

2022

# Annual Report

On a mission to prevent infant death and improve the outcome of pregnancy in our community.



Healthier  
Moms &  
Babies



# A Letter from the Director



We have a long road ahead of us to ensure every baby reaches their first birthday, but we know, thanks to your support, we'll continue to make strides.

In 2022, Healthier Moms and Babies' board, staff, partners, volunteers and donors showed unparalleled dedication to our mission of reducing the infant mortality rate in Allen County. Each and every one of them wears their heart on their sleeves and supports this community with an above-and-beyond approach. I am awed at their commitment and generosity to uplift our most vulnerable neighbors through programming, resources and education.

This last year, in addition to our ongoing in-home programs and educational classes, we collected 100,000 diapers and wipes during our second annual Community-Wide Diaper Drive. But we didn't stop there. Our team mobilized diaper distribution, delivering 22,000 diapers in November and December to 441 babies in our area.

While we celebrate these accomplishments, we still have work to do. As we continue to help our littlest community members lead healthy, happy lives, it's important to step back and look at their families, too. Infant mortalities and maternal mortalities go hand-in-hand, and according to the 2022 Indiana State Department of Health Infant Mortality Report, Indiana has the third highest maternal mortality rate in the nation.

Mental health is a crisis for mothers in our country, affecting one in five women. And these conditions impact not only mothers, but also their babies and families. Many of Healthier Moms and Babies' families have expressed a need for mental health services, so we added a therapist to our staff in 2022. It's the first step of many to ensure maternal mental health needs are met.

We have a long road ahead of us to ensure every baby reaches their first birthday, but we know, thanks to your support, we'll continue to make strides. Thank you for helping us meet the moment of every family in our community.

Gratefully,

Paige Wilkins

# A Note from the Board Chair

The first time I learned about Healthier Moms and Babies' mission—to reduce infant mortality—I knew it was an organization I would passionately serve. This organization provides crucial programming, education and resources that families need as they prepare for and care for our community's littlest citizens.

Healthier Moms and Babies is here to help, in whatever form that comes in. From in-home nurse visits to dependable diaper delivery, to mental health support. From blood pressure checks, to healthy food consultations, to smoking cessation. Help looks like different things to different people, and I'm proud that Healthier Moms and Babies doesn't use a one-size-fits-all approach. We get to know our families, and find answers and resources that will help them live their best lives.

2022 was a year of reflecting and planning, as we prepared to launch our new identity at the beginning

of 2023. Part of that process was defining how we communicate who we are, and what we stand for. That's reflected in our tagline, Bold Compassion. Anyone who has welcomed a newborn knows it changes your life forever. You become bold—bold of spirit, bold of strength, bold of stamina, bold of compassion. Nothing could be truer not only of our families, but of the support systems we create to take care of them.

As the saying goes, it takes a village. We are proud that you're a part of our village.

With bold compassion,



Mary Anne Roach

## Board of Directors

**Board Chair: Mary Anne Roach**

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**Erin Norton**, Parkview Health

**Sarah Noack**, Faegre Baker Daniels LLP

**Magistrate Sherry Hartzler**, Allen County Superior Court

**Kelsey Knight**, Client Advisory Council

# Home Visiting

Our home visitation programs embody our bold compassion as we provide mentorship and in-home support early in pregnancy until after the baby is born. By meeting our families where they are in their journey, we help proactively address the leading causes of infant mortality and empower our moms, dads, and caregivers.

## TERRIAH'S STORY

While healing from major surgery, Terryiah found she was pregnant with her first child. As she prepared for her growing family, she received crucial education, support, and coordination of resources from her nurse home visitor. Terryiah also received services from our doula coordinator, benefiting from the support while in the hospital. Her nurse home visitor will continue to meet with Terryiah until baby Felix is two years old, monitoring milestones, coordinating support, and empowering Terryiah and her family to create a healthy future.



**306**  
babies born



**5,549**  
home visits



**929**  
women served

# Fatherhood

## CARLOS'S STORY

Carlos connected with our programming as he was preparing to be a new dad with his partner, Christy; as Christy gained insight from her home visitor, Carlos sought a father-centered support system. In his one-on-one sessions, Carlos received education on what to expect during Christy's pregnancy and encouragement on how to support his growing family. He values the community he found with the biweekly dad's group. The ability to share, learn, and grow with other members of his community has helped shape who he is as a father.

