

WHY ARE WE HERE?

- In Ingham County, African American babies have an infant mortality rate that is currently 4 times greater than that of white babies.
- Infant mortality rates are the number of infant deaths occurring before the age of one year.
- Together, with support, education, and medical services, we can work to decrease infant deaths in our community.



If you are interested in learning more about supporting the efforts to decrease infant mortality, join us at next meeting of the Infant Mortality Coalition. The Coalition meets every 4th Thursday of the month at 1:30 pm at the Ingham County Health Department.



Strong Start. Healthy Start.
Division of Public Health Services

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**strong start.
healthy start.**



Interested in having a
healthy baby?
Give us a call.

517.887.4322

ingham county health department

WHAT IS STRONG START. HEALTHY START?

Strong Start. Healthy Start. is an initiative to improve the health of African American families in the community.

Strong Start. Healthy Start.

Provides home visiting services, advocacy, and health education to support our local families.



SERVICES

Home Visiting Can Help Me:

- Learn how to have a healthy baby and a healthy pregnancy.
- Learn how to become a better parent.
- Create a network of strength and support for my family.
- Gain problem solving assistance
- Get needed links to community resources



Who Is Eligible To Enroll in Strong Start. Healthy Start?

African American women and their families who:

- Are pregnant
- Have a child up to the age of 2
- Live in Lansing
- Are low-income



Community Workshops

Free Workshops that include topics such as:

- Cooking Demonstrations
- Fitness Instruction
- Family Planning
- Stress Reduction
- Infant CPR

How Can I Join Strong Start. Healthy Start?

Call **517.887.4322** for information or to enroll.