

BRONX HEALTHY START PARTNERSHIP



Since 2014, The Albert Einstein College of Medicine (Einstein) has been implementing the Bronx Healthy Start Partnership (Bx Healthy Start), a federally funded national program that aims to improve health outcomes before, during, and after pregnancy, and reduce racial/ethnic differences in rates of infant death and adverse perinatal outcomes.

WHAT DO WE DO?



OUTREACH AND CASE MANAGEMENT

Bx Healthy Start community health workers link parents to community resources and provide health, social, and emotional support to parents during and after their pregnancy.



PRENATAL AND POSTPARTUM CARE AND SUPPORT

Our programs include:

- **CenteringPregnancy**, an evidence-based group prenatal care program, and
- **After Baby Club**, a social-emotional support group during the postpartum period.



CONVENINGS AND EVENTS

We generate community awareness and advance initiatives and policies to collectively impact pregnancy and birth outcomes, such as premature birth and infant mortality, and the factors that impact risk, including safe sleep and breastfeeding.

Over **1,000**
PARENTS AND CHILDREN
living across the Bronx each year.

WHO DO WE SERVE?

COMMUNITY PARTNERS,
including social service organizations,
government agencies, healthcare
providers, and others.

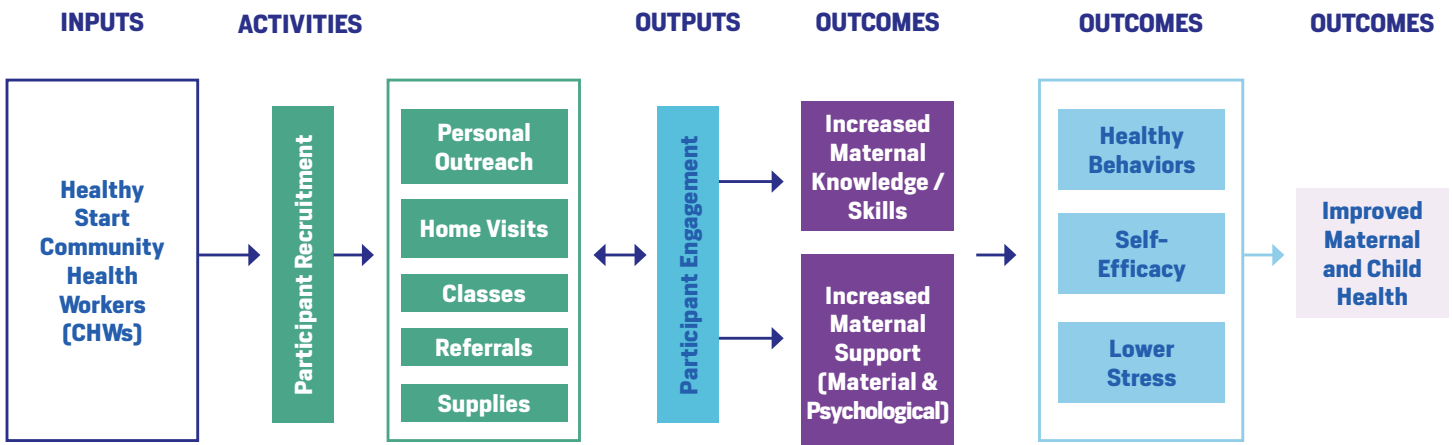
"The goal of Bronx Healthy Start is to move those community-wide indicators on infant mortality and preterm birth and other birth outcomes. And it's really hard to do that. But I think we would notice a big gap if Healthy Start wasn't functioning in the Bronx."

COMMUNITY PARTNER PERSPECTIVE

"They do great advocacy work... working with the premature births and low birth weight births, and the maternal and child health... They have built excellent relationships with our elected officials in the Bronx, and probably beyond."

OUR IMPACT

Our program model—validated by participant feedback and experiences—illustrates how the direct and enabling services we provide support families and improve birth and pregnancy-related outcomes.



Program Performance On Federal Benchmarks



99%
of Bx Healthy Start families initiated breastfeeding¹



97%
of Bx Healthy Start families followed safe sleep practices¹



91%
of Bx Healthy Start participants attended a POSTPARTUM VISIT within 12 weeks of delivery.¹

Survey Results



95%
of Bx Healthy Start participants say that their Bx Healthy Start staff made them feel HEARD AND SUPPORTED²



90%
of Bx Healthy Start participants say that Bx Healthy Start IMPROVED THEIR ABILITY TO BREASTFEED²

¹ Data collected from individuals participant in the Bx Healthy Start program between April 1, 2024–March 31, 2025.

² Findings from surveys of Bx Healthy Start participants (n=62), conducted between June and December 2022.

FEEDBACK FROM OUR PARTICIPANTS

"I felt very nervous or more anxious, and [my community health worker] has been a great help to me... With the assistance received [from Bx Healthy Start], and also when I talk to [my Healthy Start community health worker], I feel more at ease."

"So, [my Community Health Worker] was the person of resources and saying "Okay, well, we can help you with diapers. We can help you find clothes. We can help you get a crib, if that's what you're stressing about." And it was able to kind of clear my head a little bit more."

"With the little bit of information [BxHSP] gave me, it was a little easier to take care of [my baby], little by little."

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