Children with involved fathers and positive role models have a strong foundation for child well-being and are at a lower risk for poor birth and childhood outcomes. Our fatherhood initiative provides mentorship, education, and a community for dads, partners, and caregivers to learn and grow.



# Cribs for Kids

Unsafe sleep is one of the leading causes of infant mortality—and it can be prevented. Every family in our programs is educated on the importance and best ways to practice safe sleep; if they don't have a safe place for their baby to sleep, we can provide a pack-n-play. We work to understand and remedy barriers preventing our families from creating safe sleep environments.

## ADRIANA'S STORY

Adriana enrolled in our home visitation services, seeking help with her twin pregnancy and support in her native language. With two babies on the way, Adriana's needs doubled. Without Healthier Moms and Babies, Adriana and her family would not have been able to afford a safe place for her babies to sleep. Their case manager delivered two pack-n-plays, provided encouraging education, and continues to check in during their monthly visits to ensure they continue creating a safe sleep environment.



**141**  
pack-n-plays  
distributed



**100%**  
of families educated on  
importance of safe sleep

# Maternal Mental Health

## MAYRA'S STORY

Through sessions with our licensed therapist, Mayra uncovered and processed her trauma and abuse; this barrier caused her to sacrifice her health and well-being. Through one-on-one treatment and our women's empowerment group, she gained confidence and acceptance. Prioritizing your mental and physical health is crucial in creating a healthy future for your whole family. Mayra has found peace and continues to build up the other women in her empowerment group.

Through one-on-one therapy and empowerment groups, mental health is a priority for each of our families. Our 2023 infant mortality report found that nearly half of the respondents struggled with mental health-related stressors. We screen every client for perinatal mood disorders and support the whole family.



