



GETTING OFF TO A HEALTHY START

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NEWSLETTER OF THE NATIONAL HEALTHY START ASSOCIATION

spring 2011

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12TH ANNUAL SPRING CONFERENCE RECAP

The NHTA 12th Annual Spring Conference, Healthy Start 20 Years and Beyond: Improving the Health of Families was a huge success thanks to NHTA Staff, the SC2011 Planning Committee and help from the Board of Directors. This past March 6th -9th participants traveled to Washington, DC to attend the National Healthy Start Association's 12th Annual Spring Conference. The plan was to celebrate 20 years of Healthy Start, while educating Healthy Start Staff, MCH professionals, NHTA partners, as well the babies and families of Healthy Start on topics that will help MCH professionals advance the health of families across the nation. We exceeded our expectations!

Special thanks to our conference chairperson, Judith Hill, along with the SC2010 Planning Committee and Subcommittees who helped to plan a successful conference. The feedback has been positive and we welcome your comments/suggestions that will assist us in making the future conference even better. If you attended the conference and haven't completed the overall conference survey, please visit <http://www.zoomerang.com/Survey/WEB22C4HREMQH/>. The survey will be open until May 25.

Conference Highlights

The conference began with a Consumer Plenary where Healthy Start consumers shared their stories of how they became involved with Healthy Start. Many were also honored for their commitment and dedication



Dr. Howard Koh and Dr. Mary Wakefield

to the program and to the overall health of their family.

Fitness guru, Bridget Smith started each day off with a heart thumping workout session called Relax Your Mind, Recharge Your Body, and Revive Your Soul

Dr. Camara Jones was a big hit! Attendees are still talking about her keynote on "Achieving Health Equity."

Dr. Howard Koh, Assistant Secretary for Health of the U.S. Department of Health and Human Services, and Dr. Mary Wakefield, Administrator of the Health Resources and Services Administration, provided remarks to conference attendees.

Dr. Peter van Dyck, HRSA/MCHB Associate Administrator, Dr. Garth Graham, Deputy Assistant Secretary, U.S. Office of Minority Health and Karen Hench, Interim Director, Division of Healthy Start and Perinatal Services, discussed how the federal government is working to advance Healthy Start for another 20 years.

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additional photos on pages 10-11

SAVE THE DATE



NHTA 13th Annual
Spring Conference
March 11-14, 2012

Hyatt Regency Washington on
Capitol Hill
Washington, DC

National Healthy Start Association

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Photographs

Northwest Indiana Healthy Start

Eli Turner Studios

The National Healthy Start Association is a 501 (c) (3) nonprofit organization.

The mission of NHSA is to be our nation's voice in providing leadership and advocacy for health equity services and interventions that improve birth outcomes and family wellbeing.

president's message



THANK YOU!

It's been a great Year One!

As we come to the end of the 2010-2011 year, I want to thank you for allowing me to serve as your President. The NHSA Board, NHSA Office and Membership have worked tirelessly to accomplish our three priorities: to influence policy and practice in the MCH arena, to leverage additional funding, and to build our capacity for research and scientific rigor. We have come a long way toward accomplishing these goals through the development and implementation of a three-year strategic plan, the creation of our first white paper, strengthening ties with HRSA/MCHB, selecting effective and hard-working committees, and establishing an Evaluation Workgroup to move our Projects toward scientific rigor. Additionally, we had an exceptional Annual Spring Conference!

None of these priorities would have been addressed without the commitment of the NHSA Board of Directors. I am sincerely grateful to the Executive Committee: Alma Roberts (President-Elect), Lisa Derrick (Vice-President), Corrina Jackson (Secretary), Risë Ratney (Treasurer) and Cynthia Dean (Past President). Cindi Garcia, Mario Drummonds, and Judith Hill served as Chairpersons of the Board Governance, Government Relations, and Membership Services Committees, respectively. My work would have been infinitely more difficult without them.

