



For More Information

Philadelphia Healthy Start

Philadelphia Department of Public Health
Division of Maternal, Child and Family Health
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Philadelphia Healthy Start is a program of the Division of Maternal, Child and Family Health, Philadelphia Department of Public Health, and is funded by the Maternal and Child Health Bureau, Health Resources and Services Administration (HRSA).

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



Our Link to the Community

- 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

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.

