

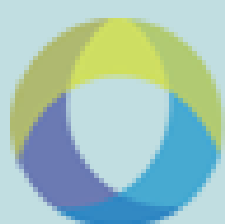
ENJOY OUR NEWSLETTER

Get the latest updates, inspiration, and action
focused on improving the health and well-
being of women, infants, and families in our
communities!



FOLLOW OUR PROGRESS!

www.gvph.org



GRANVILLE VANCE
public health

Centering
Pregnancy®



LifeLines: Women, Babies, Communities



We’re excited to welcome you to the inaugural edition of LifeLines, our Women’s Health newsletter—your resource for updates, inspiration, and action focused on improving the health and well-being of women, infants, and families in our communities!

At GVPH, we believe every family deserves a healthy start. That’s why we’re committed to reducing infant mortality in our communities by promoting evidence-based practices like CenteringPregnancy®, a group prenatal care model that empowers and connects expecting mothers, and Infant Safe Sleep, a vital approach to protecting our youngest community members during their most vulnerable months.

In each issue, we’ll share program updates, community stories, health education, and ways you can get involved in creating stronger, healthier beginnings for all.

Thank you for joining us on this journey. Together, we can create a future where every community member has the opportunity to thrive!

With gratitude,
The Women’s Health Team
Granville Vance Public Health



Meet our Team:
Women’s Health
@ GVPH



CenteringPregnancy®
Highlight



Infant Safe Sleep
Highlight

6-Month Review



Collaboration Corner: Ann Riley at ACIM and Deanna Gardner at Mother Love, Inc. Thank you for your help!



Interested in more information?
Follow us on social media :

