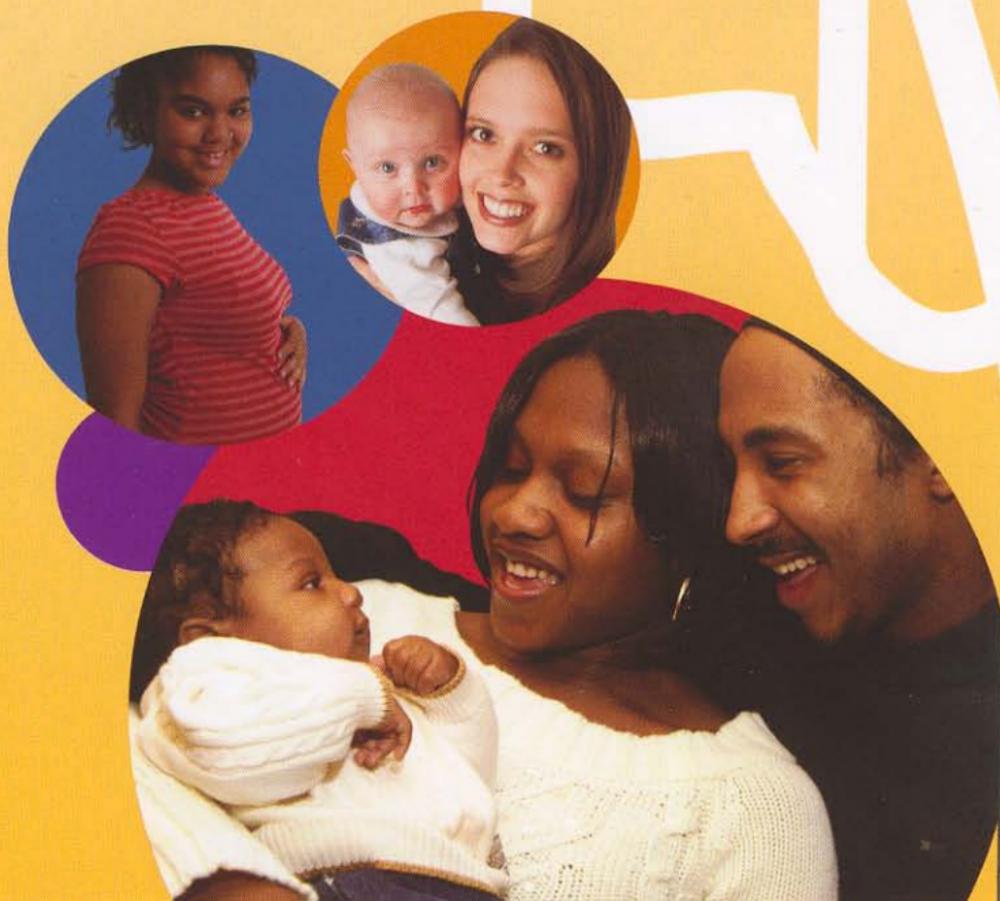




PHILADELPHIA

# HealthySTART

Improving the  
**health** and  
**well-being**  
of **women,**  
**children,**  
**families** and  
**communities.**



