



**We Have a New Website.
Check Us Out!**

www.healthystartbfg.com

What We Can Do

Healthy Start

The Florida Healthy Start program provides education, support and proven interventions to expecting and new families who are at-risk of a poor birth outcome or delay in development.

[LEARN MORE](#)

Fetal & Infant Mortality Review

Connect / CIR

T.E.A.M. Dad



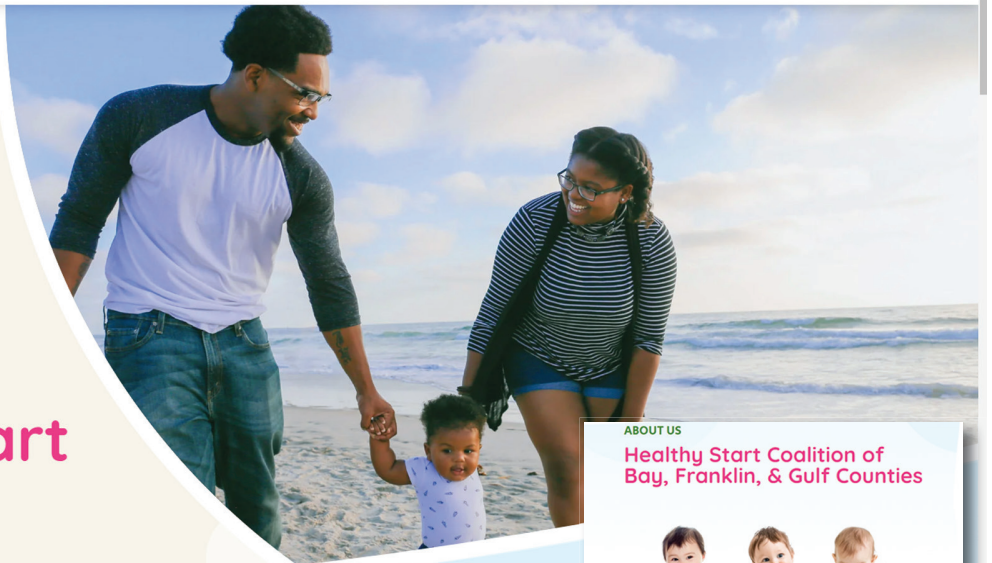
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**EVERY BABY DESERVES THE
OPPORTUNITY TO HAVE A**

Healthy Start

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ABOUT US

**Healthy Start Coalition of
Bay, Franklin, & Gulf Counties**



State Fatherhood Meeting (T.E.A.M. DAD)



Fatherhood Coaches across the State came together for a meeting in Orlando on Oct 4th to share best practices and learn about new updates with the T.E.A.M. Dad Program.

Seeing Healthy Start Through the Eyes of the Parents Nyleah and Lennox Willis

Nyleah Willis first learned about Healthy Start when she was 17 and pregnant with her first child in Jackson County. Healthy Start helped her through being a teen mom. When she became pregnant with her son, she filled out the screening form at Emerald Coast OB/GYN and soon met with Casey at Healthy Start. She found the process easy for her to get involved with the program.

As a parent, Healthy Start was very helpful to her with the dos and don'ts of caring for an infant. It also helped her know what the latest changes were to raising a newborn. She currently has an 11 year old, 5 year old and an infant, and has learned that things change quickly when it comes to babies and safety. It helped having someone to guide her and help make sure she is doing what is best for her baby.

Her favorite part about being with the program is learning new tips, and she loves having someone to check on her, not just her baby. It helps her mentally to know there is someone there for her.

When asked about her husband's involvement in the Fatherhood Program, Nyleah said that he loves it. He looks forward to his Thursday meeting every week. She expressed that sometimes men can be clumsy and unsure with babies, but since participating in the Fatherhood program Lennox has become more comfortable with the baby and more confident in his parenting skills. It has been wonderful to see him enjoying being a dad!

Nyleah has been married to Lennox since June of this year. He has lived in Panama City for two years. Lennox has seven children, five biological and two stepchildren. He claims them all as his own, however.

Lennox got involved with the T.E.A.M. Dad Fatherhood program while at a Healthy Start Baby Shower event that he attended because his wife was involved in the Healthy

Start Program. He found it was easy to get involved, and realized men also need some guidance on being a father, as well. He also found it easy to join in and express his feelings to someone who wasn't judgmental and could help him be a better father.

Lennox also discovered that the Fatherhood Program has been good for his home life. He's seen improvements on how the way he approaches things now, and has learned a lot of pointers on taking care of himself first, to make sure everyone else is okay. He has also learned the importance of making sure he and Nyleah make decisions as partners.

