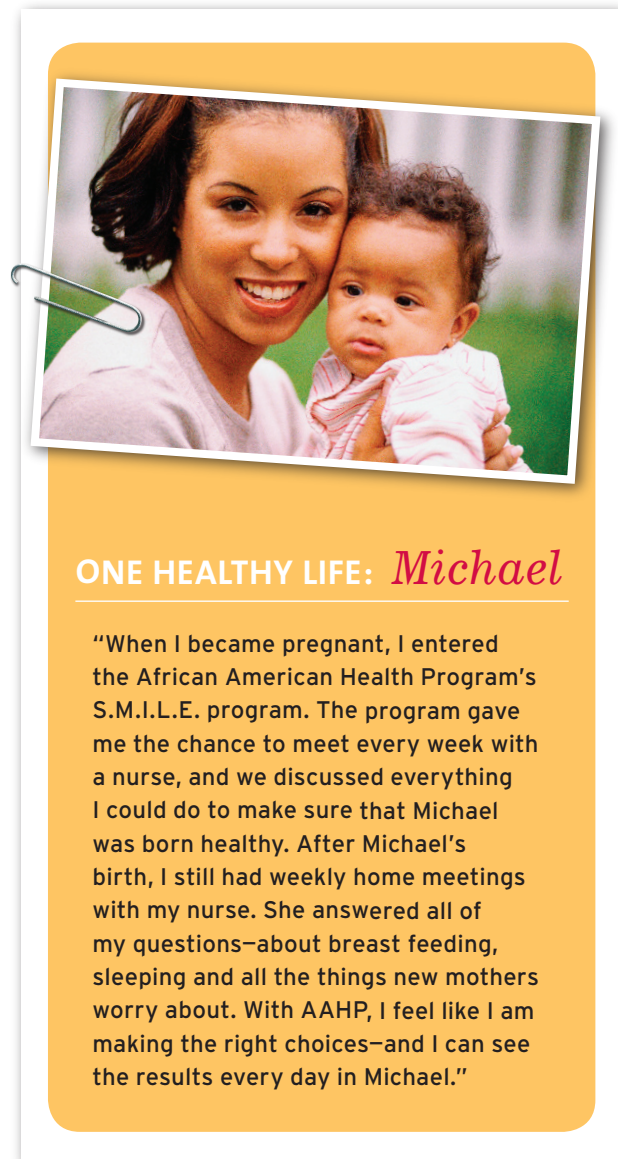


One Healthy Life

S.M.I.L.E. PROGRAM

(Start More Infants Living Equally Healthy)

The S.M.I.L.E. (Start More Infants Living Equally Healthy) Program was developed in 1999 to address the disparity in infant mortality in the African American population of Montgomery County, Maryland. This special program consists of nurse case managers with experience in maternity and newborn nursing who provide one-on-one home visitation services to fully support the needs of the pregnant/parenting mother. AAHP is committed to giving African American children the healthy start they deserve.



ONE HEALTHY LIFE: *Michael*

"When I became pregnant, I entered the African American Health Program's S.M.I.L.E. program. The program gave me the chance to meet every week with a nurse, and we discussed everything I could do to make sure that Michael was born healthy. After Michael's birth, I still had weekly home meetings with my nurse. She answered all of my questions—about breast feeding, sleeping and all the things new mothers worry about. With AAHP, I feel like I am making the right choices—and I can see the results every day in Michael."

FACTS ON INFANT MORTALITY

- A disproportionately high infant mortality rate exists across all social and economic levels of the African American population.
- Black women are two times more likely than white and Hispanic women to experience infant mortality in the first year of their child's life.
- Black women are three times more likely to experience infant mortality as a result of low birth weight, SIDS (Sudden Infant Death Syndrome), and maternal complications in pregnancy.
- Black women are four times more likely to experience infant death related to cord and placental complications.

Causes of Premature Deliveries and Low Birth Weight

The causes of premature and low birth weight infants in the African American community are multi-leveled and complex. Some of the causes include:

*Every Child,
Every Chance.*

RESOURCES

For more information about our services you are welcome to contact us at the information provided below. We look forward to serving you, the people of Montgomery County.

Nia Williams RN, BSN, MPH, CCBE
African American Health Program

14015 New Hampshire Ave.
 Silver Spring, MD 20904
 (301) 421-5489

Melanie Hunter, RN, CLC
African American Health Program

14015 New Hampshire Ave.
 Silver Spring, MD 20904
 (301) 421-5490

Program Eligibility

- African American or of African descent
- Resident of Montgomery County, MD
- Must be currently pregnant
- No age requirement
- No income requirement
- No educational requirement
- No insurance requirement

FOR MORE INFORMATION CONTACT THE: AFRICAN AMERICAN HEALTH PROGRAM

P: (301) 421-5445
 F: (301) 421-5975
onehealthylife.org

- Stress, including inadequate housing, financial burdens, and physical/emotional abuse
- History of premature delivery/low birth weight
- Nutritional deficiencies
- Minimal social support
- Late or no prenatal care
- Substance abuse
- Smoking
- Advanced maternal age
- Teen pregnancy
- Cord/placental complications
- Maternal complications such as hypertension, diabetes, obesity, and sexually transmitted diseases

PREVENTION & INTERVENTION

The goal of the S.M.I.L.E. Program is to reduce the number of premature and low birth weight infants among black women in Montgomery County, Maryland by addressing key factors such as stress, hypertension, diabetes, smoking, drug use, mental health, and social health. Once issues that negatively affect pregnancy are discovered, we refer women to a number of social/health service agencies within the Montgomery County community.

We also help to improve parenting skills and knowledge among black women through our home visitation nurse case management program, so that infants are received into a safe, nurturing, and positive environment. While on home visits, we work to empower women to identify issues that affect their overall health.

Our services include:

- Nurse case management
- Monthly home visitation
- Caring Connection infant loss program
- Referrals to community services
- In-home HIV testing for pregnant/parenting women
- Breast pump loan program
- Free childbirth education classes
- Free breastfeeding education classes
- Health education presentations for teen/adult groups