

ISSUE 3 • APRIL 2022

# Stork Stories

Dayton &  
Montgomery  
County



THE MATERNAL & CHILD HEALTH BUREAU'S QUARTERLY NEWSLETTER

## TEAMWORK MAKES THE DREAM WORK

BY LEAH BEASON

The Baby & Me Tobacco Free (BMTF) program works hard to relieve pregnant people of their tobacco burden. Tobacco is very addicting and can lead to low birth weights during pregnancy, but the BMTF program is very proud of the birth weights that the participants of the program have recorded. In 2021, clients had an average birth weight of 6lbs 12oz.! While the staff of the BMTF program uses motivational interviewing, they credit the participants for their commitment and hard work in realizing that quitting is the best thing that they can do for their health and the health of the baby.

Smoking cigarettes and using tobacco products while pregnant is harmful for the health of both mother and child, but studies show that pregnancy may serve as a major motivator to help women quit smoking. An estimated 55% of pregnant smokers quit by their last three months of pregnancy. The goal for the BMTF's program is to have every participant deliver a healthy, full term baby while improving their health.

Recently, staff received a very exciting phone call from a previous participant who wanted her worker to know that she was celebrating her fourth year being tobacco free. She went on to explain that she has suffered back to back losses in her family and numerous battles with stressful situations, but still did not have the urge to smoke. She credited her Health Education Specialist for her success and was reminded that she had, in fact, done all the hard work.

For more information on the Baby & Me Tobacco Free Program, please contact Emma Smales, 937-224-8886.

## WELCOME TO THE MCH TEAM!

The Maternal & Child Health Bureau welcomes our two newest employees, Kirsten Goodman (left), Health Education Specialist with Baby & Me Tobacco Free, and Joely Rodriguez (right), Neighborhood Navigator with the Ohio Equity Institute. Welcome to the team, Kirsten and Joely!



# SUPPORTING BREASTFEEDING IN THE WORKPLACE

BY NAN-C MOSS VANN

Montgomery County is part of a statewide initiative to assist employers with providing or improving lactation accommodations for breastfeeding employees.

The Ohio Department of Health has funded the development of free practical resources specific to Ohio businesses, called Ohio Workplace PLUS (Providing Lactation Upgrades and Support). The resources in this toolkit are designed for companies who are considering lactation accommodations, as well as companies that want to upgrade their support services.

Studies have shown that businesses providing lactation accommodations can enjoy a 3 to 1 return on investment and bottom-line benefits of lower healthcare costs, lower absenteeism rates, lower turnover rates, and improved employee productivity and loyalty.

In addition to the toolkit, the EveryOne Reach One Maternal and Infant Vitality Task Force has also created a Breastfeeding Friendly Workplace Award Program to recognize exemplary businesses in the area who are supporting their lactating employees.

Employers interested in either program should contact Breastfeeding Branch co-lead Jess Fecke at [jfecke@phdmc.org](mailto:jfecke@phdmc.org).



# CHURCH AMBASSADORS COMMITTED TO SAFE SLEEP

BY ANGELA GRAYSON AND GUEST WRITERS  
SHARON HUNTER & CLAY DIXON

Public Health - Dayton & Montgomery County's EveryOne Reach One Safe Sleep Ambassador Training explains why babies are dying in our area, defines the ABCs of safe sleep and reviews other recommendations by pediatric experts. The training is presented by Angela Grayson, Community Health Advocate I for Public Health and Elaine Markland, BSN, RN, CPEN, Dayton Children's Emergency Department Educator and Clinical Nurse.

The program has partnered with the Community of Hope to get safe sleep information out to our communities. The Community of Hope Project (CHP) is a program that utilizes faith-based organizations (churches) to increase awareness and improve communication about infant mortality and other poor health outcomes.

Currently, the CHP has (16) Church Ambassadors that work with existing health ministries and help establish health ministries that include infant mortality reduction as a primary focus. The Ambassadors conduct trainings with church members and share information with family, friends and others.



Trainings consist of topics such as safe sleep, smoking cessation, clinic and community interventions to reduce prematurity, increase advocacy and address other infant mortality initiatives. Health Ambassadors provide preventive health messages through the cultural, socioeconomic and experiential realities of the families they are intended to reach.

In February, Angela and Elaine conducted a Virtual Safe Sleep Refresh Training with the Church Ambassadors. Elaine reviewed tips and examples of safe sleep conversations and Angela discussed the recommendations from the American Academy of Pediatrics for a safe sleep environment.

Community of Hope Church Ambassador, Sharon Hunter, and Cribs for Kids Community Health Advocate, Angela Grayson.



# The Navigator CORNER



Dayton &  
Montgomery  
County

## OEI PRESENTS TO WOMEN EMPOWERING WOMEN

BY ALYSSA BLEIJERVELD

This month the Ohio Equity Institute (OEI) team had the unique opportunity to share about women's health concerns to Women Empowering Women for Success, a program of Montgomery County Probation Services. The program exists to empower women for success through personal and professional development, self-care, problem solving skills, decision making, and interpersonal relationships. OEI staff were able to provide education and facilitate engaging dialogue concerning chronic disease and women's health at preconception, during pregnancy, and postpartum. Participants were given information about all Public Health - Dayton & Montgomery County Maternal & Child Health programs, chronic disease prevention, and other information about resources in the community that could be helpful concerning these topics. Participants were left with a "Health Goals" exercise to help them set their own health goals and achieve success. The presentation was an excellent way to promote Maternal & Child health practices and strengthen the partnership between Public Health - Dayton & Montgomery County and Montgomery County Probation Services.