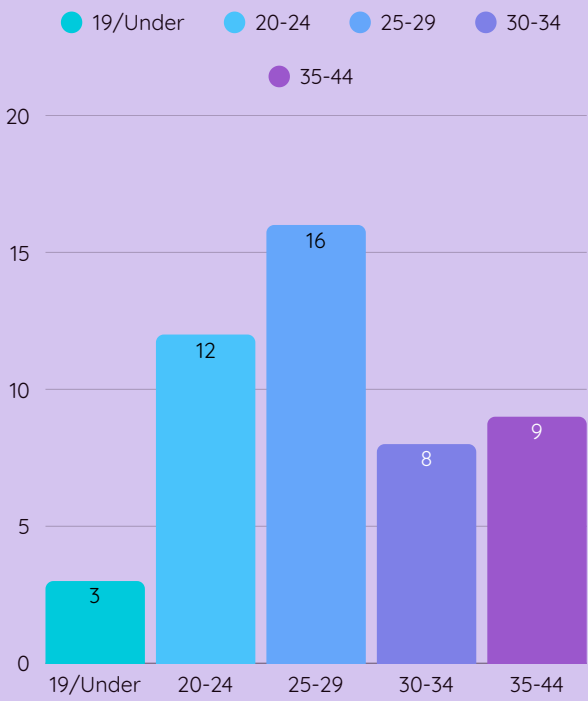




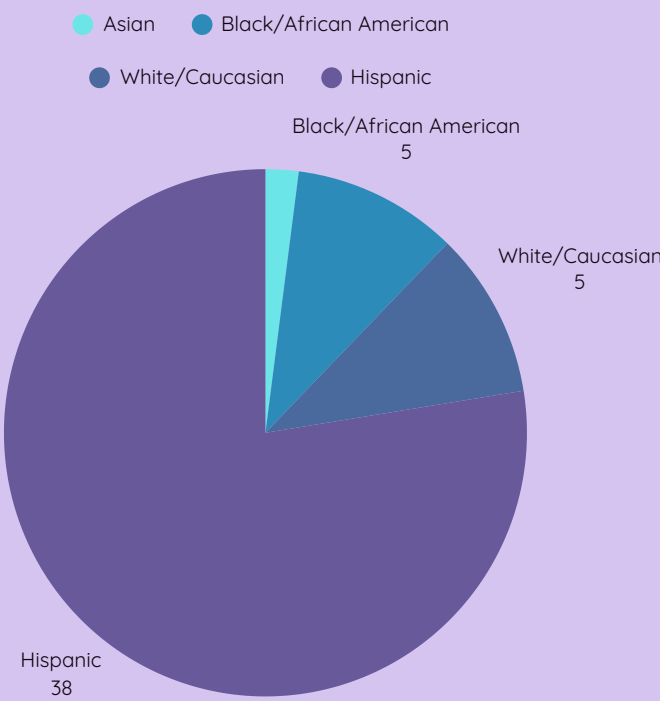
Total
48



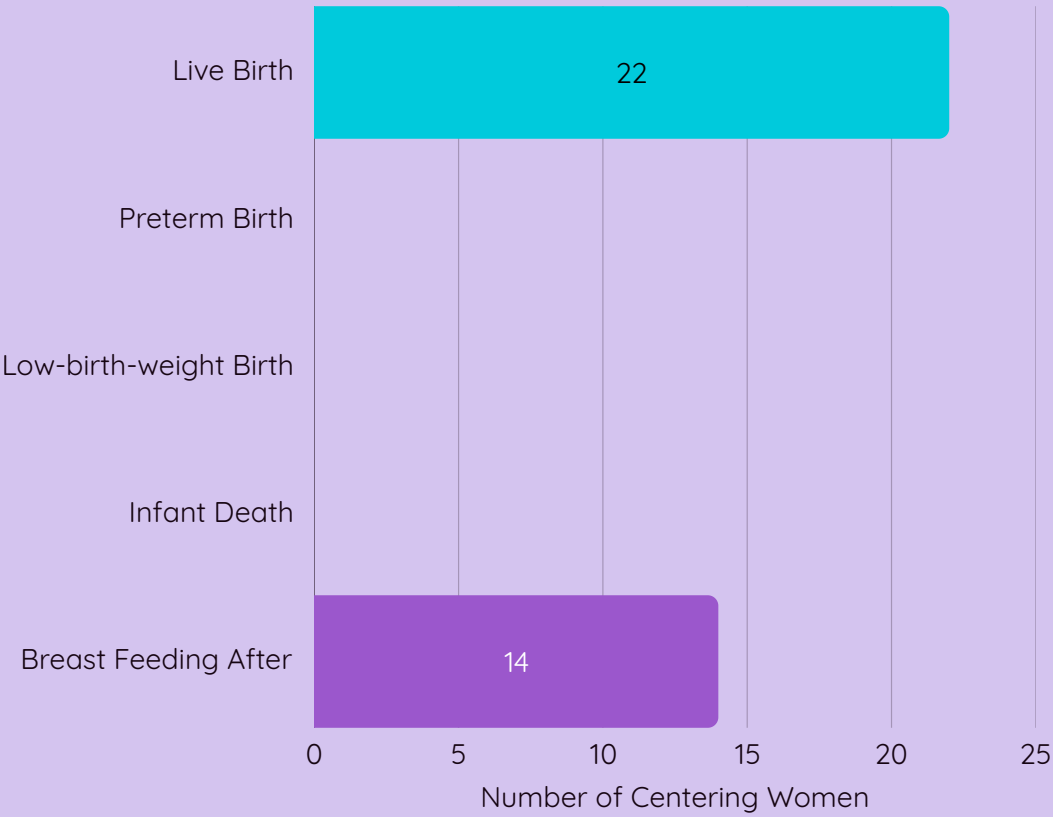
Centering Women by Age Group (# participants)



Centering Women by Race/Ethnicity %

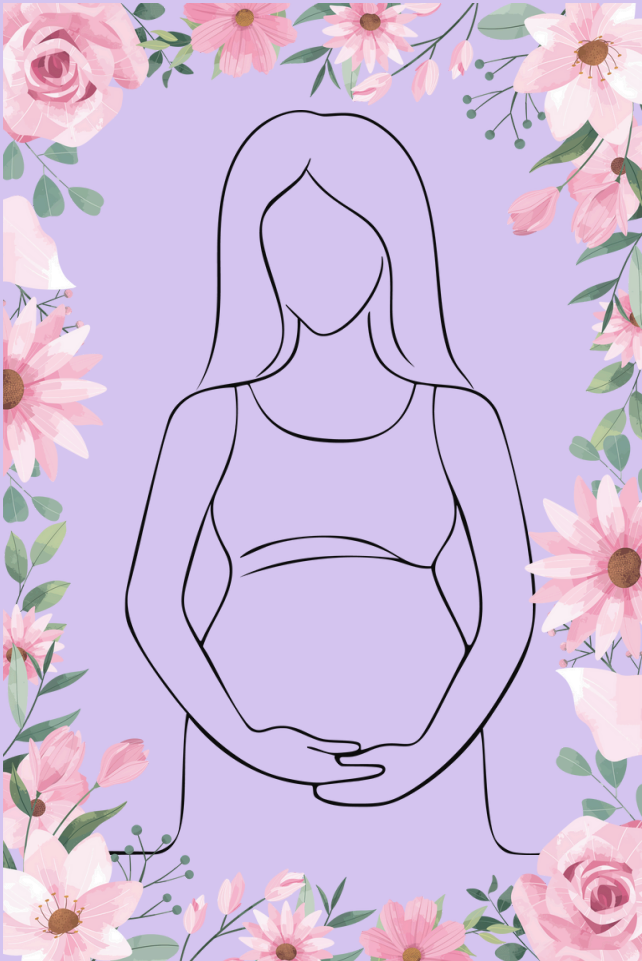


Results/Statistics



Zero low birth weights and zero preterm deliveries out of patients that delivered during report period.

