Indianapolis Healthy Start

All Indianapolis babies deserve a Healthy Start.

Indianapolis Healthy Start is a Marion County Health Department program, funded by the Health Resources and Services Administration to lower the number of babies who die each year in Marion County.

There are three main services that make up Indianapolis Healthy Start:

- **Case Management:** Similar to care coordination, Healthy Start Case managers enroll pregnant women early and work one-on-one with them from the birth of the baby, until the child is two years old. During this time, Healthy Start case managers help families access important medical and social resources. Case managers also help pregnant moms understand the importance of a proper diet, prenatal care, smoking cessation, breastfeeding, safe sleep, proper spacing and more. Healthy Start case managers also screen mothers for postpartum depression and connect them to services if needed.

- **Health Education:** Have you ever had questions about feeding your baby or child development? Healthy Start has many education classes around the city to help answer these kinds of questions. The classes are free and open to anyone interested in learning more: moms, dads, aunts, grandmothers, caregivers, etc.

- **Outreach:** The purpose of Healthy Start outreach services is two-fold. The first purpose is to raise community awareness about issues related to infant health. Outreach workers speak to groups on such topics as folic acid, family planning, breastfeeding, teen pregnancy, safe sleep, etc. The second purpose is to help pregnant women receive prenatal care and access other needed health services.

**Services are offered at several locations.**

- **ACTION Health Center**  
  (health education services)  
  2868 Pennsylvania Street  
  Indianapolis, 46205  
  221-8970

- **Citizens Health Center**  
  (case management services)  
  (317) 924-6351  
  1650 North College Avenue

- **Ministry Health Coalition of Marion County**  
  (outreach services)  
  (317) 257-9700  
  2804 East 55th Place, Suite R

- **People’s and Martindale Brightwood Health Centers HealthNet, Inc.**  
  (case management services)  
  (317) 633-7360, Ext. 1857  
  2340 East 10th Street

- **Wishard Health Services Primary Care Center**  
  (health education services)  
  (317) 692-2333  
  1002 West Wishard Boulevard

- **Women’s Visit Center Urgent Care**  
  (case management services for victims of violence)  
  (317) 630-8398  
  1001 West 10th Street

For more information on Indianapolis Healthy Start, please call (317) 221-2317.
Too many of our babies are dying.

These are 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 risk of 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 healthy birth outcomes

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