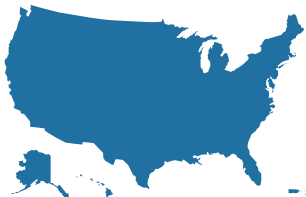


# HEALTHY START

The Maternal and Child Health Bureau (MCHB) Healthy Start (HS) program invests in communities to improve health outcomes before, during, and after pregnancy. Local HS projects tailor services to the needs of their communities to help reduce racial and ethnic differences in rates of infant death and maternal health outcomes.

Funding goes to communities experiencing high rates of adverse outcomes including:

- infant mortality rates **at least 1.5x** the U.S. national average; or
- high rates of preterm birth, low birth weight, and maternal illness and death.



The HS program began in 1991 as a demonstration, providing funding for 15 HS projects. **As of 2022, the program consists of 101 HS projects.**

## PROGRAM FOCUS AREAS

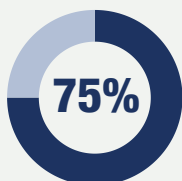
- Connecting families with culturally sensitive and comprehensive health services
- Access to immunizations and community health education
- Promoting the integration of social and health services

## POPULATIONS SERVED AND SERVICES PROVIDED

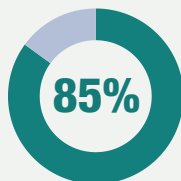
Local HS projects enroll women of reproductive age, pregnant people, new parents, children from birth to 18 months, and fathers/partners.

The HS program served about **77,000** participants in **2021**. Local projects provide:

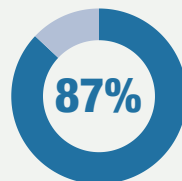
- Prenatal and post-partum **care, screening, and referral** to services for depression and interpersonal violence
- **Outreach and case management** to link parents with social services and **educational programming** such as parent skill building
- **Public health services** such as immunizations and health education
- **Continuing education and training** on best practices for HS staff and community partners
- In **2021, 37,000** HS participants were women



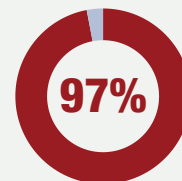
of HS women belonged to racially/ethnically underrepresented groups



of HS prenatal participants received early prenatal care



of HS women participants received well-women preventive health care visits



of HS women were screened for interpersonal violence



of HS women were screened for depression

Learn more at <https://mchb.hrsa.gov/programs-impact/healthy-start>



## RECENT INVESTMENTS



### Catalyst for Infant Health Equity

This new program works to reduce overall infant mortality rates and to decrease disparities in infant mortality across racial/ethnic groups by achieving better outcomes for groups with the highest rates of excess infant death. Award recipients will address the root causes (factors beyond clinical care) that contribute to infant mortality disparities.



### Healthy Start Community-Based Doulas

Some existing HS sites receive supplemental funding to increase the availability of doulas who provide services to people during pregnancy, birth, and at least three months following delivery. In 2021 and 2022, some existing HS sites received award funds that covered the training, certification, and compensation of community-based doulas.

## HEALTHY START TECHNICAL ASSISTANCE AND SUPPORT CENTER (TASC)

Located at the National Institute for Children's Health Quality (NICHQ), the TASC works with project staff, members of each HS project's Community Action Network, and community stakeholders to design and deliver training and data reporting support to all 101 HS programs.



### HS EPIC Center

Repository of TASC resources, including toolkits for HS staff, recordings of webinars and trainings, and updates about upcoming activities.



### CAREWare for Healthy Start

Highly customizable database for participant-level data to assist awardees in data collection, case management, and reporting. This database and its technical support are free for grantees.

Learn more at <https://mchb.hrsa.gov/programs-impact/healthy-start>