Seven of our Board Members -- Yvonne Beasley, Mario Drummonds, Tamela Milan, Cindi Garcia, Judith Hill, Susan Wilson, and Penny Womeldorff -- have completed their terms of office. Words can hardly express my gratitude for their exemplary service. Their commitment and tenacity allowed us to build successfully on the foundation that our predecessors left in our care.

Now, as NHSA moves forward to realize our vision of becoming a recognized maternal and child health leader, I extend a hearty welcome to our new Board Members: Brian Vaughn, Maurine Jones, and Jesus Reynoso De Cordova. There

is much work ahead for you, but I am confident that you are equipped for the challenge.

In our quest to move forward, we cannot forget the legacy left us by Maribeth Badura. Just as her life left an indelible mark on the hearts and lives of Healthy Start moms, dads, babies, families, and communities, her memory must serve as inspiration and motivation to ensure the success of Healthy Start Projects across the country.

During my second year in office, I believe beyond a shadow of doubt that the Board of Directors and myself will continue to lead NHSA in becoming a more effective and vital organization. I clearly see the absolute commitment that the Board of Directors and NHSA Office will bring to addressing the three critical issues needed to improve birth outcomes and women's health status: effectively influencing policy and practice to improve overall health and wellness, validating the relevance of perinatal services for underserved populations, and linking the Life Course Model to practice to improve women's and infants' health.

This second year's work will be both demanding and rewarding. However, I am confident that with the compassion and determination of the Board and those with whom I work closely, we will succeed in effectively implementing NHSA's mission and vision.

Thank you for your support,

Estrellita "Lo" Berry, President

NHSA Board of Directors



SPRING IN WASHINGTON, DC

There's More Work to be Done!

Spring is finally here in the Nation's Capital! Cherry blossoms are in bloom and the weather is warming up each day. It is much easier to welcome Spring in DC now that the government is no longer in threat of a shutdown. We, along with you, were on pins and needles every week, awaiting the decision. It is a relief that we now have a budget for 2011, but the hard work is not over, and many decisions are still yet to be made about many programs for families. NHTSA is keeping its ear to the ground and will continue to keep you in the loop. Our goal is to ensure you stay informed.

We were so excited to have 530 members, families, partners, and colleagues join us in DC in March for our Spring Conference. What a great way to celebrate and kick-off the 20th Anniversary of Healthy Start!!! We hope that you enjoyed the week as much as we did. I am still inspired after hearing from our consumers from all over the US, and I wholeheartedly thank them for sharing their stories with us. I remain energized from the message given by Dr. Camara Jones and ready to think outside of the box for the future after listening to our dynamic panel with Dr. Adewale Troutman, Dr. Michael Lu, and Ms. Lisa Bernstein. Thank you to all of our speakers, sponsors, and attendees for making this an outstanding conference!

Although the conference has passed, we remain busy on behalf of our members. We are so excited that we will soon be launching the new NHTSA website with great features and definitely easier to navigate than the current version. In June, members will receive a membership survey to provide feedback on NHTSA. Your response to this survey is so critical, because we use your feedback as a guide to make improvements within the organization. The creative juices of the staff are flowing, and we are looking at innovative ways to tell the Healthy Start story. There will be more information to come on how you can help us do that. Lastly, we are gearing up for Infant Mortality Awareness Month, and we have heard you! Information and materials will go out sooner than last year so that you can plan your events accordingly. We will also be asking you to send us information about your events and activities in the coming months.

Don't forget, NHTSA has a blog – [Healthy from the Start](#) – and we welcome guest writers who want to share a story about Healthy Start or discuss an issue that is impacting Healthy Start communities. What better way to tell the Healthy Start story, than hearing it directly from you!



As always, we remain steadfast in our commitment to the babies whose lives we are saving and to the moms and dads who do all they can to ensure their babies have a healthy start and healthy life.

Stacey D. Cunningham, MSW, MPH
Executive Director

FIRST CANDLE

Helping Babies Survive & Thrive

About First Candle

First Candle is a national health organization that unites parents, caregivers and researchers with government, business and community service groups to advance infant health and survival. We work to increase public participation and support in the fight against Sudden Infant Death Syndrome (SIDS), Stillbirth and other Sudden Unexpected Infant Deaths (SUID).