Centering Attendance Across 6 Groups



Patient Testimony From Survey:
“This is the best way to have OB care. This was my third pregnancy and 2nd time in Centering. I learn something new each time I come.”

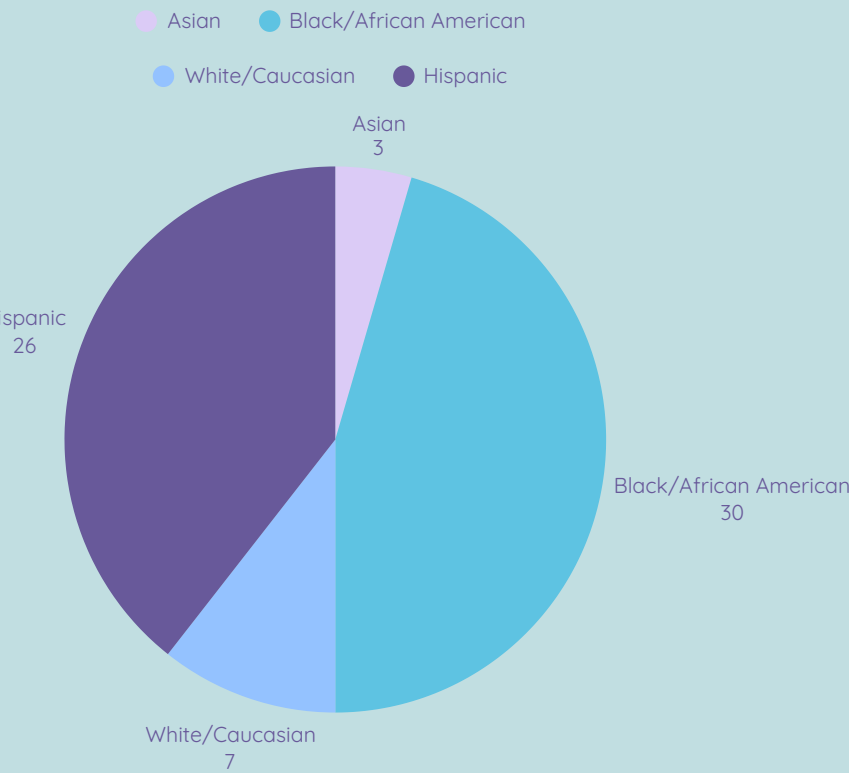
Infant Safe Sleep

Dec. 2024-May 2025 Bi-Annual Data Report

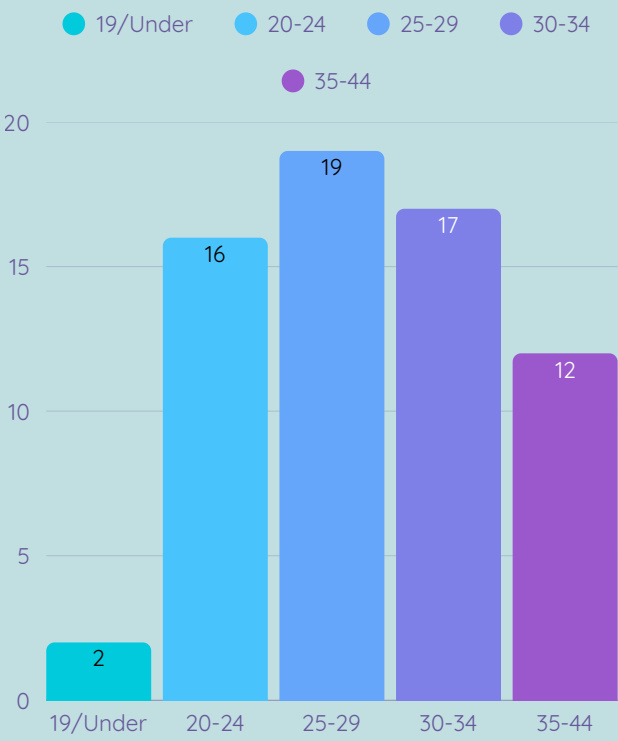


Total
66

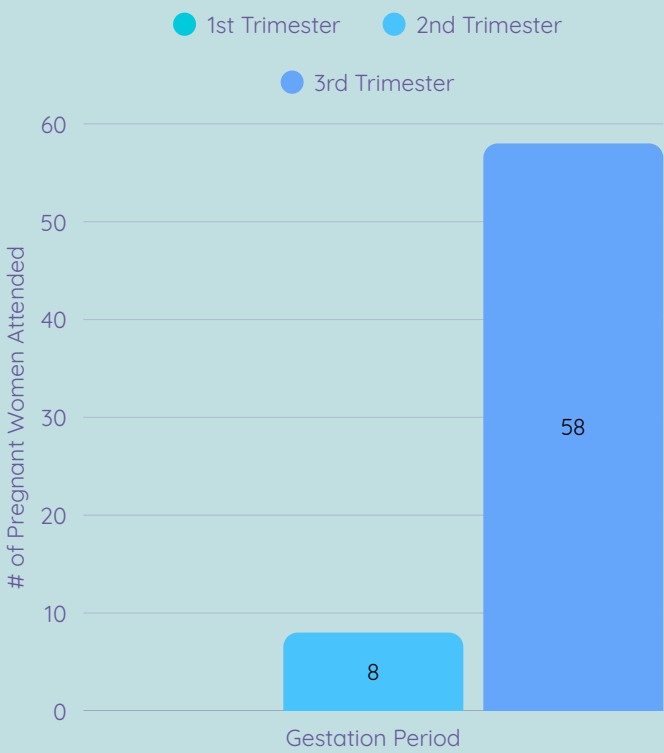
Safe Sleep Women by Race/Ethnicity



Safe Sleep Women by Age Group



Patient's Gestation During Session

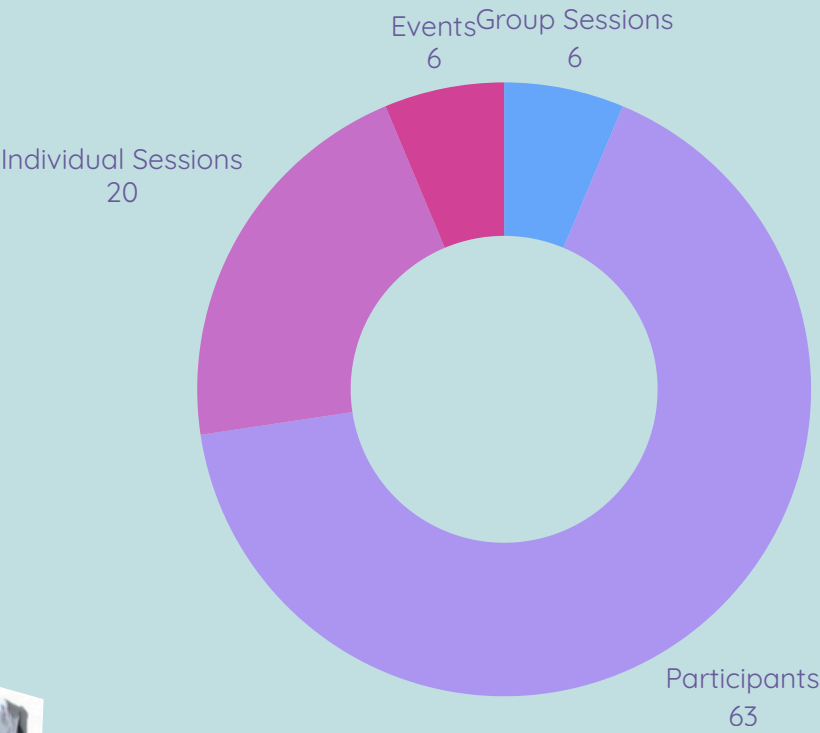


MedServe Fellow, Chelsea Lytle, and Richard, The Baby

120 Cribs
Given to
Expecting
Mothers!



Results/Statistics



Real Patient
Testimony:

“My daughter didn’t have anything. It will be very helpful for us. Thank you so much.”

MEET THE WOMEN'S HEALTH TEAM @ GVPH

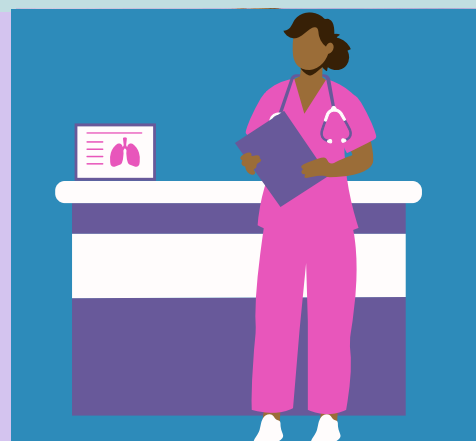


CAROLINE BREWER, RN

Registered Nurse, Coordinator for
Centering Pregnancy and Maternal
Health, Safe Sleep Ambassador,
Centering Facilitator

TAMMIE DAVIS, RN

Registered Nurse, Coordinator for Safe Sleep,
Maternal Health and Family Planning Nurse,
Centering Facilitator



LINDA HUGHES, FNP

Women's Health Provider, Centering
Facilitator

ROCIO CREWS, RN

Registered Nurse, Family
Planning Coordinator



CHELSEA LYTLE, MA

Medical Assistant to Linda Hughes, Safe Sleep
Ambassador, Centering Facilitator, MedServe
Fellow

PAM THARRINGTON, CNA

Certified Nursing Assistant,
Community Health Assistant



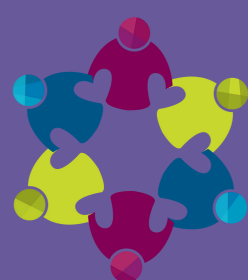
FATIMA GUTIERREZ

Translator for Maternal Health and
Family Planning, Safe Sleep and
Centering Facilitator

ELIZABETH LUGO

Translator for Maternal Health and
Family Planning, Safe Sleep and
Centering Facilitator





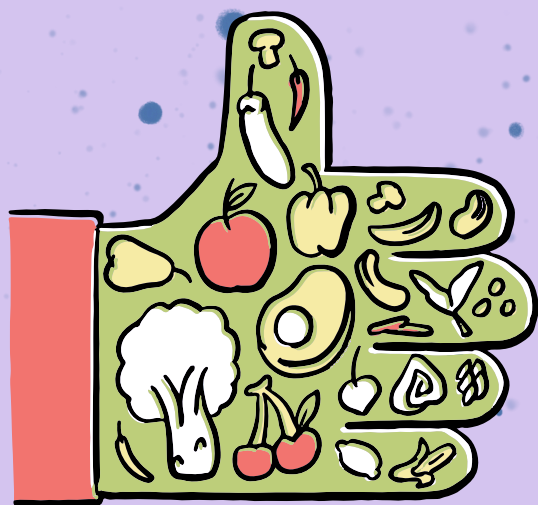
CENTERING PREGNANCY HIGHLIGHT!

Maintaining a Healthy Diet

During pregnancy, healthy nutrition is more important than ever. What you eat directly affects your baby's growth and development and the way you feel.



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What to eat!

Protein (2-3 servings daily), folic acid (400-1,000 mcg daily), calcium (1,000-2,000 mg daily), iron, omega 3 essential fatty acids (250 mg daily), and vitamin and mineral supplements!



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What to avoid!

Uncooked eggs or meat, unpasteurized cheese or milk, sushi (raw fish), and fish with high levels of mercury)



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Exercise!

Recommended 30 minutes 5 days a week, must be able to keep a conversation while exercising. Advise against any activity that may cause trauma or you to fall

Join Centering!

It is prenatal care that includes a traditional health check-up with additional time and attention in a group setting.



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SAFE SLEEP HIGHLIGHT!

ABC's Of Safe Sleep!

This fun acronym creates an easy way to remember the safest way for baby to sleep. Don't forget your ABC's of Safe Sleep!

A B C

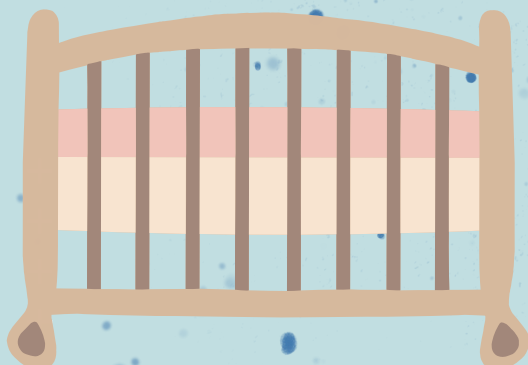


Alone

Place babies to sleep alone in their own crib, bassinet, or playpen. Avoid co-sleeping with parents, siblings, or pets.

Back

Position babies on their backs to sleep for all naps and nighttime sleep. This reduces the risk of Sudden Infant Death Syndrome (SIDS).



Crib

Use a firm, flat crib mattress with a fitted sheet. Remove all soft objects, such as pillows, blankets, stuffed animals, and bumper pads from the crib.

Take the Class

Safe Sleep at GVPH offers pregnant women with the opportunity to learn more and with an incentive.

