

**FEBRUARY 2019**

# **HEALTHY WOMEN & CHILDREN COALITION MONTHLY NEWSLETTER**



**HEALTHY  
WOMEN &  
CHILDREN  
COALITION**

**Working to ensure all women and  
children of color in Waco-McLennan  
County are healthy**



# WHAT'S NEW?

## THE HEALTHY WOMEN & CHILDREN COALITION HAS A NEW PROGRAM COORDINATOR!



Haley Love joined the Waco-McLennan County Public Health District staff in November 2018 after graduating with her Master's in Public Health at the University of North Carolina at Greensboro in May 2018. Hailing from Atlanta, GA, Haley is passionate about women's health and is excited to continue this work in the city of Waco! Haley has conducted research and program evaluations regarding mothers with opioid drug addictions and looks forward to furthering her knowledge of maternal and child health as she leads the work of the Healthy Texas Mothers and Babies program and Healthy Women and Children Coalition. In her free time, she enjoys singing and dancing kizomba, salsa and bachata. She also enjoys exercising and traveling.





# CURRENT PROJECTS

## ONE KEY QUESTION

One Key Question is an intervention aimed at increasing adequately spaced births and contraception use. It consists of a provider asking a woman, "Do you wish to become pregnant in the next 12 months?" Pending her response, the provider is able to provide education on proper birth spacing (18+ months) or contraception counseling and other services as requested by the woman. This intervention is currently being implemented at well-woman visits at Family Health Center clinics.

## YOUR HEALTH MATTERS BOOKLETS

Four local social service agencies are using the "Your Health Matters" booklets with their female clients who are in the inter-conception stage (in between pregnancies). The booklet was created by the coalition's inter-conception workgroup and centers around the One Key Question, allowing for educators to have a discussion around proper birth spacing or encourage women to talk to their provider about contraception methods. The aim of this intervention is to increase the percentage of adequately spaced births in Waco-McLennan County.



## WOMEN'S HEALTH COMMUNITY ADVISORY BOARD

The Women's Health Community Advisory Board continues to meet monthly to discuss prominent local issues in women's health, strategize about potential solutions, as well as inform aspects of the Healthy Waco Women campaign.

The group is made up of women ages 18-25 who have never had a baby.

HWCC Staff and Community Health Workers are currently recruiting new members at McLennan Community College.



## HEALTHY WACO WOMEN CAMPAIGN

A soft launch of our well-woman exam campaign targeted towards preconception women (those who have never had a baby) is underway at Family Health Center. Women can now sign up on [healthywacowomen.org](http://healthywacowomen.org) to receive an email ticket to claim a free wellness bag during rooming at their well-woman exam. Clinical and clerical staff at all 13 FHC sites have been trained to prioritize women who call in for a well-woman exam and are distributing free wellness bags.

HWCC Staff is working to launch the campaign at other clinics & begin social media advertising.

Be on the lookout for a newsletter announcing the official launch SOON!



# HEALTH TIP

## JANUARY WAS CERVICAL HEALTH AWARENESS MONTH



A pap test can detect cell changes in the cervix that may be caused by HPV (human papillomavirus) the virus that causes cervical cancer. Cervical cancer is completely preventable if precancerous cell changes are detected and treated early. Talk to your provider about what testing may be right for you!

The HPV vaccination can prevent infection from the different HPV virus types. The low-risk virus causes genital warts, and the high-risk virus can cause cervical cancer. The CDC recommends that boys and girls get vaccinated at ages 11-12 so the vaccine can produce a higher immune response. Individuals up to age 45 are also eligible for the vaccine but may require multiple doses.







# NEWS

## 3 BIG WINS FOR MATERNAL & CHILD HEALTH!

### **THE PREVENTING MATERNAL DEATHS ACT OF 2018 (H.R. 1318)**

Supported by the Nurse-Family Partnership (NFP) since its introduction, this legislation promotes the health of women during pregnancy, childbirth and postpartum and also promotes eliminating the disparities in maternal health outcomes

### **THE PREMIE REAUTHORIZATION ACT OF 2018 (S. 3029)**

This new law will protect more moms and babies and will include a renewal of research programs and the reauthorization of the Health Resources and Services Administration's (HRSA) activities aimed at promoting healthy pregnancies and preventing premature birth.