# Philadelphia Healthy Start

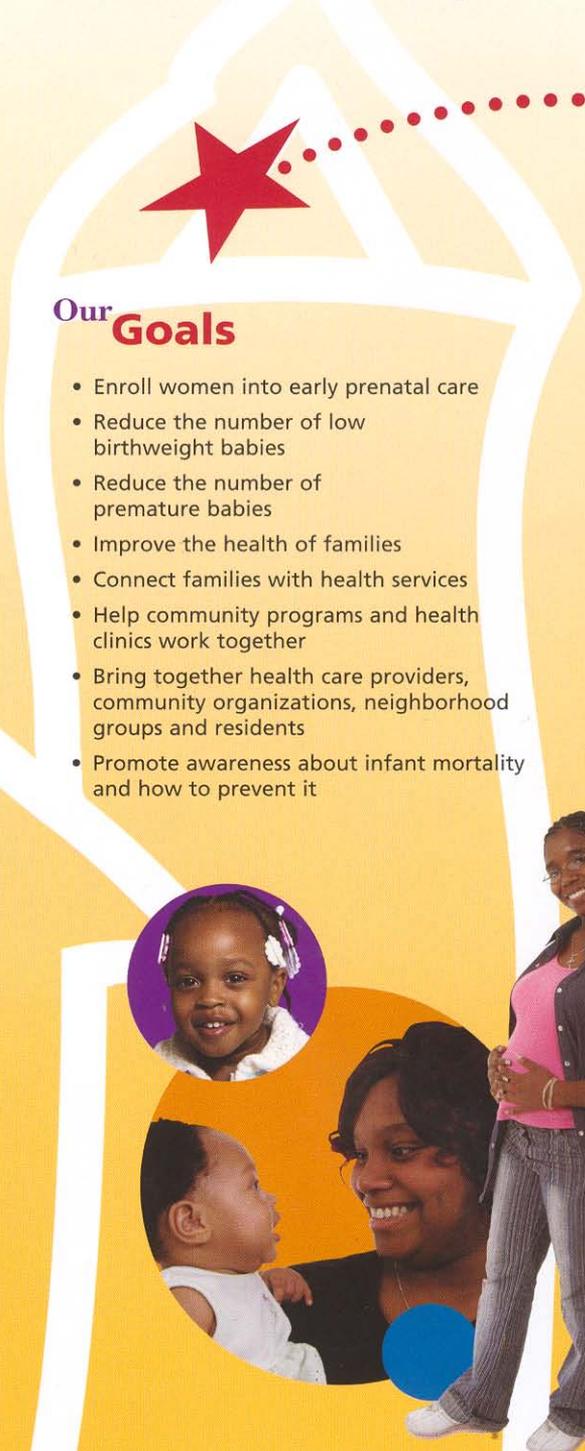
Philadelphia Healthy Start is part of a national program to reduce infant mortality (any death of a baby before age two). Too many babies die each year in Philadelphia. Many of these deaths can be prevented. When women get early prenatal care, their babies are more likely to be healthy. Philadelphia Healthy Start wants all pregnant women to get the care they need to have healthy babies.



## We offer Pregnant Women and their Families

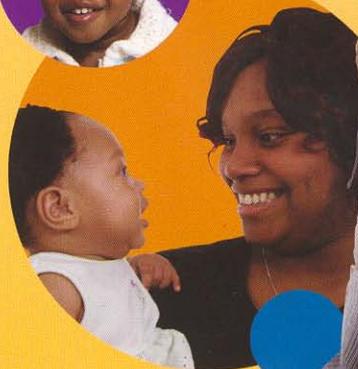
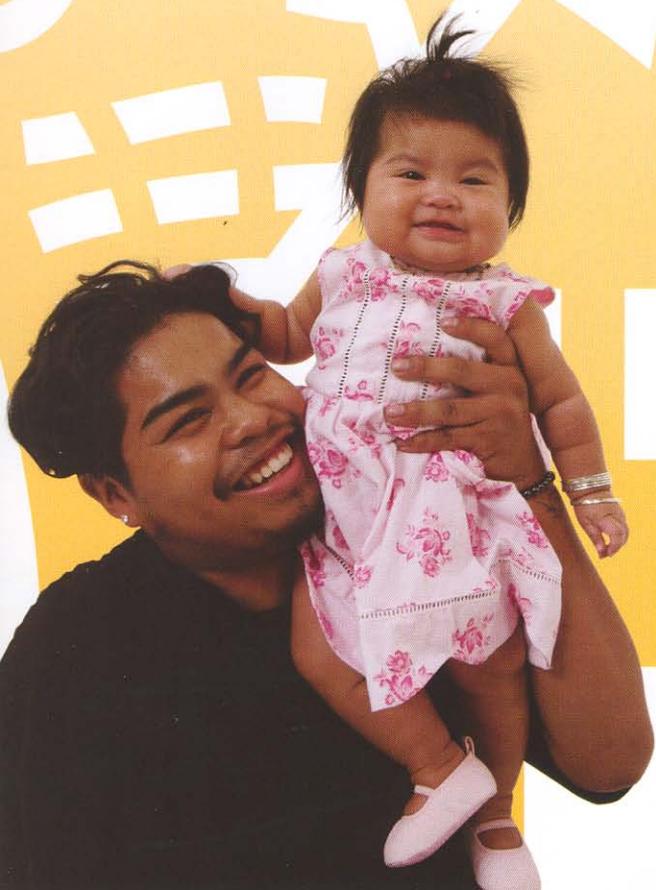
- In-home visits, from pregnancy until the child turns two
- Health information and resources
- Support to help families protect and nurture their children's health

Our trained home visitors work closely with parents and other caregivers to help them make healthy choices for their families.