Our mission is to promote infant health and survival during the prenatal period through two years of age through advocacy, education and research, while at the same time providing compassionate bereavement support to those families affected by an infant death.

Advocacy

First Candle reflects the passion of parents and professionals who believe that we must do more to ensure safe pregnancies and the survival of babies through the first years of life. First Candle joins organizations with similar missions, recognizing that vulnerable mothers and babies will benefit from a united voice to prioritize maternal, newborn and infant survival.

Recently, First Candle worked closely with The Lancet Medical Journal in disseminating information published in the Lancet's Stillbirth Series. The Series, launched in April, is designed to raise awareness about stillbirth and provides the most comprehensive assessment to date of global numbers and causes of stillbirth, perceptions and beliefs, and solutions to significantly decrease the number of stillbirths globally. The Series includes a global call for action, key findings and recommendations. First Candle continues to encourage others to share this information with friends, family and colleagues. For additional information please visit www.thelancet.com.

Education & Support

First Candle remains committed to ensuring that lifesaving messages are delivered

to parents and caregivers frequently and consistently.

Every year there are 4,500 sudden, unexpected infant deaths in the United States. Of these, as many as 80-90 percent may be the result of unsafe sleep practices.

First Candle's Infant Safe Sleep Program is the first of its kind to enlist the help of pharmacists in promoting lifesaving safe sleep messages to parents and caregivers. The program, funded primarily by NICHD, focuses on ways that pharmacist professionals can help families understand the importance of creating a safe sleep environment for their baby to help reduce the risk of SIDS and prevent suffocation and accidents during sleep.

This new initiative is intended to add a highly trusted source of consumer health education: the neighborhood pharmacist. Pharmacists consistently receive high ratings from consumers as trusted sources of health information. By educating and training pharmacists to deliver the same important messages we can improve the consistency and credibility by which new and expectant parents and caregivers receive this lifesaving information.

More than 25,000 babies are stillborn every year, with more than half occurring during the last trimester of pregnancy.

The Kicks Count! campaign encourages pregnant mothers to monitor their baby's kicks every day during their last trimester and to report any significant and sustained change in their baby's normal activity levels to their health care provider right away. Research tells us this could be a sign that something is wrong. Kick counting is now recognized as the first proactive strategy that may help reduce the risk of late-term stillbirth. This campaign is funded in part by All Baby and Child, Inc.

Critical to the success of these programs is our ability to provide education, training and

technical support to hospital systems and health professionals. By working together, we can create new standards of care for babies that have the potential to prevent infant deaths.

First Candle is also dedicated to improving and expanding bereavement support for families who have experienced the loss of a baby. The bereavement program is staffed with Grief Counselors to speak with families having to deal with a loss. Families may call First Candle's 24/7 hot-line (1.800.221.7437) at any time for support and to learn about resources in their area. Educational materials are also available for families. Families are encouraged to use First Candle's Support Group pages for Stillbirth & SIDS:

<http://www.facebook.com/home.php#!/group.php?gid=36937469089> (Stillbirth)

<http://www.facebook.com/home.php#!/group.php?gid=38923666957> (SIDS)

Research

First Candle remains grounded in research to further our understanding of Sudden Infant Death Syndrome, Stillbirth, and Sudden Unexpected Infant Death. Since its inception, First Candle has funded cutting-edge research projects at medical institutions in the United States. We continue to provide a venue for individuals and organizations interested in supporting research to further our understanding of infant health.

