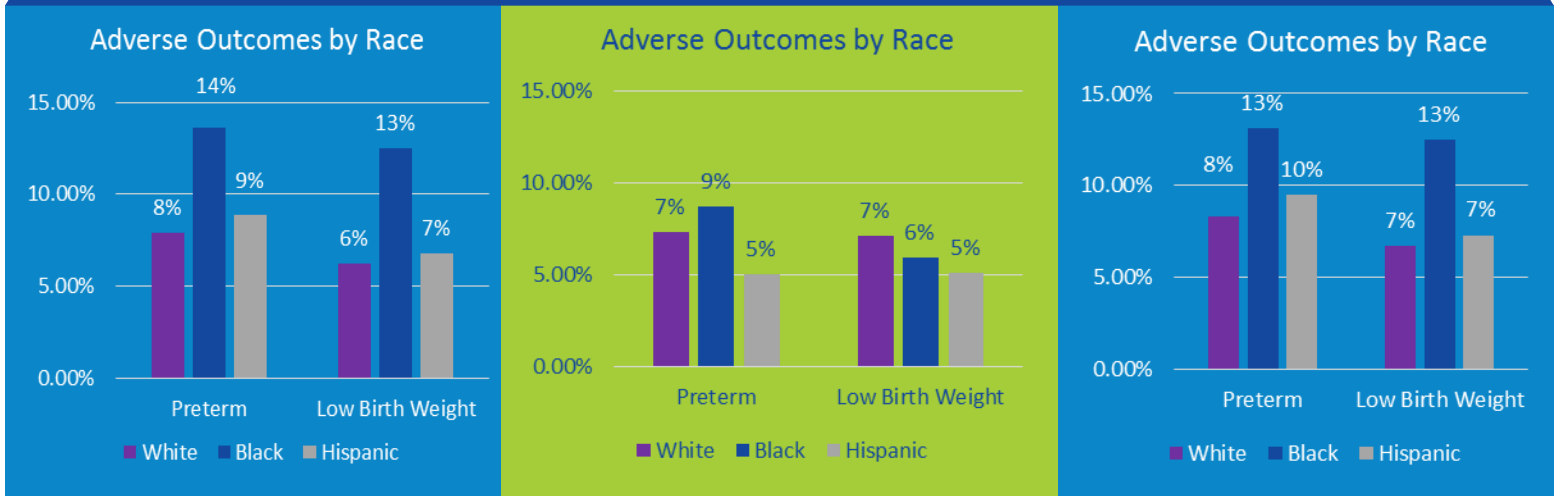
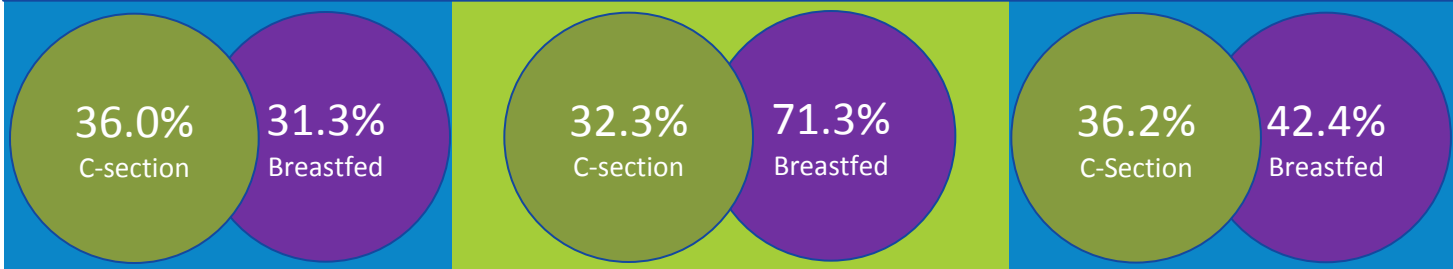
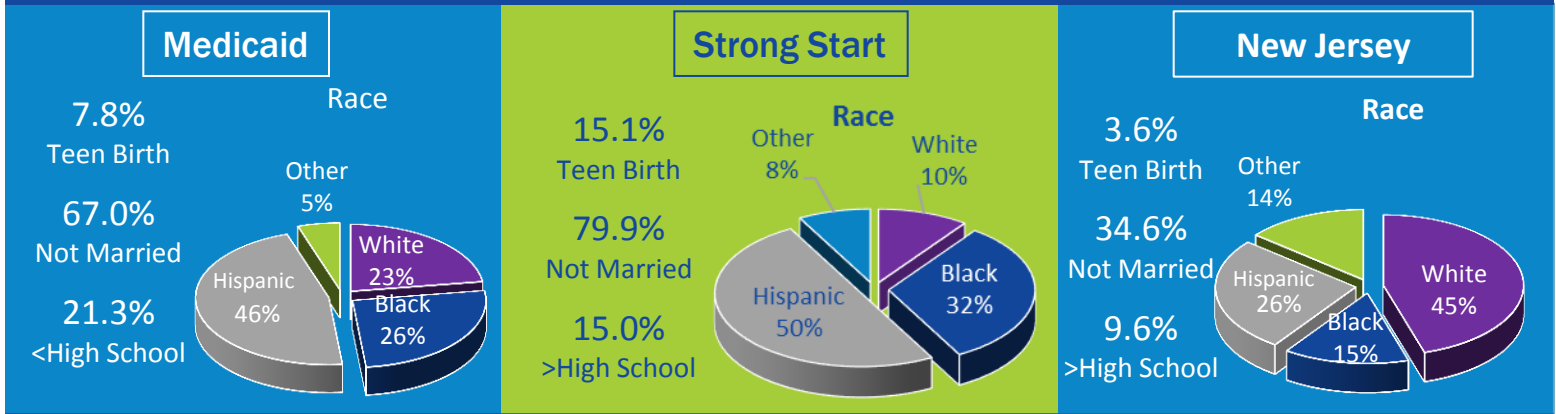


# Strong Start for Mothers and Newborns

Central Jersey Family Health Consortium (CJFHC) received a four year, \$1.7 million Strong Start grant from the US Department of Health and Human Services, Centers for Medicare and Medicaid to improve pregnancy outcomes. CJFHC is serving as the convener to implement the CenteringPregnancy® Model in primarily the central region of New Jersey. NJ's Strong Start project supports enhanced prenatal centering group care for women at-risk for preterm birth enrolled in Medicaid. CenteringPregnancy® is an evidence-based comprehensive yet flexible model of group prenatal care that integrates health and physical assessment, education and support into a cohesive program within a group setting. Groups of eight to twelve women with similar gestational ages meet together, learning care skills, participating in a facilitated discussion, and developing a support network with other group members.

Below is a brief comparison between Strong Start participants, Medicaid participants and all New Jersey births.



Preliminary results show for black and Hispanic women, Strong Start is a viable alternative to traditional prenatal care. Participation is associated with decreased risk of adverse birth outcomes.

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