## Our Goals

- Enroll women into early prenatal care
- Reduce the number of low birthweight babies
- Reduce the number of premature babies
- Improve the health of families
- Connect families with health services
- Help community programs and health clinics work together
- Bring together health care providers, community organizations, neighborhood groups and residents
- Promote awareness about infant mortality and how to prevent it



# Healthy Start Services

*Free, Caring and Close By*



- Home visits
- One-on-one support and education in your home
- Prenatal care and other health services at community health centers
- Health education and resources (childbirth education, pregnancy education, child development)
- Doula support – extra help for new moms
- Preventive health care for moms and babies
- Help getting special services for your baby
- Prenatal depression and grief services
- Parenting classes and support groups
- Education about pregnancy spacing
- The latest information about women's and children's health
- Chances to meet other moms and learn from each other
- Help meeting your goals – a case manager will help you make a plan to return to school, get back to work, and apply for your own housing

## Our **Link** to the **Community**

Philadelphia Healthy Start is supported by two community-based groups:

- North Philadelphia Alliance for Neighborhoods (for North and Northwest Philadelphia)
- Healthy Start Advisory Council (for South, Southwest and West Philadelphia)

These groups work closely with Philadelphia Healthy Start to help families get the care they need. Group members include families, residents, community leaders, advocates and health care providers.



# We're in Your Neighborhood

## In North and Northwest Philadelphia, zip codes:

19121    19126    19130    19132    19138

19140    19141    19144    19150

## In South, Southwest and West Philadelphia, zip codes:

19104    19131    19139    19142    19143

19146    19147    19148    19151    19153

# Having a Healthy Baby

Women who get early and regular prenatal care have healthier babies. You can get free health care at a health center in your neighborhood. You should start prenatal care as soon as you find out you are pregnant. If you think you might be pregnant, you can find out for sure by going to a health center for a pregnancy test.

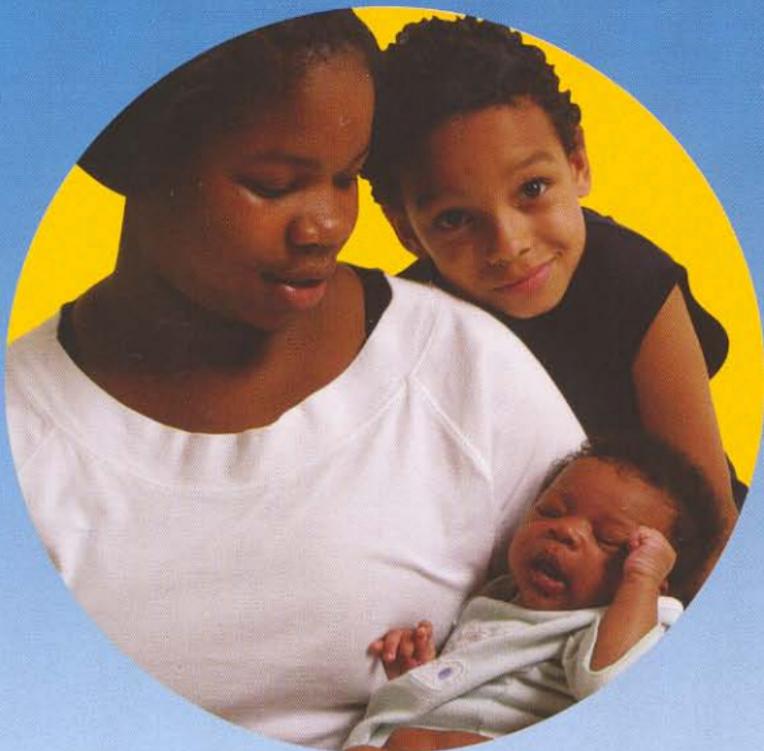
Your health care provider and case manager can talk to you about:

- Eating healthy foods and exercising
- The risks of smoking cigarettes and how to stop
- The risks of taking drugs and alcohol and how to stop
- The risks of domestic violence and help if you need it
- Breastfeeding education and support
- Keeping your baby safe – help getting a car seat and crib
- Linking moms to women's health services

Even if you have had prenatal care before, each pregnancy is different. You will receive important health screenings at each prenatal appointment. These screenings can help prevent or treat health problems before they become serious.

Women should take care of their health all the time, not just when they are pregnant. Health care before and between pregnancies will address medical conditions that can affect your baby if you become pregnant.





## For More Information

### Philadelphia Healthy Start

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Division of Maternal, Child and Family Health  
1101 Market Street, 9th floor  
Philadelphia, PA 19107

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Fax 215-685-5257



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