

BRONX HEALTHY START PARTNERSHIP



Since 2014, The Albert Einstein College of Medicine [Einstein] has been implementing the Bronx Healthy Start Partnership [Bx Healthy Start], which aims to reduce racial and ethnic disparities in birth outcomes in the Bronx. Community health workers offer families a variety of services in English and Spanish, including:



Home visiting and other services



Case management and support



Educational activities



WHO ARE WE?

Healthy Start is a federally funded national program. Bronx Healthy Start Partnership relies on a Community Action Network to assist with aim and focus. The program is built on four pillars:

1

IMPROVE WOMEN'S HEALTH

3

PROMOTE SYSTEMS CHANGE

2

IMPROVE FAMILY HEALTH & WELLNESS

4

CONDUCT WORKFORCE DEVELOPMENT & PROGRAM EVALUATION

WHO DO WE SERVE?

OVER 475
FAMILIES PER YEAR



WHAT DO WE FOCUS ON? ■ Reduced stress ■ Confidence in parenting ■ Health promoting behaviors



PROMOTING MENTAL HEALTH

Providing social, emotional, and mental health support for new and expecting families.

87%

say that Bx Healthy Start helped them feel **LESS STRESSED***

87%

say that Bx Healthy Start made them feel **MORE SUPPORTED** as a parent

If you are really going through something, you can still tell them, and they can help you. And then if you feel like you need more support, they can offer it to you. But sometimes you just need that one-on-one.

—Bx Healthy Start Participant

You know, to know that it can be hard some days, and should you need support – if family members are not around – I can always call [Bx Healthy Start], and they can either give me ideas over the phone, or refer me to a place. So, that was good to have.

—Bx Healthy Start Participant



BUILDING KNOWLEDGE & SKILLS

Building and enhancing knowledge and skills related to key health topics (e.g., breastfeeding, safe sleep).



say that Bx Healthy Start
**IMPROVED THEIR ABILITY
TO BREASTFEED**

Now that I know different positions and different ways and different – how, what a correct latch is and what is not... I don't feel as – how do you say that? Not timid, but I feel like more comfortable with what I'm doing. Like I feel like I'm doing it correctly.

–Bx Healthy Start Participant



say that Bx Healthy Start
**TAUGHT THEM TO PUT THEIR
BABY TO SLEEP SAFELY**

[I had] fluffy blankets, I had like a mattress, because I wanted it to be kind of squishy, and...You're not supposed to do that, so I took that out. But if not [for Bx Healthy Start], I would've still had it, and he probably would've been – I don't know, a SIDS problem, or he would've been squished in.

–Bx Healthy Start Participant

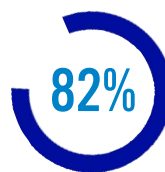
WHAT DO PARTICIPANTS SAY ABOUT US?



say that their Bx Healthy Start
staff made them feel **HEARD
AND SUPPORTED**

Sitting with a [Bx Healthy Start CHW] was like sitting with a friend and having a conversation and forgetting a little bit about the problems, the stress of the house, the stress of the children...And if today I am strong and have been able to keep going it is very much because of this program, in part.

–Bx Healthy Start Participant



say that Bx Healthy Start
staff **TAUGHT THEM
IMPORTANT LESSONS**

Well, because I feel more informed, more secure when I question the doctor. I can insist on something when I am in disagreement.

–Bx Healthy Start Participant

[My CHW] was wonderful and of great help, because they give you a lot of information, they help you a lot, they listen to you. That's what's most important when you're a single mother who has just given birth, you need someone to listen to you a lot. And it's like letting go of stress a little bit.

–Bx Healthy Start Participant

[The Bx Healthy Start community health worker] explained to us when you first receive the baby, or you go to the hospital, you have a right as a patient and as the mother to say, I don't want this service, or I don't want you to cut the umbilical cord now, or you should speak up...That was a highlight [of Bx Healthy Start] for me...Now I say, should I have another opportunity, I will speak up.

–Bx Healthy Start Participant

To learn more about the Bronx Healthy Start Partnership:

- Visit <https://www.einsteinmed.edu/departments/family-social-medicine/community-health/bronx-healthy-start/>
- Contact Alma Idehen (Co-Director of the program) at alma.idehen@einsteinmed.edu

*Findings from surveys (n=62) and interviews (n=16) of Bx Healthy Start participants, conducted by the New York Academy of Medicine between June 2020 and December 2022.