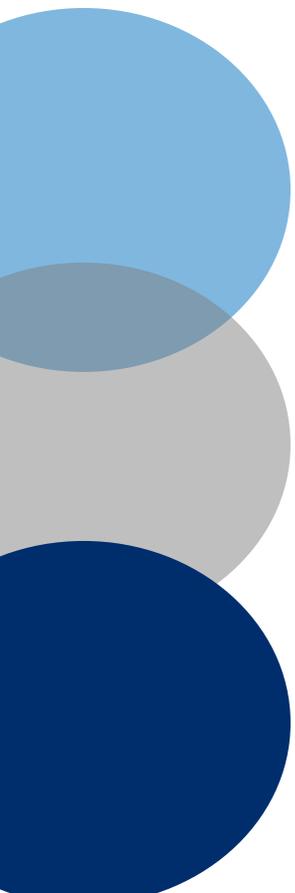


# FIND YOUR FIT

Take Action Guide

*Organizational Pledge*

MATERNAL, INFANT & CHILD HEALTH





# Organizational Pledge

## Maternal, Infant & Child Health

## Table of Contents

Copy of Find Your Fit Organizational Pledge .....	2
Healthy Tri-County Overview .....	2
Beginner Level Action Items Checklist .....	3
Intermediate Level Action Items Checklist .....	4
Appendix .....	5
Acknowledgements .....	7
Additional Support, Contact Information .....	7

# Organizational Pledge

By downloading this Take Action Guide, you've decided that something needs to change in the healthcare conversation in our community. Find Your Fit as part of Healthy Tri-County is designed to give you the tools and resources you need to be an agent of change. You're encouraged to take the pledge at <https://www.healthytricity.com/take-pledge> to demonstrate your commitment.

Thank you for your part in improving health and well-being in the Tri-County.

We pledge to take an active role in the health and well-being of our organization's employees, their families, and their communities.

We pledge to make health and well-being a cornerstone of our organization's culture.

We pledge to provide safe and reputable education and resources to our employees regarding health topics associated with our work and their lives.

We pledge to hold our organization accountable as a key stakeholder in our employees' healthcare outcomes.

## Healthy Tri-County

**Mission: Improve the health and well-being of every person and community within the Tri-County region**

Healthy Tri-County (HTC) is a regional initiative to improve the health and wellbeing of every person and community in Berkeley, Charleston and Dorchester counties. This initiative grew out of collaborative work by MUSC Health, Roper St. Francis Healthcare and Trident United Way on the 2016 Tri-County Community Health Needs Assessment. It became clear that facilitating impactful health efforts would require the engagement of diverse community stakeholders using the principles of collective impact.

HTC realized that the potential to achieve real change as outlined in [Our Health, Our Future: Tri-County Health Improvement Plan 2018-2023](#) (TCHIP) would be made more effective if put into the hands of the community. Find Your Fit supports HTC in achieving the goals and recommendations of the TCHIP, the first comprehensive health improvement plan in our region that provides concrete recommendations and action steps for improving health outcomes that can be carried out by a wide range of local organizations, groups and individuals.

*HTC is powered by Trident United Way in equal partnership with Roper Saint Francis Healthcare and MUSC Health.*



### Available Services

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- Convert a room in your facility into a breastfeeding room for recent mothers on staff  
 One-time
- Offer infant and child CPR certification classes to employees  
 Bi-annually [Links to reputable training providers given on page 6](#)
- (Faith-based Groups Only) Offer family planning services  
 Ongoing
- (Faith-based Groups Only) Host maternity and/or childbirth classes  
 Monthly

### Community Action

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- Host a maternal, infant and child supply drive to donate items to local women's shelters, community centers, or free clinics  
 Bi-annually

### Culture

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- Post materials around your facility on the signs and symptoms of postpartum depression  
 Update annually [Links to printable materials provided on page 6](#)

### Policy

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- (Education (k-12) Sector Only) Ensure toys and drinking cups are BPA free  
 Ongoing