In addition to funding scientifically-based research, we are initiating pilot projects in applied and qualitative research. One such collaborative research project is being piloted with Baltimore Maryland's Mercy Hospital physicians and public health researchers to evaluate provider knowledge and practice of kick counting to help reduce the risk of late-term stillbirth on a local and national level. In conjunction with the University of Maryland's Center for Infant Loss, we are conducting

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THE MALE INVOLVEMENT INITIATIVE

Where Dads Matter

The Male Involvement Initiative Where Dads Matter (MI Cohort) is becoming more focused and integrated in the work of Healthy Start Initiatives where lives are being saved and babies are born healthy. The 2011 NHSA Spring Conference, with the visible presence and participation of fathers and men, made a clear statement of becoming focused and integrated. Here are some of the highlights from this year's conference:

- Before the official conference began, the message of Male Involvement was presented in Track 1 of the Healthy Start Leadership Training Institute. We were able to share the evolution of Male Involvement from its formative years, where we are today, and the plans for the future. It was a great opportunity to share the great work of the past with new and current leaders of federal Healthy Start Initiatives.
- We facilitated five focus groups as part of a research project aimed at defining paternal involvement during pregnancy. This was the first of its kind carried out as

a pre-conference activity as well as part of ground-breaking work in paternal involvement that we expect to result in national and international implications for future Male Involvement research. The results of the focus groups and the definition will be available in the fall. Be on the watch!

- A number of workshops on Male Involvement were offered during the conference that elicited great interest and overwhelming attendance. The presenters shared valuable information and the audience was asking for more time and more information.
- The first-ever male only breakfast was held with guest speaker Mr. Joseph Jones, CEO and Founder of the Center for Urban Families. The breakfast yielded a full house in excess of 50 fathers and men in attendance. The room was arranged and the atmosphere was strategically set-up to allow men to safely share and bond from four common points of interests.

“The presenters shared valuable information and the audience was asking for more time and more information.”

Finally, the visible presence of men throughout the conference was very evident, and we know the work must continue in a focused and integrated way. We know that the future work must include: research, information and best practice sharing, and strategic partnerships and funding opportunities. If you are interested and have not signed up to help advance the work of the Male Involvement Initiative Where Dads Matter, please do so by emailing kscarborough@reachupincorporated.org or calling (813) 712-6320. We will be happy to add you as a member of the cohort of more than 130 current volunteer members.

As Father's Day 2011 approach, remember to honor Fathers and Dads and send us messages about what you have planned.

HEALTHY START LEADERSHIP TRAINING INSTITUTE 2011 RECAP

The Healthy Start Leadership Training Institute (HSLTI) was held, March 5-6, at the Hyatt Regency Washington. As the prelude to the Spring Conference, Healthy Start Project Directors and staff traveled to Washington, DC to sharpen their leadership skills and network with other Healthy Start staff. During this semester, we piloted a new track, Track 2: Advanced Leadership Practices for Managers. This track was added at the advice of Project Directors, who wanted to take what they have learned in the past to elevate their level of leadership in their communities. Participants

felt that the content and materials provided by Dr. Tom Westbrook were excellent!

Special thanks to Tamera Wrenn who was the Monday luncheon keynote speaker. Ms. Wrenn is the Senior Consultant of Practice Matters, which is a subsidiary of Northern Manhattan Perinatal Partnership, Inc. (NMPP). The title of her presentation was "Repositioning the National Healthy Start Association for the Newly Emerging Landscape in Maternal Child Health." We were so excited to have Ms. Wrenn join us and help prepare Healthy Start Project Directors on incorporating the

Life Course Perspective into their programs and activities.

We are currently planning for the Fall HSLTI which will take place in November at the Sheraton Raleigh Hotel, Raleigh NC. We will be sending Healthy Start projects more information once the dates and track details have been finalized. We hope you plan to attend!

NHSA PHOTO CONTEST WINNERS!

Thanks to all who shared wonderful family photos with us! Many will be used on our brand new website and some will be used in future NHSA publications. It was a very difficult decision, but we narrowed the photos to 10 finalists. Over 500 attendees at the NHSA 12th Annual Spring Conference were asked to vote on the finalists. The ballots are counted, and we're very pleased to announce the following winning photographs:

**Grand Prize:
Marley, Louisville, KY**

Mom - Mindy La'Nae Eaves

Infant - Marley Jolie Harris-Eaves



**Second Prize:
Mary's Center, Washington, DC**

Mom-Eugenia Hernandez



**Third Prize:
Missouri Bootheel Healthy Start**

Mom- Roshanda Parham

Children: 1 year old Nova who was 4 months in the picture, 4 year old Vega and 2 year old Ahmier, and Dad, Mujahid McKinnley



For more information on the winning photos and families, please visit www.nationalhealthystart.org.