122

families served



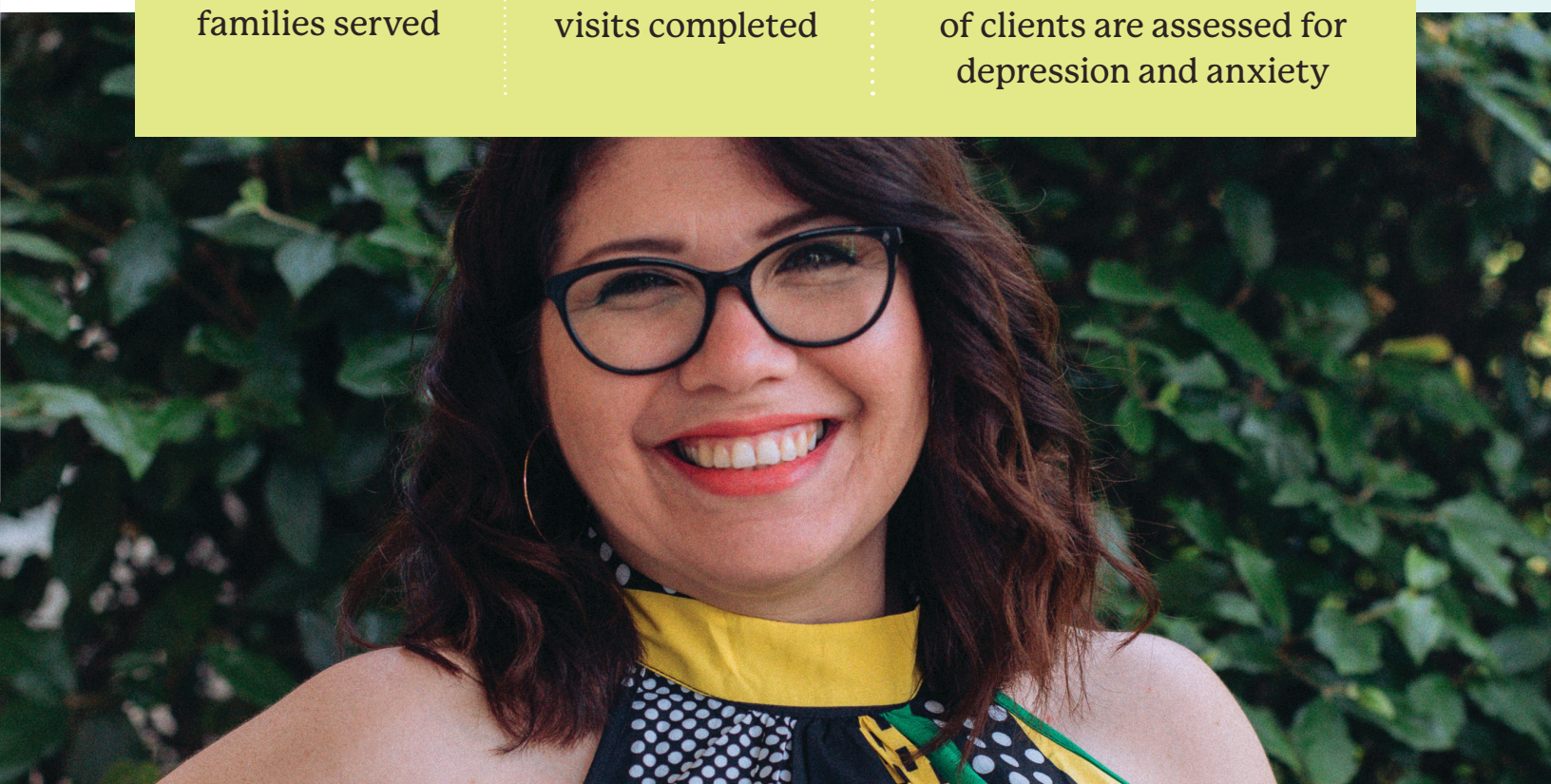
535

visits completed



98%

of clients are assessed for depression and anxiety



# Own Your Journey

When our Own Your Journey participants own their journeys, they're establishing healthy groundwork that will follow them for generations to come. Led by knowledgeable facilitators, each group learns accountability, goal-setting, and the importance of prioritizing their personal wellness. By creating a healthy lifestyle before they choose to become pregnant, they reduce their risk of poor birth outcomes in the future.

## LUZ'S STORY

After a difficult pregnancy, Luz joined Own Your Journey to learn how to maintain a healthy lifestyle with young children, practice self-care, and address her personal needs. In our wellness classes, fellow moms discuss goals, experiences, and hardships. With a community of like-minded women, Luz felt more sure of herself as a mom and as an individual; she began prioritizing her own needs as well as the needs of her family. Empowered by the confidence she gained, Luz joined our women empowerment group to continue on her journey.



**97%**  
set long-term,  
achievable goals



**82**  
women  
participants



**82%**  
women who  
completed a well visit



# Diaper Distribution

In November, we were excited to increase our ability to address the diaper need in our community. Starting with our clients, we began distributing up to 50 diapers per child per month.

In March of 2023, we launched this initiative to the public with the debut of our Dar Richardson Hopper Mobile Unit. In just the last two months of 2022, we provided over 22,000 diapers for over 400 babies in our community. By providing diapers, we're addressing a need that can otherwise lead to a higher risk for poor birth outcomes and complications. By keeping babies clean, dry, and healthy, we help reduce anxiety and stress for the families as well as the risk of rash or infection for the babies.



# Doula Support

We care about being the right resource, for the right person, at the right time. Through the launch of our doula services, we can support our families and help them achieve the healthiest, most satisfying experience possible.

Our doula coordinator began serving clients in late 2022; her five new doulas were trained in early 2023 and are excited to start providing this free service to our parents. Having a doula can decrease the risk of a NICU visit, reduce the need and use of pain medication, and overall improve the birthing experience.



**IN EVERYTHING WE DO,  
WE DELIVER BOLD COMPASSION.**

Our success is made possible by the support of our donors. By choosing to invest in our families, you're investing in the future of Northeast Indiana. Stephanie Crandall has been a long-time advocate and CareGifter for Healthier Moms and Babies. As a director of intergovernmental affairs at the City of Fort Wayne, Stephanie cares about uplifting our neighbors so that they can thrive for generations to come.

