

# Supporting Healthy Start Performance Project NEWSLETTER



*Strengthening Healthy Start to support family health and well-being*

## TA & Support Center News & Updates

### **Conversations with the Division**

Please join the Division of Healthy Start and Perinatal Services (DHSPS) for the *Conversations with the Division* webinar on **Wednesday, October 28 from 1:30-3 p.m. EST**. During this webinar, DHSPS staff will share key updates and information for Healthy Start Grantees.

To register for this webinar, [please click here](#).

---

### **Fatherhood Talk Tuesday**

Please join the Healthy Start TA & Support Center for the next Fatherhood Talk Tuesday on October 13 from 3-4:30 PM ET.

To register for this webinar, [please click here](#).

---

### **We are #HealthyStartStrong!**

We would like to hear from you! **Do you have a success story about staying connected with existing clients or building relationships with new clients virtually during the COVID-19 pandemic?** If you would like to share your story, please send a brief email (under 200 words) to [healthystart@nichq.org](mailto:healthystart@nichq.org) or click the button below. The TA & Support Center may highlight your submission in an upcoming newsletter or webinar. The *heart* of Healthy Start is *community*. Let's show the nation *Healthy Start Strong!*

[Email Us](#)

---

## Resources

### **National Infant Mortality Awareness Month: September 2020**

[Infant mortality](#) is defined as the death of an infant before their first birthday. A country's infant mortality rate is often thought of as a key indicator of the overall

health of a society. In the United States in 2017, the [infant mortality rate](#) was 5.8 deaths per 1,000 live births, or about 22,000 infant deaths. The five leading causes of infant death in 2017 were certain [birth defects](#), such as anencephaly; [preterm birth](#) and [low birth weight](#); maternal [pregnancy complications](#); [sudden infant death syndrome](#) (SIDS); and injuries, such as suffocation.

The same unjust and preventable [racial and ethnic disparities](#) that we see in maternal mortality exist for infant mortality. For example, in 2017:

- The infant mortality rate for non-Hispanic Black infants was 2.3 times the rate for non-Hispanic White infants (11.0 per 1,000 infants compared to 4.7 per 1,000 infants)
- Non-Hispanic Black infants were 3.8 times as likely to die from complications related to low birthweight as compared to non-Hispanic White infants
- Non-Hispanic Black infants had over twice the sudden infant death syndrome mortality rate as non-Hispanic whites
- Non-Hispanic Black mothers were 2.3 times more likely than non-Hispanic white mothers to receive late or no prenatal care.

Research has shown that a key driver of these racial and ethnic disparities is maternal stress among Black mothers as a result of experiencing racism and discrimination. For example, one study found that Black women living in poorer neighborhoods were more likely to have low-birth-weight infants regardless of their own socioeconomic status. Other studies have found that more segregated cities have greater black/white infant mortality disparities, and women who give birth to very low birth weight infants are more likely to report experiences of discrimination. To learn more, read this [article in The Nation](#) written by Nancy Kreiger, a professor of social epidemiology at Harvard T.H. Chan School of Public Health.

We also encourage you explore the resources below and share them with your Healthy Start staff members and clients.



### Infant Mortality Rate Map

Although the infant mortality rate is 5.8 deaths per 1,000 births across the United States, some states have much higher or lower rates. The Centers for Disease Control and Prevention created an interactive map with each state's rate. To view the map, please [click here](#).

### Frequently Asked Questions: Birth Defects

The American College of Obstetricians and Gynecologists (ACOG) has a webpage featuring frequently asked questions about birth defects. This webpage is designed for patients and includes information about reducing the risk of birth defects. To read the FAQs, please [click here](#).

