



# Central Michigan District Health Department

*Promoting Healthy Families, Healthy Communities*



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## PRESS RELEASE FOR LOCAL MEDIA

**To: Local News Media**

**From: Central Michigan District Health Department - Janice Parrett, BSN, RN**

**RE: Maternal Infant Health Program**

**Release Date: Immediately (October 19, 2022)**

### *Information for Pregnant Families and Parents of Infants*

Are you currently pregnant or parenting a child under the age of one? If so, the staff at Central Michigan District Health Department (CMDHD) would like to invite you to join the Maternal Infant Health Program (MIHP). We are here to support you and your family through pregnancy and infancy at no cost to you. We want to help you have a healthy pregnancy and healthy baby.

#### ***What is MIHP?***

- MIHP is a program for Medicaid-eligible pregnant women and infants.
- 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 and developing.
- Moms get help with breastfeeding.

#### ***What do families 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.”

*Please visit us at our website [www.cmdhd.org](http://www.cmdhd.org)*

### ***What Should You Expect During an MIHP Visit?***

Our caring, trusted, and knowledgeable team consists of registered nurses, licensed social workers, and registered dietitians who are ready to provide services catered to your family. Our visitors are here to support and encourage you through your individual pregnancy and parenting journey. Visits are tailored to your family's needs and goals, and may include topics such as:

- Pregnancy, labor, and delivery
- Health problems that could affect your pregnancy
- Breastfeeding
- Nutrition & food -- including tips on how buy, prepare and eat healthy foods
- Positive parenting practices and parenting classes
- Infant health and safety
- Infant milestones and developmental screenings
- Housing and transportation
- Immunizations
- Social support
- Mental health including stress, anxiety, and depression
- Community resources to support your needs
- Healthy lifestyle education and support

Our MIHP vision is that all babies, families, and communities in Michigan are healthy and thriving. If you would like to learn more or sign up to join our MIHP program, please call 989-314-7570 or scan the QR code below.



***For more information about MIHP, visit the following web page: [www.michigan.gov/mihp](http://www.michigan.gov/mihp). Questions about Medicaid? Visit [www.michigan.gov/medicaid](http://www.michigan.gov/medicaid) or call 1-800-642-3195.***

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](http://www.cmdhd.org) and follow [Central Michigan District Health Department](#) on Facebook.

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*To request an interview, please visit our website ([cmdhd.org](http://cmdhd.org)) and fill out the [Media Interview Request Form](#).*