Looking back, Lennox most definitely sees things he would have done differently with his older children, had he known the things he has learned from the program. For example, he wishes he'd known that babies communicate through crying and they just don't cry for no reason. It's definitely a learning process and he's glad he's doing it better now.

The thing Lennox enjoys most about being a father is the smiles that his children give him and the love they show for him. His favorite part about being involved with T.E.A.M. Dad is learning to be a better father, especially in the areas he didn't know about in the past.



October is SIDS Awareness Month

More than one third of deaths in infants occur due to Sudden Unexpected Infant Deaths each year according to the National Institute of Health. Unsafe sleep is the leading cause of infant death.

During the month of October, Bay, Franklin, Gulf Healthy Start is challenging local organizations to Clear the Crib or #CleartheCrib. The Clear the Crib challenge is an exercise to point out to parents and grandparents the Safe Sleep ABC's or Alone, Back, Crib. Healthy Start kicked off the #CleartheCrib challenge on their Facebook page on October 4th. Above, Fatherhood Coach Jason Lilly gets ready to take the Clear the Crib Challenge to show dads how to put their baby to sleep. Want to get involved? Post your #CleartheCrib video and tag Healthy Start Coalition, Inc. of Bay, Franklin and Gulf Counties or stop by our office during the month of October to take the Challenge.



Fiscal Year 2022– 2023 Screening Rates

Provider Prenatal Screening Rates

All About Women OB/GYN	99.3%
Dr. Bryce Jackson	98.9%
Emerald Coast OB/GYN.....	97.8%

Healthy Start Infant Screening Rates

HCA Florida Gulf Coast Hospital ..	100%
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If you have a child under the age of 3 and live in Bay, Franklin or Gulf County and are interested in more information about T.E.A.M. Dad, please contact our Fatherhood Coach Jason Lilly at: Jason@healthystartbfg.org or 850-370-0844.



Board Member Spotlight



**Mary Beth
Lovingood**

Mary Beth Lovingood currently serves as Chair for the Board of Directors for BFG Healthy Start Coalition and has been involved with the coalition for nearly 10 years. As a mother and beneficiary of Healthy Start's services, Mary Beth sought the opportunity to become involved, believing passionately in the services that the coalition provides to the communities in which it operates. "When I had my first child, I was determined to breastfeed, but it was a challenge. Through Healthy Start, I was connected to a consultant who encouraged me and counseled me on how to accomplish my goal."

Healthy Start Welcomes Becky Flammia New Care Coordinator

Becky Flammia is a new Care Coordinator with Healthy Start. Prior to this position Becky worked as an LPN at an OB/GYN office and has years of experience in many different health fields. She is a wife, a mother of two boys and two stepchildren that she calls her own. Becky grew up as a military brat and has lived all around the world but calls Panama City home. Becky is always on the go with her family but will stop at any time to help someone in need.



Upcoming EVENTS

- 10/20 The Evers House Grand Opening**
- 10/24 FIMR Meeting**
- 10/28 Trunk or Treat, Panama City Marina**
- 10/31 Lunch & Learn: The Effects of Tobacco Use & Vaping During Pregnancy**
- 11/3 Angel House's Healing Through the Holidays, a Grief Workshop**
- 11/11 LEAD Coalition Annual Birthday Bash Fundraiser**
- 11/11 Weems Memorial Community Health Fair**
- 11/15 Gulf Franklin InterAgency**
- 11/18 Boys & Girls Clubs Christmas Tree Lot Grand Opening**
- 11/18 BASIC's 2023 Red Tie Ball**
- 11/18 The United Hands Project Casino Night**
- 11/28 FIMR Meeting**
- 11/30 Bay InterAgency**
- 12/7 Healthy Start Board of Directors Meeting**
- 12/8 Angel House's Christmas with Todd Herendeen**
- 12/8-9 8th Annual Perinatal Mental Health Conference (www.flmomsmatter.org)**
- 12/14 CAG Quarterly Meeting**

Visit Us Online!

www.healthystartbfg.com



HEALTHY START SERVICE LOCATIONS

BAY COUNTY

531 Jenks Ave. Suite C • Panama City, FL 32401
850-215-1320

ALL ABOUT WOMEN OBGYN

850-785-1517

EMERALD COAST OBGYN

769-0338

FRANKLIN COUNTY

139 12th Street • Apalachicola, FL 32320
850-653-2111

GULF COUNTY

2475 Garrison Ave. • Port St. Joe, FL 32456
850-227-1276

HEALTHY START COALITION

2101 Northside Drive, Unit 101
Panama City, FL 32405
850-872-4130

HEALTHY START BOARD OF DIRECTORS

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