




Fact Sheet

Healthy Start is Florida's premier initiative to improve the health of mothers and babies. Signed into law on June 4, 1991, the program identified those at risk of poor birth, health and developmental outcomes, with the ultimate goal of reducing infant mortality.

The Orange County Healthy Start Coalition's role is to focus local community attention and resources on maternal and infant health issues while encouraging women to take an active role in their health and the health of their babies.

The Orange County Healthy Start Program offers education and counseling before, during and after pregnancy, as well as, targeted support services that address identified risks. It also provides information and services to families of newborns. **In 2007, the program served over 7,000 women and 4,000 infants.**

Some of the Healthy Start services available include:



- Parenting classes
- Childbirth education classes
- Breastfeeding Support
- Nutritional Counseling
- Mental Health Counseling
- Smoking Cessation
- Home Visitation
- Car Seat safety
- Referral Services

All services to eligible participants are **voluntary** and may be delivered in the home, clinic, office or community by specially trained nurses, counselors or support workers.

Healthy Start Works:

- Infant Mortality rates have decreased
- Low Birth Weight rates have decreased
- Completed Immunizations to 2 year olds have risen
- Racial Disparities have decreased in targeted zip codes
- Dollars have been leveraged

The toll free Family Health Line, 1-800-451-BABY (2229), is a statewide resource for finding access to high quality prenatal and infant care. The local program office number is 407-254-6822, for more information.