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research on effective bereavement support for families.

First Candle and the National Healthy Start Association collaborate in a variety of ways. Programmatically, we partner to ensure that educational materials are getting to our most vulnerable populations by distributing materials, such as stillbirth reduction brochures, to Healthy Start Programs at no-cost. Important information is also shared through attendance at each other's conferences. Our organizations share priorities areas including addressing disparities in infant health. First Candle looks forward to continuing this important partnership with the NHSA over the next year. For more information please visit www.firstcandle.org.



NEW MEMBERS OF THE BOARD OF DIRECTORS

Please join NHSA in welcoming our new NHSA Board Members (effective April 1, 2011):

- Maurine Jones, PhD
Gadsden Federal Healthy Start Program
- Jesus Reynoso De Cordova
BCFS Healthy Start Laredo
- Brian Vaughn
Healthy Start Brooklyn

We also want to send a fond farewell to former NHSA Board Members:

- Yvonne Beasley
- Mario Drummonds
- Cindi Garcia

- Judith Hill
- Tamela Milan
- Susan Wilson
- Penny Womeldorf

NHSA thanks you for your commitment and service to the organization!



CONSUMER SPOTLIGHT

Sarah Rader

Sarah Rader is a member of Northwest Indiana Healthy Start's Consortium and currently holds the office of Secretary. Sarah was referred to the Healthy Start program by the Lake Station W.I.C. office. On June 5, 2007 Sarah joined Healthy Start in her first trimester, at nine weeks pregnant.

Transportation to health services was a challenge for Sarah. With her husband working and having the family vehicle, Sarah found getting to her prenatal appointments was difficult. By joining the Healthy Start program, not only was her transportation issue solved, Sarah was able to attend the many educational classes offered for pregnant women.

From the time Sarah enrolled into the program until now, she has always been a very active member. Besides being an excellent Secretary by making sure the minutes were prepared for the next meeting, she has also become a mentor for other pregnant women in the program.

Sarah has been married to Mark Rader for three and a half years, and they have one child, Savannah Rader, 2 years old. In addition to being a wife and mother, Sarah is fluent in Spanish, writes poetry, and has a Bachelor's Degree in Education. Currently she is a full time mom while her husband is working on his education



Sarah Rader and daughter, Savannah

What Am I Thankful For?

For a heritage so blessed,
My parents are the best,
For stability, consistency, love,
A peaceful, happy home from above.
For hearing, sight, and smell,
For taste buds and being held,
For life and health and energy,
For the promise I'll live eternally,
For hugs and kisses I've received,
For parents who in me believed.
For great leaders in my life,
Who've helped me chose right.
For a Book God left for me,
It's wisdom helps me see,
For a loving husband who
Knows commitment and he's true.
For a beautiful angel in my world,
Savannah Grace is my girl.
For so many friends I don't deserve,
Who are always there for me,
How could I ever list all the good
God has given to me?

Poem by Sarah Rader

North West Indiana Healthy Start Participant

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Male involvement was again an important focus at the conference with a Fatherhood Breakfast where male attendees had an open forum to discuss the issues they face as fathers in today's world and how they can become more involved in the lives of their children and partners. Mr. Joseph Jones, Founder/President/CEO, Center for Urban Families was the keynote speaker.

Dr. Michael Lu, Associate Professor, UCLA School of Public Health, Lisa Bernstein, Executive Director, The What to Expect Foundation, and Dr. Adewale Troutman, Director, USF Public Health Practice and Public Health Leadership Institute, provided attendees with new and innovative strategies to help MCH professionals eliminate health disparities across the nation.



