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PRESS RELEASE FOR LOCAL MEDIA

To: Local News Media
From: Central Michigan District Health Department
RE: Maternal Infant Health Program
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Central Michigan District Health Department's Maternal Infant Health Program Offers Support to Expectant Parents and Newborns with Medicaid Coverage

Central Michigan District Health Department (CMDHD) is promoting our Maternal Infant Health Program (MIHP), which helps to support pregnant people and infants up to one year of age for no cost. MIHP services are intended to improve the health outcomes of pregnant people and infants by providing health education, emotional support, nutrition education, childbirth/parenting education, and help with transportation when needed.

"Babies born to those in MIHP are healthier, and families who use this program learn how their baby is growing and developing," said Janice Parrett, CMDHD Personal Health Supervisor and MIHP Coordinator. "We also offer breastfeeding support through agency peer counselors."

Our caring, trusted, and knowledgeable team consists of registered nurses, licensed social workers, and registered dietitians who are ready to provide services customized for your family. Our home visitors 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 to buy, prepare and eat healthy foods
- Positive parenting practices and parenting classes
- Infant health and safety
- Infant milestones and developmental screenings

Please visit us online at www.cmdhd.org.

- Housing and transportation
- Immunizations
- Social support
- Mental health - including stress, anxiety, and depression
- Community resources to support your needs
- Healthy lifestyle education and support

Previous program participants have given MIHP positive reviews, stating:

- “[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.”

Our MIHP vision is that all babies, families, and communities in Michigan are healthy and thriving. If you would like to learn more about our MIHP program, please visit <https://www.cmdhd.org/mihp> or call 989-314-7570. Questions about Medicaid? Visit 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 and follow us on [Facebook](#) and [Instagram](#).

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



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