

Healthy Start: Guiding Women Along the Path Toward Becoming Healthy Moms and Having Healthy Children

Jefferson County Healthy Start Remains Committed to Healthy Maternity Outcomes

There are no do-overs when it comes to maternal and infant health, and although many believe there are plenty of years to correct maternal and early childhood mistakes, evidenced-based research shows just the opposite. In fact, more and more experts agree that the healthy choices from pregnancy through five years of age are the most critical to long-term mental, physical and emotional health.

Healthy Start is a comprehensive program promoting optimal prenatal health and developmental outcomes for all pregnant women and babies in Florida. In Jefferson County, however, mothers experiencing poor education and poverty continue to rob newborns of the healthy start they deserve, which is why the great staff of **Healthy Start** works with these mothers by providing them the resources they need to reduce infant mortality, reduce the number of low birth weight babies and improve health and developmental outcomes.

In spite of the obstacles, **Healthy Start** counselors Jennifer Brown and Derylene Proctor continue to receive praise from both clients and co-workers. Impressively, their contributions typically extend well beyond the prescribed services, with each contributing to numerous success stories that illustrate the fundamental role and importance of the Jefferson County Healthy Start program.

Success!

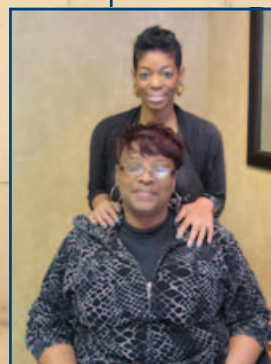
Recognizing the importance of delivering and nurturing a healthy baby, Lanetra Murray



(left) expressed her appreciation for both the Jefferson County Healthy Start Program and her counselor, Jennifer Brown (right).

Success!

LoWandera Moore stands behind her Healthy Start Counselor, Derylene Proctor, who helped



from the time of LoWandera's prenatal care through newborn and early childhood services. Now a professional cosmetologist in Tallahassee, LoWandera considers her

counselor a close friend and mentor, giving Derylene credit for her professional development as well.