Joseph Jones speaking at the Fatherhood Breakfast

additional photos on pages 10-11

LEGISLATIVE UPDATE



Congress Finally Passes FY2011 Appropriations

Congress passed, and the President signed into law, a final Continuing Resolution (CR) that will fund all federal government programs through September 30, 2011. The final CR was needed to avoid a government shut-down and represents a compromise between President Obama, House Republicans and Senate Democrats. The bill cuts nearly \$40 billion compared to last year's budget and represents the largest spending cut in history.

All federal programs, including Healthy Start, face a 0.2% reduction in funding (a \$210,000 reduction to our \$105 million program). This 'across the board' cut was applied to every program with the exception of programs at the Department of Defense. The Labor/HHS/ED section of the CR contained over \$3.3 billion in cuts and completely eliminated 55 federal programs.

Final Funding Levels Still Uncertain

Although the CR was signed into law on April 15, federal agencies have broad discretion in how to absorb the 0.2% across the board cut. Federal agencies have 30 days from enactment to submit a final spending plan to Congress. NHTSA Executive Director Stacey Cunningham and Board President Lo Berry

sent a letter to HHS Administrator Mary Wakefield stating:

Knowing that your agency has additional discretion this year in determining final funding levels, we trust that you will follow Congressional intent and fund Healthy Start at its current level of \$105 million minus the 0.2% across the board cut.

Once the final numbers are released, NHTSA will provide them to the Healthy Start network.

Fiscal Year 2012 Appropriations Process Gets Underway

Attention now turns to the fiscal year 2012 appropriations process, where NHTSA will be supporting full funding for Healthy Start. House leadership has indicated that they would like to cut another \$18 billion from the Labor/HHS/ED Appropriations bill. This would represent a 13% reduction from the funding levels included in the FY11 Continuing Resolution.

The House Appropriations Committee has set May 20 as a deadline for submitting program requests and NHTSA is working with Congressional supporters on circulating a sign-on letter in support of \$105 million for Healthy Start. Please stay tuned for 'Policy Alerts' from NHTSA that provide additional details on how to take action in support of this

request. A similar sign-on letter will also be circulated in the U.S. Senate later this month.

U.S. House Passes Bill to Repeal Prevention and Public Health Fund

The U.S. House of Representatives passed a bill that would repeal the Prevention and Public Health Fund. The bill passed the House on April 13 by a vote of 236 to 183. The Fund was created as part of the health reform law and would provide \$15 billion over the next decade for preventive health care, such as fighting obesity, reducing smoking and promoting better nutrition.

The bill is not expected to become law or even get the chance to be voted on in the Senate. U.S. Senator Tom Harkin (D-IA), who chairs the committee with jurisdiction over the bill, released the following statement after the House vote:

The Prevention and Public Health Fund represents one of the most meaningful investments in wellness in our history. Chronic, preventable diseases are one of the main drivers of rising health care costs in America, but the good news is that for every dollar we invest in prevention and wellness, we save six dollars in future health care costs.

President Obama has also vowed to veto the bill if it ever makes it to his desk.

RESEARCH NEWS – FAST FACTS & HOT STATS

How Stress and Other Psychological Factors Affect Mom's Diet During Pregnancy

Stress, anxiety, fatigue and other psychosocial characteristics may influence the food choices women make during pregnancy, according to a study by researchers at the Johns Hopkins Bloomberg School of Public Health. A mother's diet can affect the healthy development of her fetus and the health of her newborn. The findings suggest that women who are more fatigued, stressed and anxious eat more food, particularly carbohydrates. "While eating more food led to an increase in some important micronutrients, it also led to a decrease in others, like folate and vitamin C."

For the study, the researchers assessed the dietary intake and psychosocial characteristics of 134 women who had low-risk, normal pregnancies. The psychosocial factors examined included stress, anxiety, depressed mood, anger, fatigue and social support. According to the study, women who were more fatigued during pregnancy reported higher consumption of energy foods and zinc. They also reported lower intakes of folate. Women who reported feeling stressed ate more breads and snack foods containing fats, proteins, iron and zinc. Anxious feelings were associated with a lower intake of vitamin C. Women who felt hassled by the pregnancy

experience reported eating less meat. "Psychosocial factors should be considered when counseling women with regard to diet during pregnancy." (Johns Hopkins University Bloomberg School of Public Health. "Stress, Mood And Other Factors May Affect Mom's Diet During Pregnancy." ScienceDaily, 10 Jun. 2005. Web. 10 May 2011.)