Join us for  
**Mommy Mondays**



On Monday, February 7, Neighborhood Navigators from our OEI and EGEMs programs hosted 'Crushing Confusion,' the most recent Mommy Monday event that sought to bust myths and answer questions for local moms-to-be. Participant Lucretia Ross (right) was the lucky winner of a stroller after the event. Mommy Mondays are hosted monthly and registration info can be found at [phdmc.org](http://phdmc.org)





# LISTENING SESSION PUTS LOCAL FAMILIES CENTER STAGE

BY SARA BAKER

On March 24, six local mothers gathered virtually to share their stories involving seeking care for their pregnancies and practicing safe sleep. The Story Behind the Numbers Listening Session, hosted by Public Health - Dayton & Montgomery County and Wesley Dayton, provided families a nonjudgmental space to share their successes, struggles and concerns in attending prenatal appointments, asking questions of providers, and expressing concerns during their pregnancy. The session ended with a discussion around safe sleep, including barriers to practicing the ABCs of safe sleep, concerns with education and recommendations, and how the community can support families as they try to practice safe sleep.

The information shared during these listening sessions will inform Public Health efforts to reduce the impact of infant mortality, specifically addressing the racial disparities that make Black/African American babies between 2 and 4 times more likely to die before their first birthday than their white counterparts over the last several years.

When asked how the community can share these mothers' stories and make a difference for local families, participant Serenity Woodruff answered, "Having more of these events, trying to get out more into the community and letting them know, 'Hey, we have this talk event. You can talk to us and let us get to know a little bit about you and your situation, a little about your children.' I think that would make a lot more women more comfortable with coming out and being like, 'Hey, I don't trust doctors.' I feel like this type of program, it could help promote us to be more efficient mothers."



From top, Listening Session participants  
Kierra Prunty, Laura Rodgers, Serenity  
Woodruff, and Persia Lane



**FROM OUR FRIENDS AT WIC**

# INFANT FORMULA RECALLS: WHAT DO I DO?



BY TRACEY WALLER

## What can families do?

- Always wash your hands before handling anything related to feeding a baby
- Always wash bottles and nipples thoroughly in hot, soapy water
- Do not reuse formula that has been sitting out for longer than 2 hours
- Do not save what is left in bottles after a feeding - always discard leftover formula
- Always follow the instructions on the can to make the formula properly
- Breastfeed if you can - minimizing your use of formula will lessen the risk of all illnesses.

A recent formula recall involving several formulas from Abbott Labs including Similac, Alimentum and Elecare highlighted the very rare, but potentially serious infection caused by bacteria in powdered formula. Cronobacter is found naturally in the environment and can live in dry foods, including powdered formulas according to the Centers for Disease Control and Prevention. It can affect people of all ages, but it is especially dangerous in infants. Since powdered formula is not a sterile product, caution should always be used when preparing formula.

The good news? The recall was specific to exact lots coming from one facility and cans are clearly labeled. The bad news? The recall removed massive amounts of inventory from store shelves in a time where supply issues are already causing shortages. Luckily there are substitute formulas available from other companies that are very similar to the recalled formulas. For healthy full-term babies on standard formulas, changing to another brand, even a store brand, should not cause an issue. For more specialized formulas, the pediatrician can recommend a substitute. While the risk of illness is low, it is never recommended to use recalled formula.

WIC recently assisted over 100 families to replace recalled Abbott Alimentum and Elecare formulas and find replacements for the long term. It isn't known yet how long the shortages will last. WIC has seen an increase in breastfeeding initiation as well in recent months.



# Success Story: Moms & Babies First

BY ANGELQUE' BAILEY

Ms. Ciera Peters was one of my first clients as a Community Health Worker with the Moms & Babies First Home Visiting Program. She is an experienced mom, as she has two other children and recently delivered her third. Needless to say, she came into the program having a full understanding of the expectations, as this was her second time participating.



Moms & Babies First  
Participant, Ciera Peters

When asked about the program, Ciera stated that what she received was more than she had imagined. She was able to interact with and talk with someone who cared and because of that, it helped her mentally and physically. She expressed thanks for the support she received from both her family and my work as her home visitor to achieve her goal of going to school. This task was challenging for her with limited money, so Ciera said the program incentives were extremely helpful in buying gas and pampers. In discussing the program, Ciera said it seemed when she was just about to give up, her caseworker would reach out and give her pampers and a gift card for program participation. She also received baby items, which were a great help.

With all of the challenges that the pandemic added to going back to school, Ciera said she really couldn't see herself completing her degree without the help from this program, and that she would recommend Moms & Babies First to any pregnant mom. Ciera is also pregnant again and excited to experience the program minus the stress of school.

