



# Newsletter

A publication of the Healthy Start Coalition of Brevard County | Spring 2022

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 through a home visiting program. 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 in-person visits. If you have any questions or concerns, please call us at 321.634.6101.



## UPCOMING WORKSHOP

### Operationalizing Perinatal Equity Quality and Safety in Materno-Toxic Zones

#### Are you familiar with materno-toxic zones?

As defined by the National Perinatal Task Force (NPTF), a materno-toxic area is any area where it is unsafe to be pregnant, breastfeeding or parenting. Jennie Joseph has dedicated her career to addressing these areas and to promoting respect and safety for all perinatal women.

#### In this workshop, you'll learn:

- To describe the effect of racial disparities in perinatal outcomes on all members of society, including yourself as a provider and on other community stakeholders—while simultaneously exploring current approaches to eliminating these disparities
- To discuss strengths and challenges of your local perinatal resources and systems
- To describe the four tenets of The JJ Way® Maternal Child Health system and how this method can impact interdisciplinary collaborations on a local and regional level
- To utilize one or more techniques to apply this knowledge in your own practice, facility or agency
- To develop action steps to implement future life-saving projects and programs dedicated to improving the health of vulnerable women and babies



Healthy Mothers, Healthy Babies Coalition of Palm Beach County invites you to join them and learn from one of Time's Women of the Year, Jennie Joseph, LM, CPM, about addressing perinatal equity and safety!

#### Operationalizing Perinatal Equity Quality and Safety in Materno-Toxic Zones - Every Person, Every Time.

**Tuesday, April 26, 2022**

**11:00am-1:00pm**

2 CEU Hours Available\*

Registration Fee \$20

\*HMHB is approved through the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling, Florida Board of Psychology, and Florida Board of Nursing - CE Provider Number #50-28664.

Register Here: [www.hmhbpbpc.org/workshop](http://www.hmhbpbpc.org/workshop)

# CMV - CONGENITAL CYTOMEGALOVIRUS

Information taken from: [www.nationalcmv.org/resources/for-healthcare-professionals](http://www.nationalcmv.org/resources/for-healthcare-professionals)



## Healthcare Provider Information and Resources

CMV can be a serious problem for babies who are infected before birth. This is referred to as congenital CMV and it occurs when a pregnant woman passes the virus to her unborn child. Congenital CMV can cause birth defects and developmental disabilities and more children will have disabilities due to congenital CMV than other well-known infections and syndromes, including Downs Syndrome, Fetal Alcohol Syndrome, Spina Bifida, and Pediatric HIV/AIDS. The National CMV Foundation has provided resources for physicians, OB-GYNs, midwives, and nurses to enable better identification, prevention, and treatment for congenital CMV.

In the United States, approximately 1 to 4% of women will have their first, primary CMV infection during a pregnancy, and about 40% of these women who become infected with CMV for the first

time during pregnancy will pass the virus to their babies. It is crucial that physicians and

OB-GYN doctors share this information with women who are pregnant or preparing

for pregnancy.

## Looking for guidance on how to best counsel women about congenital CMV during pregnancy?

The CDC offers a PDF download titled “CMV Facts for Pregnant Women and Parents” that may be helpful. We have included a copy of the PDF attached and here is the link if you would like more copies:

[www.cdc.gov/cmV/downloads/cmV-parents-fact-sheet-508.pdf](http://www.cdc.gov/cmV/downloads/cmV-parents-fact-sheet-508.pdf)

About 1 out of every 200 babies (roughly 30,000 children annually) is born with congenital CMV making it the most common congenital viral infection in the United States. More than 6,000 children annually suffer permanent disability as a result. Severe complications from congenital CMV result in approximately 400 deaths nationwide per year. According to the Centers for Disease Control and Prevention (CDC), between 50 and 80 percent of people in the United States have had a CMV infection by the time they are 40 years old.

Once the CMV virus is in a person's body, it stays there for life and can reactivate. A person can also be reinfected with a different strain of the virus.

Healthy Start Coalition of Brevard will be including a postcard flyer in all of our prenatal educational packets starting in May, these are given to all OB providers in Brevard County. Please find attached the flyer that will be in the packets.

For more details and resources please visit:  
[www.nationalcmv.org/resources/for-healthcare-professionals](http://www.nationalcmv.org/resources/for-healthcare-professionals)

## 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**