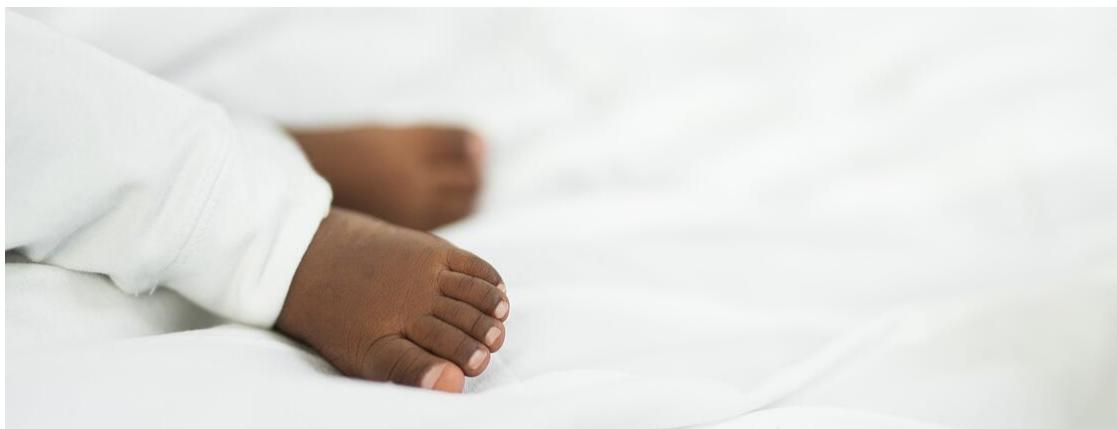
---

### **September 2020 Fatherhood Talk Tuesday**

This month, the TA & Support Center's Fatherhood Talk Tuesday focused on grief and supporting grieving dads. The webinar featured Rosemary Fournier, Fetal and Infant Mortality Review (FIMR) Director with the National Center for Fatality Review & Prevention. To view the webinar recording and access the slides, [please click here](#).

### **An Oldie but Goodie: Fetal Infant Mortality Review (FIMR) and Healthy Start Webinar**

This August 2017 webinar provides an overview of FIMR and how it fits into the larger maternal and child health system. Hear stories from four Healthy Start programs describing the benefits of partnering with FIMR, common barriers and challenges from this work. To view the webinar recording and access the slides, [please click here](#).



### **Black Infant Mortality Podcast Series**

This special series from Southern California Public Radio highlights Los Angeles County's efforts to reduce Black infant mortality. Episodes focus on several different topics, from the distinction between racism and race, to the importance of empowering mothers and fathers. To listen to the podcast series, please [click here](#).

### **Insight from NICHQ**

This [recent article from NICHQ](#) discusses an African American fraternity alliance's efforts to reduce infant mortality. Their story highlights how the fraternity members became change agents in their communities and activated men as key community stakeholders for reducing infant health disparities. To read the article, please [click here](#).

---

### **Pregnancy and Infant Loss Support Group**

Postpartum Support International's (PSI) online Pregnancy and Infant Loss Support group provides connection for mothers who have lost a baby during pregnancy or infancy. Groups are led by trained facilitators and participants receive information and resources to help them navigate the pain of their loss. To sign up, please [click here](#).

### **March of Dimes Infant Loss Resources**

March of Dimes created a free booklet to help grieving families understand and cope with grief after a miscarriage, stillbirth or the death of a baby at or after birth. To obtain a free copy of the booklet, please [click here](#). March of Dimes also created the [Share Your Story](#) online community, a space for people to share their story, connect with others, and offer support to families experiencing the heartbreak of loss.



### NICHQ Safe Sleep Quiz

This short quiz is a teaching tool that can be used to engage parents and caregivers in conversations about using safe sleep practices to prevent sudden infant death syndrome (SIDS) and suffocation. It provides 11 different scenarios and asks viewers to identify whether or not the depicted behavior is safe. An explanation and recommendation is provided after each scenario. To take the quiz, please [click here](#).

### Safe Sleep for Your Baby Video

The National Institute of Child Health and Development (NICHD) created a [Safe to Sleep® video campaign](#) for parents and caregivers. The video discusses how to reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death. NICHD recently created a version for grandparents, which can be found [here](#). Both videos are available in English and Spanish.

---

### Other Resources:

#### Coping with COVID-19 Educational Program

The National Perinatal Association recently launched “Coping with COVID-19: Trauma-informed Care for Frontline Maternity, Pediatric, and NICU Providers During the COVID-19 Pandemic.” This free continuing education resource is designed to teach maternity care and pediatric/NICU providers how to provide trauma-informed care to patients during the heightened stress of the COVID-19 pandemic. For more information and to access the program, [please click here](#).

#### 2020 Great Lakes Breastfeeding Webinar Series

The Michigan Breastfeeding Network is hosting a free breastfeeding webinar series, with a new webinar launching on the third Tuesday of each month at 8 a.m. EST. Topics include motivational interviewing, equipping fathers with tools for success, and breastfeeding and safe sleep, among others. Each webinar is approved for one

(1) lactation counselor continuing education recognition point (CERP). For more information and to register, [please click here](#).

---



**Hosting or attending an exciting event or webinar?**

We will use the EPIC Center [Training Calendar](#) to share information about events specifically planned for Healthy Start projects, as well as other relevant webinars, trainings, and other events that are open to the public. If you know of events or trainings that you think other Healthy Start projects should be aware of, please feel free to send information to [healthystart@nichq.org](mailto:healthystart@nichq.org).

Have questions? Either respond to this email or contact the sender on  
[healthystart@nichq.org](mailto:healthystart@nichq.org)

National Institute for Children's Health Quality (NICHQ), 308 Congress Street, 5th Floor, Boston,  
Massachusetts 02210, United States, 617-391-2700

[Unsubscribe](#) [Manage preferences](#)