



# Healthy Mothers, Healthy Babies

Coalition of Palm Beach County

# IMPACT REPORT

## Fiscal Year 2022-23



Healthy Mothers, Healthy Babies Coalition of Palm Beach County is here to nurture healthy births and families by meeting the physical, emotional, economic, and social challenges of pregnancy and infant wellness.

## IMPACT SNAPSHOT

Approximately

# 15,000

babies born in  
Palm Beach County

Nearly

# 60%

of pregnant  
women served

Met or exceeded

# 87%

of programmatic  
outcome goals

On behalf of the board and staff of Healthy Mothers, Healthy Babies, we invite you to review our agency's key accomplishments and financial updates.

This report highlights our work supporting maternal health and pregnant families in Palm Beach County, a footprint beginning in 1986.



# PROGRAM SPOTLIGHT

Our programs are laser-focused on ensuring Palm Beach County families have access to care, education, and support for healthy birth outcomes.

## EMOTIONAL WELLNESS

Five years ago, Circle of Moms Emotional Support Groups were developed to assist the **one in five women** who experience a Perinatal Mood or Anxiety Disorder (PMADs).

This year, Circle of Moms **provided group support or case management for 591 women**. That is an **86% increase** from the previous year. 100% of the participants surveyed reported a decrease in their concerns about maternal depression.

Additionally, the program **trained 952 health professionals** on PMADs to help raise awareness of the risks new and expecting families face with their mental wellness.

We believe fathers are an integral part of pregnancy and birth and encourage fathers to join and value the journey of new moms and babies whenever possible.

**Did you know one in 10 fathers experience Paternal Postpartum Depression and up to 16% of fathers suffer from an anxiety disorder during the perinatal period?**

(National Institute for Children's Health Quality)

To further support the emotional needs of the entire family, we launched **Circle of Dads** and **Couples Becoming Parents** to give fathers and couples a safe space to learn more about their relationships, manage their stress, and prepare for the transition to parenthood.



# PROGRAM HIGHLIGHTS

## PRENATAL CARE

We believe *early care is everything*. Our team works to ensure that women are connected to early and consistent prenatal care.

Prenatal Care Coordinators completed **3,245 intakes** and performed **mental health screenings for 99.6% of these clients**.

The Community Liaison team had **817 visits with local providers**.



## POSTPARTUM CARE

Postpartum care is an essential piece of maternal health care.

A recent addition to our programming is Postpartum Care Coordination. In its first year with only one coordinator, **113 postpartum intakes** were completed with an additional **138 women served** through outreach efforts.

## PRENATAL SCREENING

HMHB reviews the Prenatal Risk Screen of every pregnant woman in Palm Beach County who consents to participate.

Our Prenatal Risk Screeners reviewed **10,237 screens** to identify risk factors of local pregnant women. That is an **18% increase from the previous year**. This team made initial contact with **7,133 expecting women**.



## OUTREACH EDUCATION

The Outreach Education team made contact with **1,405 pregnant women** and **referred 1,102 women** to HMHB services.

HMHB also hosted **145 classes** on topics including childbirth, breastfeeding, infant CPR and safety, and prenatal yoga that were attended by **1,375 pregnant women and support partners**.



# PROGRAM HIGHLIGHTS

## GROUP PRENATAL CARE

CenteringPregnancy® served **690 women** which is a **16% increase** from the previous year. **97% of the participants** delivered babies with a healthy weight (over 5.5 pounds) and **96% of participants** delivered after 37 weeks gestation.

HMHB is accredited by the Centering Healthcare Institute and is one of six Centering programs in the state of Florida.



## TEEN MOM MENTORING

Caps & Cribs matched **64 teen mothers** from **15 different high schools** with a mentor. **49 teens improved** or maintained effective problem solving skills. **26 new mentors** completed training.

The program is expanding to allow continued mentorship for young moms as they make the transition to college or trade school.



## PANTRY FOR INFANTS

Basics4Babies Emergency Pantry for Infants served **13,471 children** with **479,525 diapers**, **13,530 formula containers**, and **1,428 infant food packs**.

There was a **20% increase in children served** with growth across all items distributed since the previous year.



## DOULA TRAINING

During this fiscal year, **11 doulas completed their certification** and **18 women were accepted and trained** in a new cohort through Stronger Together: Doula Support for Black American Women.

**53 matches were made between HMHB clients and Stronger Together doulas.**



Photo taken at Gentle Birth Center.



# FINANCIALS

## Fiscal Year 2022-2023



### Support and Revenue

Children Services Council	\$4,424,054
Government Grants	\$175,447
Foundation Grants	\$509,322
United Way	\$297,837
Contributions	\$163,797
Specials Events	\$127,448
Interest Income	\$32,654
Realized/Unrealized Gains on Investments	\$1,922
Other Income	\$1,145
In-Kind Contributions	\$765,138
<b>Total Revenues</b>	<b>\$6,498,764</b>

### Expenses

Program Services	\$5,069,337
Management and General	\$668,394
Fundraising	\$198,575
<b>Total Expenses</b>	<b>\$5,936,306</b>
<b>Net Assets Beginning of Year</b>	<b>\$1,809,849</b>
<b>Net Assets End of Year</b>	<b>\$2,372,307</b>

### Assets

Cash & Cash Equivalents	\$349,324
Certificate of Deposits	\$204,655
Investments	\$481,421
Grants & Contributions Receivable	\$766,758
Inventory	\$597,853
Prepaid Expenses	\$31,413
<b>Total Current Assets</b>	<b>\$2,431,424</b>
Security Deposits	\$97,368
Property and Equipment Net	\$61,949
Operating Lease net	\$26,173
Finance Lease, net	\$34,122
<b>Total Assets</b>	<b>\$2,651,036</b>

### Liabilities and Net Assets

Accounts Payable	\$12,712
Accrued Compensated Absences	\$121,108
Refundable Advances	\$96,779
Operating Lease	\$13,150
Finance Lease	\$9,409
<b>Total Current Liabilities</b>	<b>\$253,158</b>
Lease Obligations - Finance	\$25,571
<b>Net Assets</b>	
Without Donor Restriction	\$2,086,387
With Donor Restriction	\$285,920
<b>Total Net Assets</b>	<b>\$2,372,307</b>
<b>Total Liabilities and Net Assets</b>	<b>\$2,651,036</b>



It is with dedicated support from local funders and partners that we are able to achieve these outcomes. We thank our major funders below and recognize every corporation, foundation, individual, and volunteer who invests in our mission.

**HEARST** foundations

