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: **Janice Parrett, BSN, RN**

RE: **Maternal Infant Health Program**

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Information for Pregnant Families and Parents of Infants

The staff at the Central Michigan District Health Department would like to share some important information about the Maternal Infant Health Program (MIHP) that we have for pregnant mothers and new babies who have Medicaid. 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 home visiting program for pregnant women and infants with Medicaid insurance.
- 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.
- Moms get help with breastfeeding.

What do women 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?

Pregnant women in MIHP will get help with access to transportation, Women, Infants, Children Program (WIC), and childbirth or parent education classes. Women will also get home visits from a health care professional (like a nurse or social worker). The health care professional will:

- Help with prenatal care.
- Answer questions about being pregnant and labor and delivery.
- Answer questions about caring for your baby.
- Help with getting food or a place to live.
- Help you learn about buying, fixing and eating healthy foods.
- Help with health problems that could affect your pregnancy, like diabetes, asthma, high blood pressure, depression or anxiety.
- Help with changes that you decide to make to be healthy, such as quitting or cutting down on smoking, alcohol or drugs.
- Help if you're 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.

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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