

**Healthy Start Arkansas: Supporting Healthy Childbirth for Marshallese and
Latinx Parents
Transcript**

Emri Luther. Healthy Start Care Coordinator: Back when I was pregnant with my first child, I had to do things on my own in regards to setting up an appointment for myself and signing up for Medicaid myself. It would have been a big relief for me if I knew that Healthy Start exists.

SUPER: Through her work at Healthy Start, Emri provides families with the support she lacked during her first pregnancy.

SUPER: The program targets the Marshallese and Latinx community in Northwest Arkansas and is funded by the CDC through UAMS in its efforts to promote community-clinical linkages.

Sarah Moore, MS, RN. Assistant Director, UAMS Community Health and Research: Healthy Start is a maternal child health program. We do home visiting and provide education to women of childbearing age, basically trying to influence negative birth outcomes that can happen from lack of prenatal care. We get people connected to OB-GYNs and prenatal care, education, resource and everything they need to have a healthy pregnancy.

Emri Luther: A lot of Marshallese that I work with wouldn't really seek and get the help that they need because of language barrier.

Carolina Vargas. Healthy Start Care Coordinator: There's a lot of access to translators, but they're either over the phone or they're a medical assistant that has a full time job. And so that's a large part of my job, is making sure they can go well-equipped to their next appointment.

Sarah Moore, MS, RN: A lot of the women, it's not that they don't want healthy pregnancy, but there's a lot of other things happening in their lives that are prioritized right then and being able to help address those social determinants type of issues makes a big difference and gives them the space to breathe and say, okay, now I can worry about a doctor's appointment and making sure that I'm doing what the doctor says.

Emri Luther: What I really like about this job is building trust, relationships, baby's health and mom's health is very important to me. The ones that have been in this program for a long time, they say that this program is life changing for them.

Sarah Moore, MS, RN: I am so proud of the work we're doing to keep birthing persons and babies healthy.

Emri Luther: Thank you, CDC, for supporting our work.

Carolina Vargas: Together, we're improving health outcomes for the community.

SUPER: Helping people live their healthiest lives
cdc.gov/chronicdisease/healthequity