



Healthy Start Initiative

BEN ARCHER HEALTH CENTER- CAPSTONE PROJECT

MOYNA ROBESON, LEND TRAINEE

Outline

- I. Problem-Framing
- II. Research
- III. Product
- IV. Dissemination
- V. References

Problem-Framing

- ❑ Collaborate with the New Mexico Quality Improvement Partnership, LLC (NMQIP)-Kirsten Bennett, PhD RDN LD, on a Healthy Start Initiative tied to Health Resources & Services Administration (HRSA) funding for Ben Archer Health Center.
- ❑ Create a training module for Home Health Visitors to deliver the current Healthy Lifestyles dietary component and Healthy Plate, in support of underrepresented families in improving maternal, child and family health.

Outline

I. Problem-Framing

II. Research

III. Product

IV. Dissemination

V. References

Research Methods

- ❑ Collaboration with local programs such the New Mexico Quality Improvement Partnership, LLC (NMQIP).
- ❑ Health Resources & Services Administration (HRSA)
- ❑ Center for Disease Center (CDC)
- ❑ Woman, Infant and Children (WIC)
- ❑ Supplemental Nutrition Assistance Program (SNAP)
- ❑ MyPlate/U.S. Department of Agriculture



U.S. Department of Health and Human Services



HRSA

Health Center Program

Healthy Start Aims to:

- Improve health outcomes before, during, and after pregnancy.
- Reduce racial and ethnic difference in rates of infant deaths and negative maternal outcome.
- Hispanic and Native Americans are the group with disparities.
- Collaboration with local programs such the New Mexico Quality Improvement Partnership, LLC (NMQIP).
- There was no personal identifying information, did not need IRB approval.

What is the program?

The HS program provides grants to high-risk communities with infant mortality rates at least 1.5 times the U.S. national average and high rates of other adverse perinatal outcomes (e.g., low birthweight, preterm birth, maternal morbidity and mortality). HS works to reduce the disparity in health status between the general population and individuals who are members of racial or ethnic minority groups. Beginning in FY 2019, the HS program will serve infants and families for the first 18 months after birth. This is a change from the current program design, which includes support for infants and families up to 2 years after birth.

LEND Competencies

Competency (4)

1. Use practice experience and theory to inform scientific inquiry and research
2. Use and translate research evidence to inform and improve practice, policy and service delivery

Competence (6) Engage with Individual, Families, Groups, Organizations, and communities

1. Use empathy, reflection and interpersonal skills to effectively engage diverse clients and constituencies,

Outline

I. Problem-Framing

II. Research

III. Product

IV. Dissemination

V. References

Product/Dissemination

- ❑ Design a curriculum for Community Home Visitors to deliver Healthy Lifestyle with the dietary components and Healthy plate for pregnant mothers in conjunction with the New Mexico Quality Improvement Partnership, LLC (NMQIP) .
- ❑ Design a curriculum for Community Home Visitors to deliver Healthy Lifestyle with the dietary components and Healthy plate for mothers of children in the ages of 0 to 18 months on healthy eating habits for their infants and toddlers in conjunction with the New Mexico Quality Improvement Partnership, LLC (NMQIP) .
- ❑ Coordinate dietary handouts from Health Resources and Services Administration (HRSA), Centers for Disease Control and Prevention (CDC), and Woman, Infants, and Children (WIC) for Community Home Visitors to present to pregnant mothers on healthy eating habits.
- ❑ Coordinate dietary information from HRSA, CDC, and WIC to for Community Home Visitors to present to mothers of 0 to 18 months on healthy eating habits for their infants and toddlers.

Healthy Eating for Pregnancy



Healthy Eating for Pregnancy- Objectives



- Identify and provide information and guidance on healthy eating for pregnant women.
- Provide information and guidance to healthy shopping habits.



This Photo by Unknown Author is licensed under [CC BY-SA-NC](#)

Healthy Choices for Infants and Toddlers

- Identify and provide information and guidance concerning healthy food choices for infants.
- Provide information and guidance concerning healthy shopping habits for infants and toddlers.