“  
**Our community is strong when our families can thrive. When parents have the support they need, they can provide better care for their children and set them up on the right path for growth and development.**



# Stephanie's Impact

# Irene's Impact



**WE WORK TO PROVIDE THE BEST SERVICES AND RESOURCES FOR OUR FAMILIES, UPLIFTING AND SUPPORTING THEM EVERY STEP OF THE WAY.**

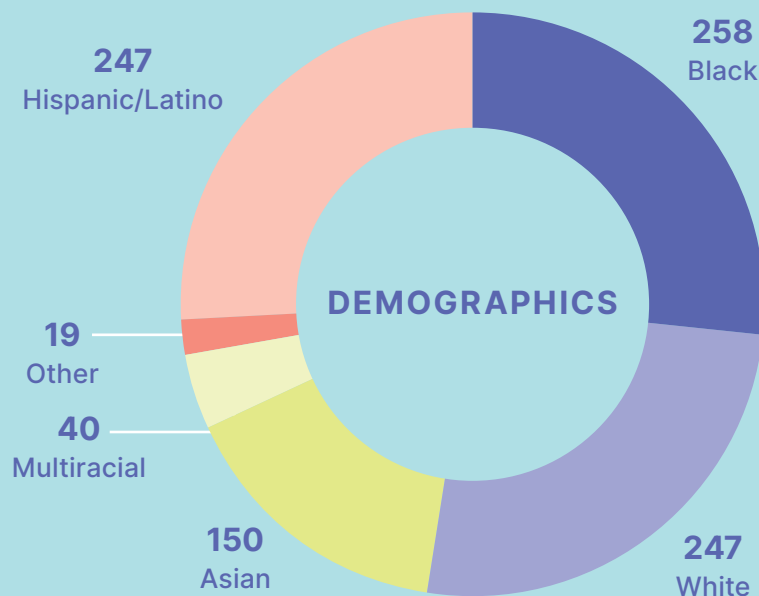
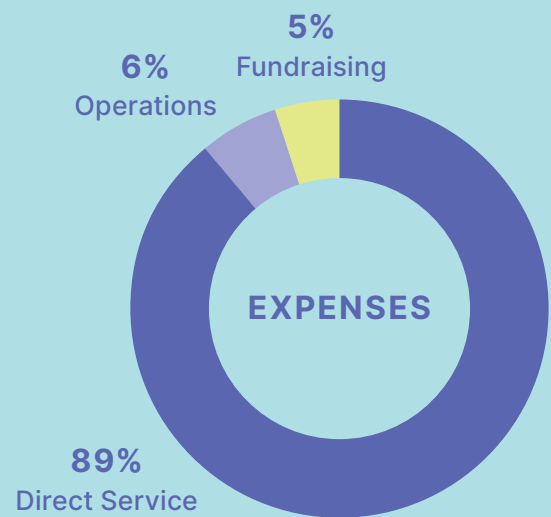
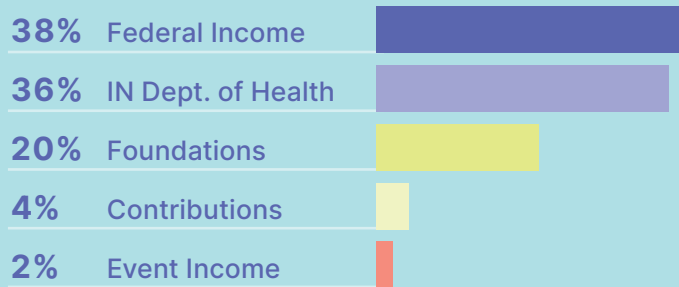
Our success is driven by the dedication of our community advocates and volunteers. Irene Wagley began volunteering in the summer of 2022; as we prepared to expand our diaper outreach, we needed committed volunteers to help us serve as many families as possible. After 46 years as a NICU nurse, Irene is passionate about our mission and the babies and families in our community. She often brings her friends and neighbors to volunteer with her, spreading her enthusiasm for Healthier Moms and Babies.

