

Healthy Starts 3A Network Phase II

Invitation To Participate™ Alignment Nashville Healthy Starts Committee 3A Network Phase II Invitation To Participate



The **3A Network**, an **Alignment Nashville Healthy Starts Committee** pilot in **Pearl-Cohn cluster zip codes 37208, 37209 and 37228**, is an awareness, education and prevention campaign supporting the vision that all children are given a healthy start in life. Anyone who interacts with adolescents, teenagers, expectant mothers or fathers, young and old parents, grandparents or caregivers may participate. They will be made **AWARE** of what it takes to give children a healthy start in life, they will receive encouragement in being **ATTENTIVE** to the needs of youth and young parents in our community, and, finally, they will be an **ALLY** who will support youth and young parents in making healthy choices for themselves and their babies.

Information offered in most school-based health classes in Tennessee is limited and does not elaborate on healthy pregnancy and healthy newborns. Many at risk young women and expectant fathers, when presented with an unplanned pregnancy and/or the impending birth of a child lack education toward best practices. The need for early prenatal care, practicing safe sleep, providing safe environments for infants, and many other important concerns, can be promoted by raising the awareness and education of the whole community and empowering caring adults to take the lead.

Committee Vision: All children are given a healthy start in life

Target Population: The **3A Network** will include persons, in **Pearl-Cohn schools cluster and feeder communities**, who interact often with sexually active adolescents (13-24 yrs), pregnant women, expectant fathers, and men and women parenting young children and their extended families - in a variety of community settings.

ITP Phase II: We invite community organizations, Metro agencies, health providers, etc., serving our pilot cluster and feeder communities, to (a) submit workshops based on pilot-area reported needs to be featured in **3A** training events, (b) to become **3A** trainers to further extend the reach of the **Healthy Starts Committee** and to host training events.

1. Provide tools, online resources and training to at least one hundred (100) persons in **Pearl-Cohn cluster and feeder communities** who interact often with sexually active adolescents (13-24 yrs), pregnant women, expectant fathers, and men and women parenting young children and their extended families - in a variety of community settings.
2. Provide minimum of five (5) community training sessions toward best utilization of tools and online resources.

What do we want to do?

SHORT TERM OUTCOMES

1. **Increase community awareness of protective factors and risk profiles (what does it take to give children a healthy start in life?) by 50% among trainees.** *Implement pre- and post- training surveys to at least one hundred*

(100) participants to measure awareness of protective factors and risk profiles

2. Increase knowledge of and utilization of services available to support target population by 50% among trainees. Implement pre- and post- training surveys to at least one hundred (100) participants to measure awareness of protective factors and risk profiles

INTERMEDIATE OUTCOMES

1. Reduce adolescent pregnancy rates in pilot area by at least 10%. Utilize pilot area-specific census-track adolescent pregnancy data.

2. Increase number of healthy birth outcomes in pilot area by at least 10%. Utilize pilot area-specific vital statistics data specific to gestational age 39 weeks or greater and/or birth weight 6.5 lbs. or more.

3. Increase number of infants reaching developmental milestones by at least 10%. Utilize pilot area-specific data attached to Metro Health Department- assigned home visits during first year of life.

LONG TERM OUTCOMES

Improved Children’s Health

Nashville is America’s healthiest city for children

SERVICES NEEDED FROM THE COMMUNITY (Phase II):

We invite community organizations, Metro agencies, health providers, etc. serving our pilot cluster and feeder communities, to (a) tell us about your services available to the Pearl-Cohn Cluster, (b) submit workshops based on pilot-area reported needs to be featured in 3A training events, (b) to become 3A trainers to further extend the reach of the Healthy Starts committee and© to host training events.

We seek workshops and resources in the following areas:



Let’s avoid unplanned / unhealthy pregnancies.

- We’ll talk about: Risky behavior
- Healthy Relationships
- Peer Pressure



Let’s work toward more healthy birth outcomes.

- We’ll talk about: Prenatal care
- Healthy practices
- Socio-economic factors



Let’s help more infants reach developmental milestones.

- We’ll talk about: Child development
- Parenting education
- Safe environments

Want to learn more about this Invitation to Participate and collaborate with the Healthy Starts Committee and other community stakeholders?

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