### **IMPROVING ACCESS TO MATERNITY CARE ACT (H.R. 315)**

Amends the Public Health Service Act to require HRSA to identify maternity care health professional target areas, which are areas that have a shortage of maternity care health professionals, and also calls for ensuring the necessary health professionals are assigned to those target areas



# CHECK IT OUT

## HEALTHY WACO WOMEN WEBSITE

healthywacowomen.org is now live! Share it with women between the ages of 18-25 who have never had a baby and encourage them to sign up to get a free wellness bag after their well-woman exam at participating clinics!



### GET A FREE WELLNESS BAG

EACH BAG INCLUDES A VARIETY OF ITEMS SUCH AS

Free multivitamins with folic acid\*, water bottle, earbud headphones, lip balm, Women's Health magazine, and nail file!

Available in limited quantities at participating locations, so schedule your well-woman exam today!

\*Folic acid makes your hair shine, nails grow and skin glow and helps prevent birth defects.

Your First Name

Your Last Name

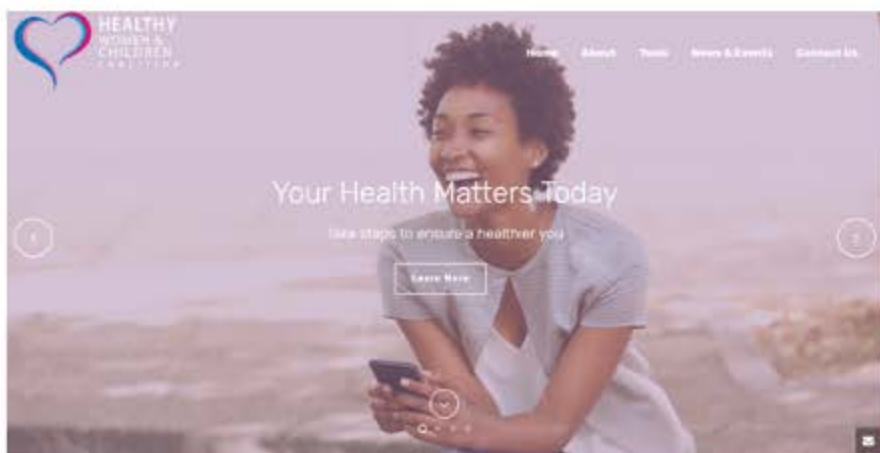
Your Email Address

Your Zip Code

**SIGN UP**

By signing up, you will receive an email with a ticket to collect your bag at the checkout after your well-woman exam and be subscribed to our monthly newsletter with free health tips.

## HEALTHY WOMEN & CHILDREN COALITION WEBSITE



healthybabieswaco.org is a great resource for both men & women throughout the life stages - never had a baby, pregnant, mothers, dads, lost a baby. Promote this resource among your clientele!





# GET INVOLVED!



Know a woman between the ages of 18-25 that has never had a baby? Invite her to join our Women's Health Community Advisory Board on the first Thursday of every month from 4-5pm at 225 W. Waco Dr. There will be snacks and a raffle for a giftcard!



Does your organization work closely with women who have at least one child? Are you interested in using the Your Health Matters booklets with your clients? If so, reach out to Haley Engel at [healthei2@wacotx.gov](mailto:healthei2@wacotx.gov)



The Healthy Women & Children Coalition meets on the third Thursday of the month from 2-4pm at the Waco-McLennan County Public Health District (225 W Waco Dr). Join us for a meeting! Email [healthei2@wacotx.gov](mailto:healthei2@wacotx.gov) for details about the updated February Meeting location.



Share the Healthy Women & Children Waco Facebook content on your organization's page to promote the collective work and voice of the coalition.



Join the March of Dimes at the Texas Capitol in Austin for their 2019 Texas Lobby Day on Wednesday, February 13th, 2019 from 10:00am to 3:00pm. For more information, contact Molly Kier at [MKier@marchofdimes.org](mailto:MKier@marchofdimes.org).