



## QUEENS HEALTHY START

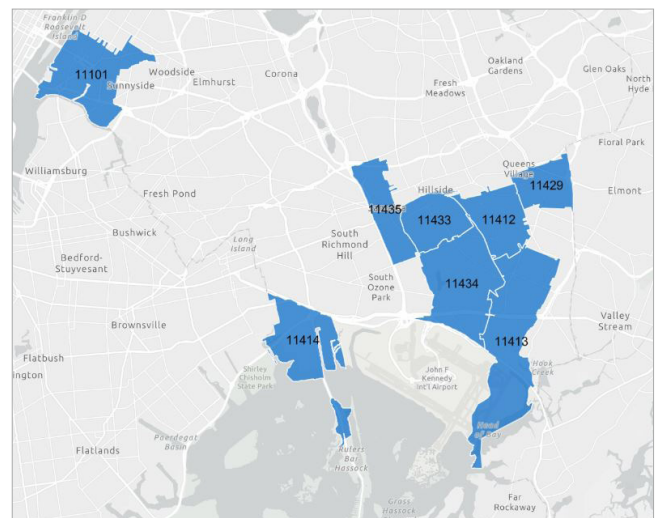
Improving perinatal outcomes in the community and reducing racial disparities related to infant mortality and maternal morbidity

Queens Healthy Start (QHS) is a HRSA-funded Healthy Start Program that serves the Jamaica/Southeast Queens and Long Island City communities. Queens Healthy Start is led by Public Health Solutions and is a partnership with Sheltering Arms (Healthy Families Program), Community Healthcare Network, Jamaica Hospital Medical Center, Jacob A. Riis Neighborhood Settlement, and the NYC DOHMH Nurse-Family Partnership Program.

### WHY WE ARE HERE

As the largest and most diverse borough in NYC, Queens has clear disparities among household income levels and health outcomes. The disparities are even greater when we compare Black non-Hispanic families to the rest of the population.

Our target area is comprised of Jamaica/Southeast Queens, Howard Beach, and Long Island City. These neighborhoods are medically underserved, low-income, and/or predominantly communities of color with significant unmet health needs among women of reproductive age and their families.



Zip codes served by Queens Healthy Start

Healthy Start is essential in improving the health outcomes of low-income pregnant and parenting families in our target area, who experience disparate health outcomes:

### Infant Mortality

The Queens Healthy Start service area has the highest infant mortality rate in NYC. The Infant mortality rate (IMR) is the number of babies that do not make it to their first birthday. **Black families are 2.3 times more likely to lose a baby within their first year of life.**

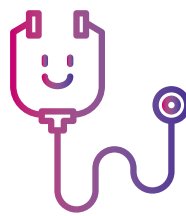
### Maternal Mortality

In 2018, 17.4% of all pregnancy-related deaths were of mothers in Queens. **Black mothers are 8-9 times as likely to die from pregnancy-related causes as white mothers, an astounding inequity.**

### Participation in Healthy Start leads to increased health-promoting behaviors:



**97%** of children born into QHS are breastfed at birth



**86%** of QHS participants attend an annual well-woman visit, to monitor and address chronic conditions



Just **10.7%** of QHS participants have subsequent closely spaced pregnancies, which is a known risk factor for poor birth outcomes.

## DIRECT FAMILY SERVICES

The QHS partnership is committed to improving the health outcomes of pregnant and parenting families in Queens. QHS supports families from pregnancy up until a child is two years old by providing:

- Home visiting and case management services
- Prenatal, birth & postpartum doula support
- Breastfeeding support and education
- Prenatal & postpartum health education and support groups
- Group prenatal care through the Centering Pregnancy model
- Perinatal bereavement support groups
- Father support services
- Access to safe sleep surfaces and education about safe sleep practices
- Connections to community resources and benefits navigation

## COMMUNITY PARTNERSHIPS

The QHS Community Action Network (CAN) is a collaborative between community-based organizations, managed-care organizations, elected officials, and community members that come together regularly to discuss the needs of the community. The QHS CAN empowers providers and community members to mobilize and create a collective impact.

Healthy Start's model of supporting community-clinical partnerships leads to increased support and resources for families. By working at the individual, family, neighborhood, and community levels, Healthy Start is a proven approach to family child health and as such, is a critical investment in the public health infrastructure.

To learn more about QHS, please contact **718-704-5078** or [healthystart@healthsolutions.org](mailto:healthystart@healthsolutions.org).