

Kansas City Healthy Start Initiative

Improving Birth Outcomes for Black Moms and Babies



• **Kansas City Healthy Start**

- 300 pregnant women
- 300 combined children & parenting women
- 100 male involved partners
- Enroll as pregnant
- Live in target zip codes
 - Bi-State program



• What Works:

- Community Health Workers from similar cultures and backgrounds
- Access to doula support
- Frequent safe sleep education with Pack n' Play crib



Lessons Learned:

- Lack of transportation is a huge barrier
- Just because it is offered, families will not participate
 - Virtual Support Group
 - Community events



What Moms Say:

- More Black practitioners are needed
- Moms want individual therapy sessions
- They loved having doula support



Recommendations



- Clearer guidelines
- Increased funding for direct service programs like Healthy Start
- Greater attention to mental health needs



THANK YOU



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