



# 2017 SPRING NEWSLETTER

## Inaugural Diaper Dash a Huge Success!

2016 has brought many exciting new changes to Healthier Moms and Babies. One of those was our Inaugural Diaper Dash 5k Run/Walk which was held on Saturday, September 23<sup>rd</sup> at Foster Park. We had nearly 100 runners and walkers participate for our first year. The weather was a perfect



fall morning for a run dressed up in your favorite baby related costume. We had many people take advantage of the opportunity to wear a diaper, dress like a baby or dress in costume from their favorite childhood cartoon.

Our top overall male participant was Tommy Cutter and top overall

female participant was Allee Enderle. Ken Nordin and Malissa Cockman were our top masters' winners. We had some great costumes and it was very difficult for the committee to make a decision; the best single costume winner went to Charity Porter and our group costume winners were Amanda Chappell and Adam Nicodemus.

Not only were we able to have a great time and raise awareness for our mission of preventing infant mortality and improving birth outcomes in Allen County, we were able to raise over 1,000 diapers. We use diapers as incentives for our moms that keep their prenatal appointments and meet other healthy lifestyle goals.

We would like to thank our top sponsors Beckman Lawson, Kurt Ness, VanGilder & Trzynka, and Fleet Feet Sports. We gratefully thank them, the volunteers and our committee members. Our committee members were Kevin Croy, Mary Ann Roach, Mary Halter, and Renee Morrison.

Registration has started for next year's Diaper Dash! It will be held on Saturday, June 3<sup>rd</sup> at the Parkview Family YMCA Pavilion. You can find out more details at <http://healthiermomsandbabies.org/diaper-dash-5k-runwalk>. We hope to see you there!



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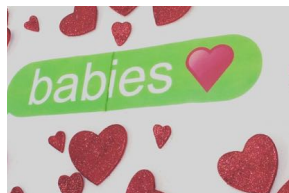
**JENN STOREY**  
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## Meet Hannah

Hannah was referred to Healthier Moms and Babies from the WIC Clinic. Her pregnancy was considered to be very high risk. Hannah's history includes a liver transplant and two prior miscarriages. She has two other children that are age 10 and 8, but she was very nervous about this pregnancy because of her new risk factors and so much had changed from the last time she was pregnant. Hannah smoked when she first found out she was pregnant, but through the support she received from her Healthier Moms and Babies nurse she was able to quit. Hannah said that her nurse provided her with so much support and education during her pregnancy that it really put her mind at ease with all of her risk factors.



“My nurse was so nice and gave me a lot of support that I would have not been able to get anywhere else”

During her time in Healthier Moms and Babies, Hannah participated in St. Joe Community Foundations “Our Healing Kitchen” cooking class. She loved coming to the classes and learning how to cook healthy meals and snacks with food items she could purchase through WIC. Hannah also attended the group centering sessions. She loved being able to talk to other pregnant women, learn what they were going through during their pregnancies, and ways that others dealt with the aches and pain related to pregnancy. She also really enjoyed learning yoga and different positions that she could use to help those aches and pains.

Hannah said the most valuable thing that she learned from Healthier Moms and Babies was how to breastfeed and learning about all of the breastfeeding support groups in the community. She stated if she hadn't had this support she would have stopped breastfeeding a long time ago. Hannah said “My nurse was so nice and gave me a lot of support that I would have not been able to get anywhere else”

## Babies Love

McMillen Health and Healthier Moms and Babies are pleased to announce a grant award of \$50,000 from Parkview Health to address infant mortality in Allen County. The Babies Love mobile health project will increase access to prenatal care and other resources for pregnant women in the high risk 46806 zip code. Lead agency, Healthier Moms and Babies will provide prenatal services and resource referral, with collaborating partner McMillen Health designing a mobile website and text messaging used to connect at-risk women with local and national resources to increase their chances for a healthy, full-term pregnancy. Babies Love will provide a site for pregnant women to access a wide variety of resources, self-refer into



case management services, and also provide an opportunity to regularly “push” information about local resources to women through their phone. The new website can be viewed at [www.babieslove.org](http://www.babieslove.org).

The Indiana State Department of Health ranks Allen County with the highest rate of African American infant mortality, specifically in the 46806 zip code. The leading causes of infant mortality for all races include: perinatal risks, congenital malformations, other and Sudden Unexpected Infant Death Syndrome (SUIDS). The four major contributing factors to poor birth outcomes include: obesity, smoking, limited prenatal care and unsafe sleep practices. In 2015, 10% of the babies born in Allen County were premature and less than half of pregnant women started prenatal care in their first trimester. Allen County ranks significantly lower than other Indiana Counties for women beginning prenatal care during their first trimester. Through the Babies Love initiative we hope to reach the at risk community through a more tech friendly medium to help eliminate some of their barriers to receiving early prenatal care and help eliminate other risk factors by getting them enrolled into the right support systems to ensure they have a healthy pregnancy.

## 2nd Annual Hats and Heels

The Hats and Heels committee has been hard at work planning a fantastic evening to help support “Nurturing New Beginnings”. This year’s Hat and Heels will be held on Friday, April 21<sup>st</sup> from 6-9 pm at the Empyrean on the 26th Floor of the PNC Building. We have a fantastic evening planned with music from the West Central Quartet, heavy hors d’oeuvres, little plates and a cash bar.

We will also have a fun interactive auction with a lot of local experiences to entice lots of different people. Some of our experiences include, pitching lessons from former MLB pitcher Pedro Hernandez at the Tin Caps batting cages, private dinner in your home from Chef Eric Braun and much more. We will also be raffling a Tory Burch Clutch and an Electra Cruiser Bike.



To learn more or purchase tickets, visit our website at <http://healthiermomsandbabies.org/events/> or call our office at 260.425.3348.

## Diaper Drive

Another wonderful outcome from Diaper Dash was the opportunity for Healthier Moms and Babies to be introduced to Maggie Lambert. Maggie wanted to find a way to help Healthier Moms and Babies and she is very passionate about reducing diaper insecurity.

Being low-income and trying to raise children is stressful on a variety of levels. Research shows mothers lacking an adequate supply of diapers are more likely to report symptoms of depression and

anxiety than other low income mothers. Maternal depression can have lasting effects on a child's educational performance and over all well-being.

Maggie went to social media and spread the word about the Diaper Drive and diaper insecurity. The Diaper Drive followed Thanksgiving, and lasted through the middle of December. Maggie was able to raise over 6,000 diapers for Healthier Moms and Babies! We could not be more grateful for all of her hard work and support. When possible, Healthier Moms and Babies provide diapers for our moms who keep their prenatal appointments and meet other healthy lifestyle goals throughout their pregnancy. Because of Maggie we will have a few less moms worried about how they will purchase diapers.



Maggie Lambert with Healthier Moms and Babies  
Director, Paige Wilkins

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