Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities

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PRESS RELEASE FOR LOCAL MEDIA

To: **All Area Media Outlets**

From: **Central Michigan District Health Department - Janice Parrett, BSN, RN**

RE: **Maternal Infant Health Program**

Release Date: Immediately (November 13, 2020)

Information for Pregnant Families and Parents of Infants

Are you currently pregnant or parenting a child under the age of one? If so, the staff at the Central Michigan District Health Department would like to invite you to partner with us by enrolling in the Maternal Infant Health Program (MIHP). MIHP is a support program that gives you access to your own personal nurse, social worker, and registered dietitian. You can enroll in our program on your own, get more information at one of our offices or talk to your medical care provider about the great benefits of this important service.

What is MIHP?

- MIHP is a program for Medicaid eligible pregnant women and infants.
- MIHP supports healthy pregnancies and healthy babies.

What are the benefits of MIHP?

- Babies born to moms in MIHP are healthier.
- Families in MIHP learn how their babies are growing and developing.
- Moms get help with breastfeeding.

What do families think about MIHP?

- I learned "what to expect when I was pregnant."
- ". . . it was great having someone here to answer my questions."
- I learned "about infant development. The MIHP staff spent more time with me explaining things than the doctor did."
- "They gave me all the information I needed to be a good mom."
- "I liked that they offer the convenience of coming to my home. I didn't have to take the children out."
- "The home visits when I was pregnant and couldn't drive were the best."

How does MIHP help pregnant mothers and their babies?

Families enrolled in MIHP will get help with access to transportation, Women, Infants, Children Program (WIC), and childbirth or parent education classes. We put the safety of young children, families, and our providers first. Currently we are providing services to our families via telehealth video or phone visits. We can also offer home visits for families that are ready from a health care professional (like a nurse, social worker, and dietitian). The health care professional will:

- Help with prenatal care.
- Answer questions about being pregnant, labor and delivery.
- Answer questions about caring for your baby and do developmental screenings.
- Help with getting food or a place to live.
- Tips on how to buy, prepare and eat healthy foods for you and your family.
- Talk about health problems that could affect your pregnancy, like diabetes, asthma, high blood pressure, depression or anxiety.
- Support you if you decide to make to make a change to be healthy, such as quitting or cutting down on smoking, alcohol or drugs.
- Provide you with resources if you are concerned about abuse or violence in your life.
- Answer questions about family planning (birth control).
- Connect you with community services, like childbirth education classes, baby pantries that give out free baby items, the WIC food program, or heat and electricity resources.

For more information about MIHP, visit the following web page: **www.michigan.gov/mihp**

Questions about Medicaid? Visit the following web page: **www.michigan.gov/medicaid**
or call 1-800-642-3195

To see if you qualify for MIHP or to schedule an MIHP visit with one of our Nurses, Social Workers, or Dietitians call your local CMDHD office.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Visit our website at www.cmdhd.org, LIKE Central Michigan District Health Department on Facebook and follow us on Twitter @CMiDHD.

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To request an interview, please visit our website (cmdhd.org) and fill out the Media Interview Request Form.