### Available Services

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- (Academia and Education Sectors Only) Talk to students about what challenges they are facing outside of school with access to contraception  
 Semesterly
- (Faith-based Groups Only) Offer baby and child needs assistance to single parents of children aged 0-5  
 Ongoing

### Awareness

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- (Academia and Education Sectors Only) Hold a student forum to understand and correct misconceptions about contraceptive options  
 Semesterly

### Policy

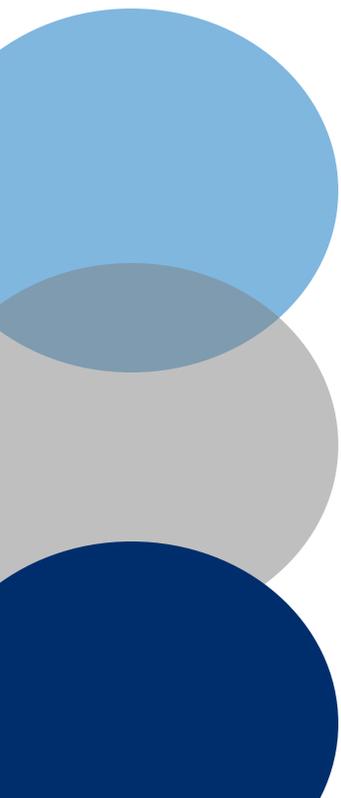
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- Provide paid maternal/paternal leave to employees  
 Annually
- Provide stipends for, or on-site child care  
 As needed
- Review your organization's insurance plan for prenatal, delivery, and pre-term birth coverages – update if necessary  
 Annually
- (Education (k-12) Sector Only) Review sex education curriculum for opportunities to update data, educational materials and resources  
 Annually

# FIND YOUR FIT

Appendix

MATERNAL, INFANT & CHILD HEALTH





## RESOURCE

### Infant & Child CPR Certification

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**Why become CPR certified?** CPR – or Cardiopulmonary Resuscitation – is an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple chances of survival after cardiac arrest.

**American Red Cross** is a leading provider of CPR certification classes in the county. Although you hope you'll never use CPR for a child or infant, it's important to know the steps so that you can help in the event of a cardiac or breathing emergency. The Red Cross provides a printable step-by-step guide which you can simply print and place them in your car, your desk, your kitchen or with your other first aid supplies, then read over them from time to time to help maintain your skills. You may also elect to take a certification course. The cost of these certification courses can range from \$68 to \$104 depending on type of class. *from redcross.org/take-a-class/cpr*

[Click to Register for a Scheduled Course](#)

[Click for Printable Step-by-Step Guide](#)

### Links to Printable Postpartum Depression Materials

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Posting materials like these linked below can not only raise awareness of postpartum depression, but they can also impact quality of life. Consider posting these fact sheets in a common space in your facility like a breakroom, restroom, etc.

[Click for PPD FAQ Flyer](#)

[Click for PPD Fact Sheet](#)

# Acknowledgements

Developing Find Your Fit has been a long and intentional process, and required many individuals and organizations to come together.

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Access to Care Sub-Committee of the Tri-County Health Improvement Plan

Behavioral Health Sub-Committee of the Tri-County Health Improvement Plan

Clinical Preventive Services Sub-Committee of the Tri-County Health Improvement Plan

Maternal, Infant & Child Health Sub-Committee of the Tri-County Health Improvement Plan

Obesity, Nutrition & Physical Activity Sub-Committee of the Tri-County Health Improvement Plan

## Additional Support Contact Information

Questions or concerns about content you've been provided in this guide, contact [FindYourFitCampaign@tuw.org](mailto:FindYourFitCampaign@tuw.org)

Interested in becoming more involved in the Tri-County Health Improvement Plan or one of its targeted sub-committees, contact [HTCsupport@tuw.org](mailto:HTCsupport@tuw.org) for more information about an upcoming Healthy Tri-County orientation session.

For information on volunteering with Trident United Way, contact [volunteer@tuw.org](mailto:volunteer@tuw.org)