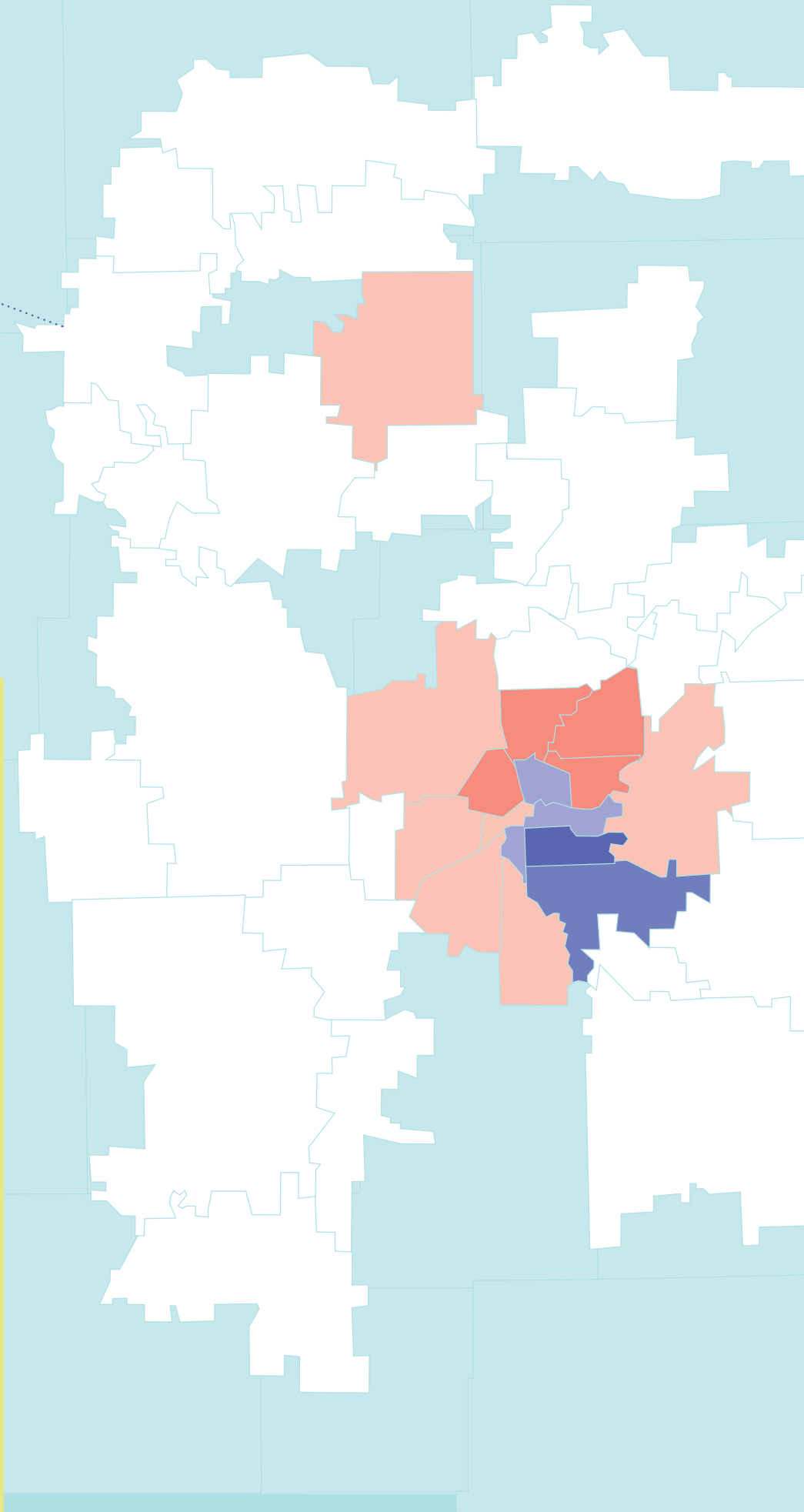
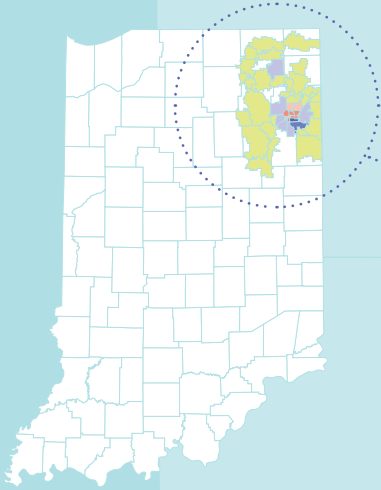
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**Our future is here at our doorstep, and we shouldn't turn our backs. