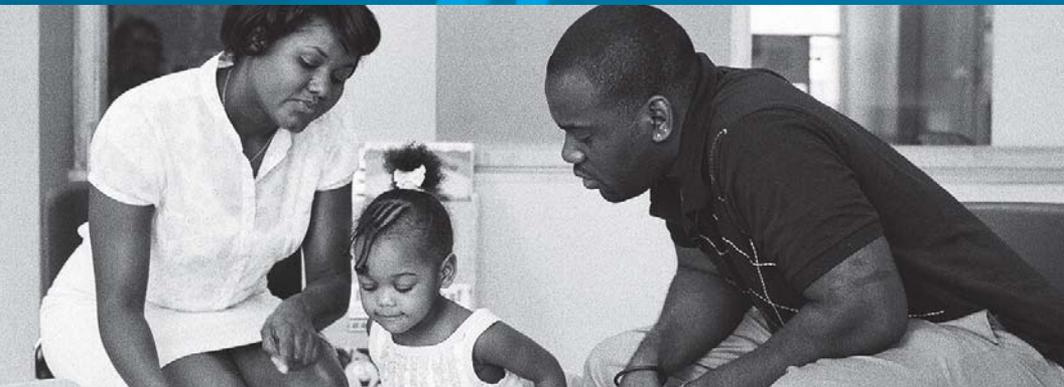
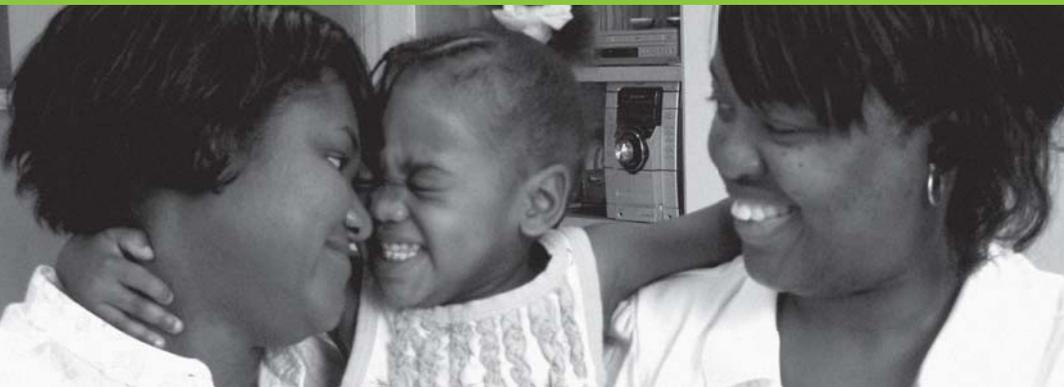
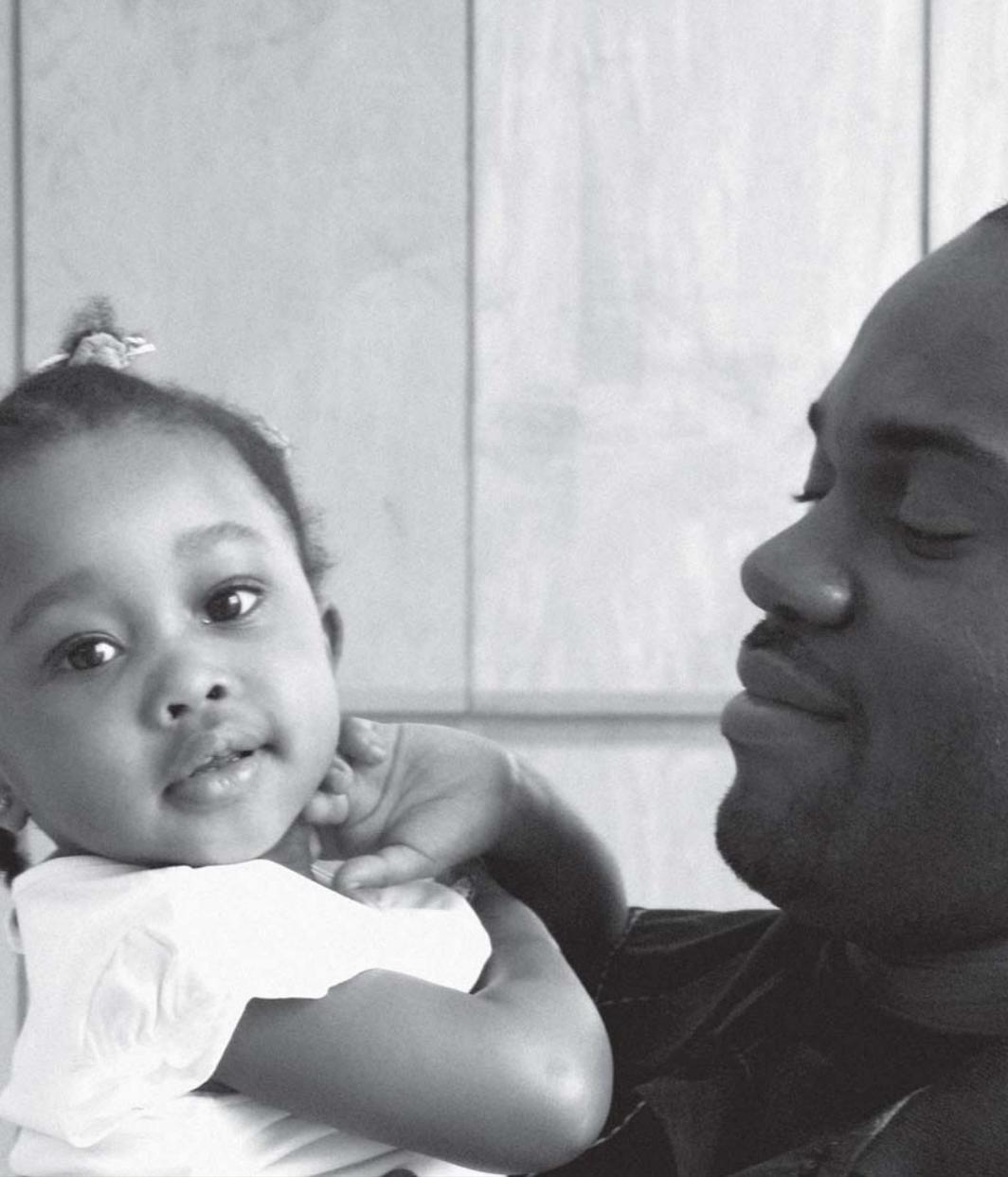


healthy start BROOKLYN



The **Healthy Start Brooklyn** Program (HSB) seeks to improve the health and wellness of women, infants, and their families in Central Brooklyn. Rates of infant death, premature birth, and illness in the neighborhoods of Bedford-Stuyvesant, Brownsville, Bushwick, East New York, and Flatbush are far higher than elsewhere in New York City and the United States. To enhance the lives of families in these neighborhoods, HSB supports services, education, and training.





community • family • wellness

Our Program Services

Outreach

Our staff reach out to women and their families, connecting them to health and social services. Outreach occurs in a variety of neighborhood settings, ranging from healthcare clinics to hair salons.

Case management

We conduct ongoing visits with pregnant and postpartum women and their infants (up to two years old), providing support, education, and screening in such areas as home safety, depression, and food insecurity, in order to connect women to services they need.

Health education and training programs

For both residents and providers, we provide trainings in a variety of areas, including child development and developmental delays, perinatal depression, childbirth, family planning, breastfeeding, and domestic violence.

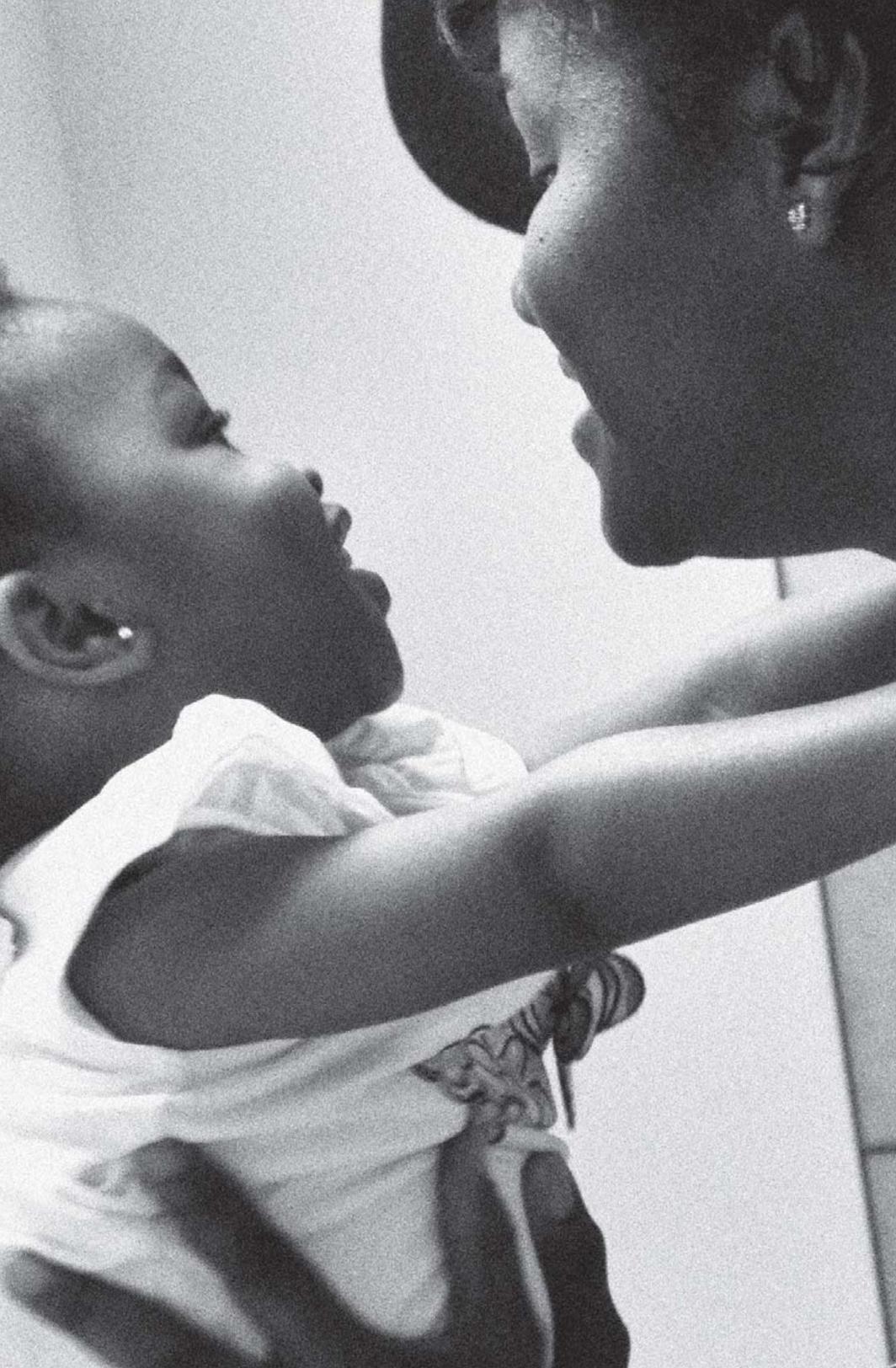
Community-wide health system improvement

Through collaboration with hospitals, community-based organizations, city agencies, and local consortia, we work to develop healthcare advocacy strategies, best practices, and improved services.

Research and best practices

In partnership with the Health Department, we collect and interpret neighborhood health data to inform HSB's initiatives.





Featured Projects

Perinatal Depression Treatment Program

Depression and other mental health concerns can threaten the health of women and their children and families. HSB partners with OB/GYN clinics to provide routine mental health screening and treatment for pregnant and postpartum women. We also develop data systems to help clinics track information from these activities.

Doula Program

Doulas offer emotional and informational support to women during pregnancy, birth, and the postpartum period. In this program, DONA-certified doulas provide support, patient advocacy, and breastfeeding assistance to participants, at home and in the hospital. The program lasts from pregnancy into the postpartum period.

Parenting and Enhanced Child Development Program

To strengthen parent-child interaction, and promote early child development and school readiness, our program includes center-based activities and home visitation for parents and their children ages eight months through two years of age, which takes place over the school year period of nine months.

Helping Families in Need of Food Assistance

Hunger is a serious and growing problem for NYC residents. In low-income neighborhoods of Central Brooklyn, some families lack the resources to purchase healthy foods. HSB identifies families in need of food assistance and connects them to programs to assist them.



Advocacy through Research

We put our research into action. At HSB, we create effective programs designed to fit the needs of the neighborhoods we serve. Here are some of our research projects:

Early Child Development and Developmental Delay

Developmental delays and disabilities occur in about 15% of children in the US—but only a third are discovered before the children start school. HSB worked with Central Brooklyn parents who have children with developmental delays to better understand their experiences. The goal was to increase awareness of developmental delays and the Health Department's Early Intervention Program among Central Brooklyn families and providers.

