

EVERY BABY GUILFORD



Monthly E-Newsletter

VOLUME 5

FEB 1, 2022



A Collective Call to Action

Every Baby Guilford is beginning 2022 with a call to collective action for reaching our bold goal **to reduce infant mortality disparities by 50% by 2026!** Our resolution is to work together to address infant mortality disparities collectively. With the community, Every Baby Guilford is addressing infant mortality through four strategies:

Centering
community
engagement

Advancing
health
equity

Promoting
infant
wellness and
positive child
development

Strengthening
the continuum
of care
reproductive
life planning



CENTERING COMMUNITY ENGAGEMENT



**FEBRUARY 24, 2022
9:00 AM - 10:30 AM**

Hosted virtually on Zoom

[Register Here](#)

CRUCIAL CONVERSATIONS: THE STATE OF INFANT MORTALITY IN GUILFORD COUNTY.

Please join us for the unveiling of the 2020 infant mortality data for Guilford County. We are excited to have Congresswoman Alma Adams share a national message of Black maternal health as keynote speaker with the 2021 Omnibus Act. The 2021 Omnibus Act directs multi-agency efforts to improve maternal health, particularly among racial and ethnic minority groups.

ADVANCING HEALTH EQUITY

Amplifying Every Voice is a community storytelling project to learn about and share pregnant and birthing people's experiences in Guilford County with our health care systems, policy leaders, and decision-makers. Our goal is to elevate these narratives to create system-level changes in maternal health care outcomes. Interested in serving as a community researcher? Contact Monét Kees at dkees@guilfordcountync.gov.

[Apply Here](#)



Hosting racial equity trainings for maternal health stakeholders in our community. Each training demonstrates how structural racism and implicit bias are instrumental in creating infant and maternal health disparities.

[Register Here](#)



PROMOTING INFANT WELLNESS AND POSITIVE CHILD DEVELOPMENT



Ensuring quality prenatal care to the uninsured through the **Adopt-A-Mom program**. Birthing people who do not qualify for Pregnancy Medicaid, lack financial resources or don't have private insurance can receive prenatal care from one of eight Every Baby Guilford contracted providers to ensure timely quality care is provided to the most vulnerable. For more information on Adopt-A-Mom, contact Elbia Altamirez at ealtami@guilfordcountync.gov.

Learn More

STRENGTHENING THE CONTINUUM OF CARE



Promoting community-wide messaging on the health and wellbeing of individuals before, during, after, and between pregnancy using community voices through a **Health Ambassador** approach. Be on the look out for EBG Preconception Health Ambassadors hosting events in your community.

Take "Baby Steps for a Healthy Future and Family" by joining our walking campaign to promote the health and wellbeing of families in our community. We want to collectively record the miles/steps of individuals in our community to reach 1 million steps! While you walk we want to promote health messaging for families of child-bearing age through our Baby Steps Podcast. You can join the campaign and hear episode one of the podcast by clicking the link below.

Learn More



A Collective Call to Action

Your collective voice makes an extraordinary difference for the lives of babies and families in our community. Join Every Baby Guilford’s efforts to reduce infant mortality disparities through any of our many initiatives. Every voice matters to ensure every baby and family will have equitable opportunities and access to achieve the healthiest start in life.



February is Black History Month and American Heart Month. African Americans are at a higher risk for heart disease than other ethnic groups. Nearly 48% of African American women and 44% of African American men have some form of heart disease. This is a time to focus on cardiovascular health and reduce the risk of heart attack, stroke and other complications. Most people can benefit from the following heart-healthy tips:

- 150 minutes of moderate-intensity aerobic activity every week/Resistance training at least 2 days per week, working all muscle groups
- Limiting or avoiding processed foods
- Controlling your blood pressure and cholesterol levels
- Regular check-ups

[Learn More](#)

Thank you!

Every Baby Guilford is grateful to those who participated in our 2021 Collective Action Teams (CATs)! We are excited for the next steps these CATs will take in 2022! We also want to thank our 2021 donors for their generous donations to help our work towards our bold goal and provide for the birthing persons in our community.

Contact Us

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Visit Us:

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