Resources supplied (English/Spanish)

- [MyPlate Plan | MyPlate](#)
- [Shopping with WIC | New Mexico WIC \(nmwic.org\)](#)
- [Maternal Diet | Breastfeeding | CDC](#)
- [WhatsMyPlateAllAbout.pdf](#)
- <https://mothertobaby.org/fact-sheets/>

Ben Archery Healthy Initiative Survey

Knowledge of Healthy Eating for Pregnancy

	Before presentation	After presentation
1. Which of the following best describes your knowledge about healthy eating habits prior to this presentation?	<input type="radio"/> Strongly disagree <input type="radio"/> Disagree <input type="radio"/> Not sure <input type="radio"/> Agree <input type="radio"/> Strongly agree	<input type="radio"/> Strongly disagree <input type="radio"/> Disagree <input type="radio"/> Not sure <input type="radio"/> Agree <input type="radio"/> Strongly agree
2. I am knowledgeable about additional calories a pregnant women should eat.	<input type="radio"/> Strongly disagree <input type="radio"/> Disagree <input type="radio"/> Not sure <input type="radio"/> Agree <input type="radio"/> Strongly agree	<input type="radio"/> Strongly disagree <input type="radio"/> Disagree <input type="radio"/> Not sure <input type="radio"/> Agree <input type="radio"/> Strongly agree
3. I understand what types of fish are healthy for pregnant women.	<input type="radio"/> Strongly disagree <input type="radio"/> Disagree <input type="radio"/> Not sure <input type="radio"/> Agree <input type="radio"/> Strongly agree	<input type="radio"/> Strongly disagree <input type="radio"/> Disagree <input type="radio"/> Not sure <input type="radio"/> Agree <input type="radio"/> Strongly agree
4. I am knowledgeable about the healthy plate model.	<input type="radio"/> Strongly disagree <input type="radio"/> Disagree <input type="radio"/> Not sure <input type="radio"/> Agree <input type="radio"/> Strongly agree	<input type="radio"/> Strongly disagree <input type="radio"/> Disagree <input type="radio"/> Not sure <input type="radio"/> Agree <input type="radio"/> Strongly agree
5. I am knowledgeable of the foods pregnant mothers should eat sparingly.	<input type="radio"/> Strongly disagree <input type="radio"/> Disagree <input type="radio"/> Not sure <input type="radio"/> Agree <input type="radio"/> Strongly agree	<input type="radio"/> Strongly disagree <input type="radio"/> Disagree <input type="radio"/> Not sure <input type="radio"/> Agree <input type="radio"/> Strongly agree
6. Which of the following best describes your knowledge about healthy eating for children from infancy to 18 months?	<input type="radio"/> Strongly disagree <input type="radio"/> Disagree <input type="radio"/> Not sure <input type="radio"/> Agree	<input type="radio"/> Strongly disagree <input type="radio"/> Disagree <input type="radio"/> Not sure <input type="radio"/> Agree

Outcomes

- ❖ Presented to 26 Home Health Visitors
- ❖ Questions asked during presentation and verification given
- ❖ Received half the surveys sent out with agree with objectives covered

Outline

I. Problem-Framing

II. Research

III. Product

IV. Dissemination

V. References

References

- ❑ Health Resources & Services Administration (HRSA)

<https://www.hrsa.gov/grants/find-funding/hrsa-19-049>

- ❑ Center for Disease Center (CDC)

[Centers for Disease Control and Prevention \(cdc.gov\)](https://www.cdc.gov)

- ❑ Woman, Infant and Children (WIC)

[New Mexico WIC | We strive to keep your family healthy \(nmwic.org\)](https://www.nmwic.org)

- ❑ Supplemental Nutrition Assistance Program (SNAP)

[Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\) | Food and Nutrition Service \(usda.gov\)](https://www.usda.gov/foodandnutritionassistance)

- ❑ MyPlate/U.S. Department of Agriculture

[What is MyPlate? | MyPlate](https://www.myplate.gov)