance (ERA) Application:
www.brevardfl.gov/HousingAndHumanServices

Program Overview:

1. Applicant is a resident of Brevard County.
2. Applicant is at or below 80% of Area Median Income.
3. The applicant must sign all required documents (application, social security number waiver, release/request of information, etc.) or their application will be rejected/denied.
4. Documentation of all income from the entire Household as reported on the Household Income Section of the application (include 2 months of bank statements, paystubs, etc., or a 2020 tax return (IRS Form 1040)).
5. All members of a household must be accounted for in the application.
6. For applications filled out by hand, please make sure that the writing is clear and legible.

2020 HUD Income Limits								
FY 2020 Income Limits Summary								
Persons in Family	1	2	3	4	5	6	7	8
Very Low (50%) Income Limits	\$24,250	\$27,700	\$31,150	\$34,600	\$37,400	\$40,150	\$42,950	\$45,700
Low (80%) Income Limits	\$38,750	\$44,300	\$49,850	\$55,350	\$59,800	\$64,250	\$68,650	\$73,100

The Role of Nutrition in Infant Mortality

Content excerpted from "ASPHN BRIEF-WINTER 2013" asphn.org/wp-content/uploads/2017/10/The-Roll-of-Nutrition-in-Infant-Mortality-A-Public-Health-Perspective-ASPHN-Brief.pdf

Prenatal nutrition is an essential component of efforts to reduce infant mortality.

The following four strategies, if achieved, will better integrate nutrition into infant mortality prevention efforts.

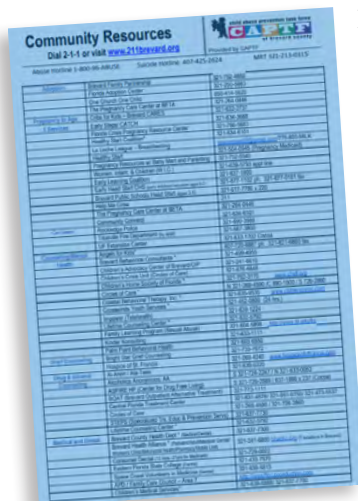
1. Public health nutritionists are included in all levels of infant mortality prevention efforts.
2. Environments exist that support breastfeeding and where healthy eating is the easy choice for women, especially those who are or are contemplating becoming pregnant.
3. Life course and preconception care address maintaining or achieving a healthy weight and eating well.
4. Prenatal care addresses appropriate weight gain, healthy eating, medical nutrition therapy as needed and referrals to WIC, if appropriate.

In collaboration with our local Health Department, Healthy Start is delivering hard copies of "What to eat during pregnancy" posters to all of our local OB offices.

LOCAL RESOURCES

Community Resources

The Community Resources Blue Card is updated and maintained by the Child Abuse Prevention Task Force of Brevard County. This list is not all-inclusive, but provides a large variety of local community resources.



Healthy Start includes hard copies of the Community Resources "Blue Card" in all of the prenatal and postnatal educational packets from Healthy Start and Community Connect. These educational packets are handed out during their first prenatal appointment and when they deliver at the hospital.

To access the card online:
www.healthystartbrevard.com/resources/

Substance Misuse and Mental Health Resources

The Substance Misuse and Mental Health Resources Card is updated and maintained by the Brevard Prevention Coalition and Eckerd Connects. This list is not all-inclusive, but provides a large variety of community resources.

Healthy Start is delivering hard copies of the Substance Misuse and Mental Health Resources card to all of our local OB offices and birthing hospitals.

To access the card online:
www.brevardprevention.org/downloads

For more information on Brevard Prevention Coalition:
www.brevardprevention.org

For more information on Eckerd Connects:
www.eckerd.org

