



BLACK INFANT HEALTH PROGRAM

| Adelanto | Apple Valley | Barstow |
| Hesperia | Victorville |

The BIH Program Offers...

10-Week Support Group

Topics Include:

- >healthy pregnancy: preterm birth
- >nutrition and exercise
- >breastfeeding support
- >newborn care

Case Management

- >development of strengths, self-esteem & resiliency
- >linkage to resources and referrals
- >short/long term life planning (e.g. health, relationships, and finances)

Free Gifts and Baby Items



ELIGIBILITY

All Black women
16 years or older who are
pregnant or up to six
months postpartum

**NO INCOME
REQUIREMENTS**

DID YOU KNOW

Poor birth outcomes persist even when Black women have an optimal pregnancy, circumstances and environment

Black babies are 2x as likely to be born with a lower birth weight (less than 5lbs., 8oz.)

Black mothers are nearly 4x more likely to die from pregnancy-related causes than white mothers



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What BIH Offers...

- >A sisterhood
- >Health and wellness support
- >Stress management tools
- >Supports cultural beliefs and values
- >Increase self empowerment
- >Free gifts and baby items

Eligibility

All Black women
16 years or older who are pregnant or up to six months postpartum

NO INCOME REQUIREMENTS



DID YOU KNOW

- >Black babies are 2x more likely to be born with a low birth weight (less than 5lbs., 8oz.) than infants of other racial or ethnic groups
- >Black mothers are nearly 4x more likely to die from pregnancy-related causes than white mothers
- >Poor birth outcomes persist even when black women have a pregnancy at optimal age, have a high income, or are well educated

Infant Mortality Rate, San Bernardino County, 2008-2019



Source: California Center for Health Statistics, Vital Statistics, Death Statistical Master File
a Center for Health Statistics, Vital Statistics, Birth Statistical Master File



CONTACT US

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Screening

- > Edinburgh Postnatal Depression Scale (EPDS)
- >VIA Survey of Character Strengths
- >Rosenberg Self-Esteem Scale
- >Pearlin's Mastery Scale
- >Brief Resiliency Scale

DID YOU KNOW

- Optimal pregnancies, circumstance, and environments still leave Black women at risk for poor birth outcomes.
- Black babies are 2x more likely to be born with a low birth weight (less than 5lbs., 8oz.).
- Black mothers are nearly 4x more likely to die from pregnancy-related causes than white mothers.

Eligibility

All Black women 16 years or older who are pregnant or up to six months postpartum **NO INCOME REQUIREMENT**

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