



Here's what women like you are saying about Twin Cities Healthy Start

"Healthy Start is like having a ready-made family to help you deal with childcare, transportation, and a lot of other things that make being pregnant hard."

"Healthy Start helped me stop using (drugs and alcohol) and taught me to treasure the beautiful gift of my baby...I don't know where I'd be without the loving support of this program."

"The best thing is that the services are provided by people who understand what's going on in our community and respect our ways of doing things."

"It's nice to visit with other women who have some of the same issues I'm facing...it's given me a lot of hope for the future."

"They even gave me free diapers. I didn't expect that!"



If you need this material in an alternative format please call 612-673-2301.

Deaf and hard-of-hearing persons may use a relay service to call 311 agents at 612-673-3000. TTY users may call 612-673-2157 or 612-673-2626. If you have any questions regarding this material please call 612-673-3048.

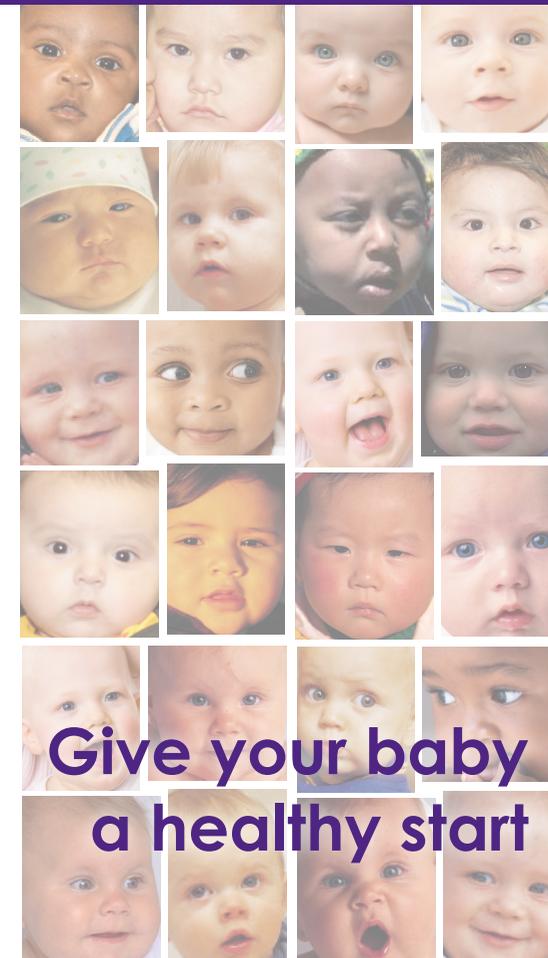
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Together, we can take steps to prevent babies from dying before their first birthday.



612-673-3048
www.ci.minneapolis.mn.us/dhfs

TWIN CITIES HEALTHY START



Give your baby a healthy start



TWIN CITIES HEALTHY START



ARE YOU AT RISK?

Half of all women who have pre-term labor fall into one or more of these groups:



Too many babies die before they are born or before their first birthday.

This is a special concern in the African American and American Indian communities. Infant mortality refers to the death of an infant who is born alive but dies within the first year of life. Current statistics indicated that in Minneapolis and St. Paul, African Americans and Native Americans have the highest infant mortality rates of all racial groups.

What contributes to infant mortality?

- Smoking
- Poor nutrition
- Late prenatal care
- Babies born too soon or too small (pre-term labor)
- Alcohol and drug use
- Domestic violence
- Having babies born too close together
- Overweight
- Stress
- Sexually transmitted diseases
- Lack of support



Twin Cities Healthy Start and other agencies in the community will provide:

- Culturally relevant information.
- Home visits to see how you are, and how Healthy Start can help you get ready for your new baby and encourage your baby's growth.
- Help finding a doctor, applying for insurance and other services.
- Support for you, your partner, and family members.
- Information about pregnancy, nutrition, childbirth and delivery, your baby's growth, breastfeeding, parenting and much more!
- Help getting supplies to care for your infant.

**Call (612) 673-3048
for more information
and to get connected with
Twin Cities Healthy Start.**

- Women who smoke cigarettes, drink alcohol, or use street drugs
- Women under a great deal of stress or who are being abused
- Women with untreated vaginal or urinary tract infections
- Women who do not gain enough weight during pregnancy
- Women who have already had pre-term labor or a premature baby
- Women younger than 17 years of age or older than 35 years of age
- Women carrying multiple babies
- Women of African American or American Indian descent
- Women who have had more than three abortions or miscarriages