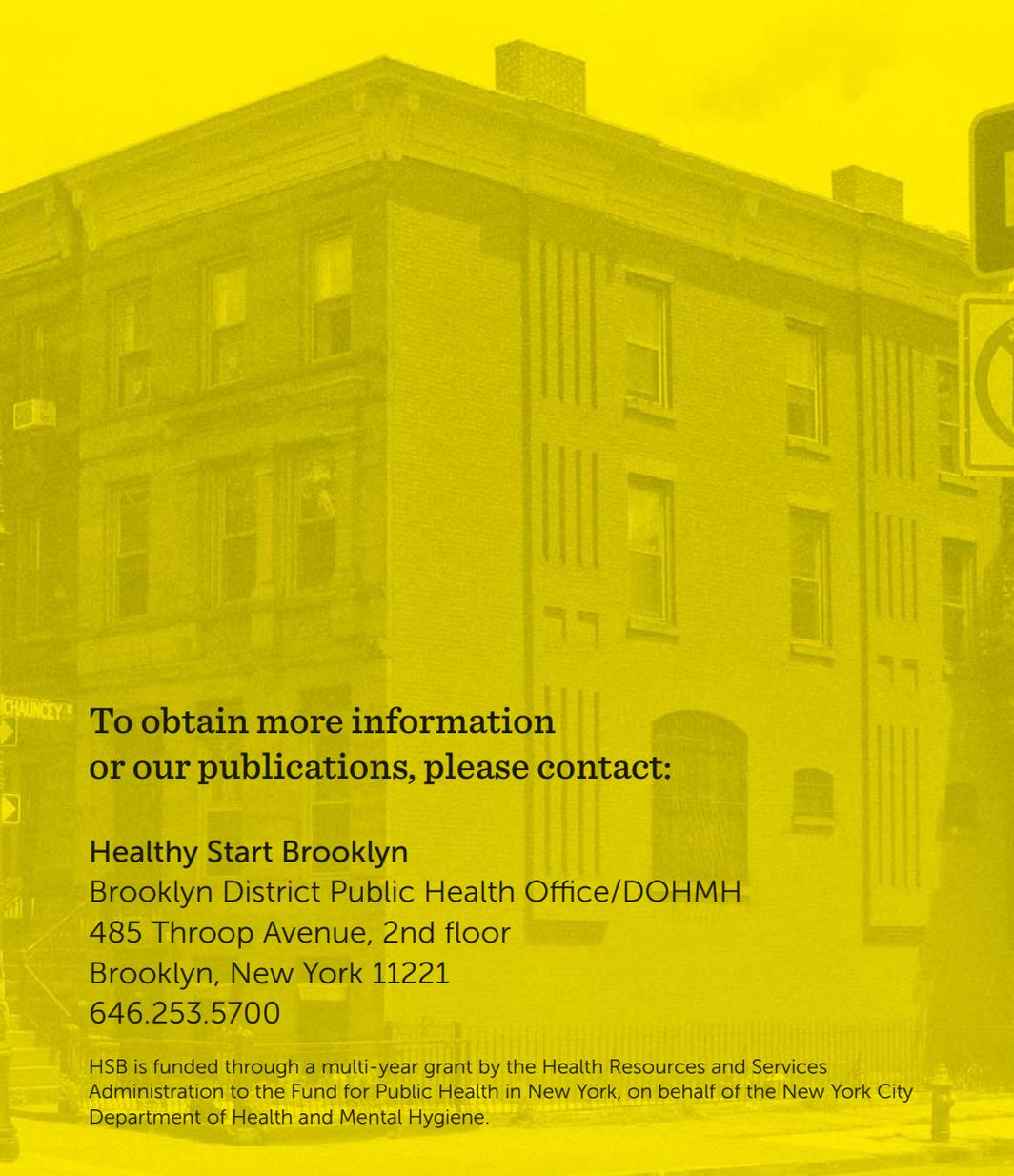
Breastfeeding

Despite increases in breastfeeding rates across NYC and the US, Black and Puerto Rican women breastfeed less than many other groups of women. HSB examined how Black and Puerto Rican women in Bedford-Stuyvesant and Bushwick make decisions around infant feeding. The goal was to increase breastfeeding rates in NYC through advocacy, policy changes, and educational outreach.

Perinatal Depression

Perinatal depression is a serious issue that affects a large number of women. HSB examined the obstacles to the screening and treatment of perinatal women in Central Brooklyn, in order to promote routine depression screening in healthcare and social service settings.





**To obtain more information
or our publications, please contact:**

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