Here are some tips from the [National Center for Injury Prevention and Control](http://www.cdc.gov/ncepi/ncipc/national-center-for-injury-prevention-and-control) on how to cope with stress:

- **Stay in touch with family.** Stay around people who are caring and positive.
- **Stay active.** Go for a walk or run.
- **Get involved.** Get involved in activities to support your community.
- **Avoid drugs and alcohol.** Drugs and alcohol may seem to help with the stress temporarily; in the long run they create additional problems that compound the stress you are already feeling.
- **Find support.** Ask for help from a parent, friend, counselor, doctor, or pastor. Talk with them about the stress you feel and problems you face.
- **Take care of yourself.** Get plenty of rest and exercise and eat properly.

- **Take a time-out.** If you feel stressed, give yourself a break. Allow some down time, even if it is only a 30-second time-out.

➔ **For information on coping strategies and resources on improving the health of women, visit:**

<http://www.womenshealth.gov/whw/index.cfm>.

http://www.marchofdimes.com/Pregnancy/lifechanges_indepth.html

http://www.babycenter.com/0_managing-stress-and-anxiety-during-pregnancy_1683.bc

<http://www.cdc.gov/Features/HandlingStress/>

CONFERENCE PHOTOGRAPHS



The Consumer Panel Plenary kicked off Monday morning.



Dr. Camara Jones and Selina Lazarus, conference attendee and volunteer from



Lo Berry, Karen Hench, and Stacey Cunningham



Volunteers efficiently checked in attendees at Registration.



Judith Hill, Spring Conference Chair



Dr. Garth Graham and Dr. Peter van Dyck



Dr. Michael Lu, Lisa Bernstein, Mario Drummonds, Dr. Adewale Troutman



Inside the Exhibit Hall



Daily morning exercises invigorated attendees.



Conference workshops educated and left participants wanting more.

CONFERENCE PHOTOGRAPHS



Above & Right: Conference participants head to Capitol Hill for the Congressional Reception.



Right: U.S. Senator Mary Landrieu was awarded by conference attendees from Louisiana Healthy Start projects



U.S. Representative John Yarmuth awarded by attendees from Louisville Healthy Start.



U.S. Representative Raul Grijalva was awarded by attendees from Platicamos Salud, Nogales, AZ.



U.S. Representative Karen Bass



Elizabeth Perry, U.S. Representative Donna Christensen, Stacey Cunningham, & Phyllis George

The reason for our work...and our FAVORITE part of each conference!



mark your calendars!

may

National Physical Fitness and Sports Month
National Teen Pregnancy Prevention Month

8-14

The U.S. Department of Health and Human Services will celebrate National Women's Health Week during May 8-14, 2011. Free promotional and educational materials are available at www.womenshealth.gov/whw while supplies last.

19-20

Interconception Care Learning Community (ICC-LC) Meeting, Washington, DC.

june

12-15

CDC Preconception Care Conference, Tampa, Florida. For more information or to register, please visit <http://www.beforeandbeyond.org/?page=preconception-summit>.

july

25-27

UIC School of Public Health Annual Maternal and Child Health Leadership Conference; Leadership, Legacy, and Community: A Retreat to Advance Maternal and Child Health Scholarship and Practice. Please visit http://www.uic.edu/sph/mch/mch_leadership_conference.htm for more information.

september

National Infant Mortality Awareness Month

Please send us what activities/events your project is planning to commemorate the month, so that we can spread the word. E-mail info@nationalhealthystart.org

17-20

21st Annual CityMatCH Urban MCH Leadership Conference: Advancing health equity, working for JUSTICE in all communities. The conference will be held in San Francisco, CA. Visit http://www.citymatch.org/conf_index.php for more information.