

Indianapolis HEALTHY START

Indianapolis Healthy Start offers education, referral and support services to pregnant women and their families. Our goal is to eliminate the disparities in birth outcomes and infant survival rates in Marion County.

There are three main services offered by Indianapolis Healthy Start:



CASE MANAGEMENT

- One on one support for pregnant women from birth until the child is two years old.
- Provide in-home services when needed.
- Information and referrals for community and medical resources.
- Assist with tips for dealing with stress.
- Resources for dads.



HEALTH EDUCATION

- Provide information to improve the health of families before, during and after pregnancy.
- Infant safety and parenting classes.
- Additional educational workshops are offered in clinics, schools, churches, community centers and other locations.
- All classes are free and open to the public.



OUTREACH

- Increase community awareness about problems and solutions regarding infant health.
- Encourage pregnant women to get care as soon as they know they are pregnant.
- Volunteer opportunities available to assist in saving the lives of Marion County infants.

Our services can be received at several locations

ACTION Health Center

Health Education Services
2868 North Pennsylvania Street
(317) 221-8970

Citizens Health Center

Case Management Services
1650 North College Avenue
(317) 924-6351

Hispanic Health Resources

Case Management Services
Health Education Services
Wishard Health Services
1001 West 10th Street
(317) 656-4265

Marion County Health Department

Case Management Services
3838 North Rural Street
(317) 221-2317

Minority Health Coalition of Marion County

Outreach Services
3266 North Meridian Street
Suite 704
(317) 926-1170

Wishard Health Services Primary Care Center

Health Education Services
1002 West Wishard Boulevard
(317) 692-2351

Women's Visit Center Urgent Care

Case Management Services
1001 West 10th Street
(317) 630-6629

A FEW THINGS THAT WILL HELP KEEP YOU AND YOUR BABY SAFE AND HEALTHY.



SAFE SLEEP

- Babies are safest sleeping on their backs.
- Room sharing is safer than bed sharing.
- A safe crib is one without fluffy bedding, toys and bumper pads.
- Educate everyone who cares for your baby on safe sleep.



BREAST IS BEST

- Breast milk is free.
- Breastfed babies have fewer illnesses than formula fed babies.
- Breastfeeding helps you lose weight.
- Studies show that breastfeeding may reduce the risk of uterine, cervical, ovarian and breast cancer.



LIFE STRESSORS

- Identify Stressors.
- Find support.
- Ask for help when needed.
- You're not alone and help is available.



PLAN FOR PREGNANCY

- Know your partner and build healthy relationships.
- Prepare your body by taking a daily vitamin with folic acid to reduce the baby's risk of birth defects.
- You are important; see the doctor for your annual check-up.
- Proper spacing between pregnancies can increase your chances of having a healthy baby.

I N D I A N A P O L I S

HealthyStart

COMIENZO SALUDABLE

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MARION COUNTY
HEALTH DEPARTMENT
Making a difference


WISHARDSM

**FOR MORE INFORMATION
PLEASE CALL (317) 221-2317
OR THE ESPAÑOL LINE (317) 656-4265.**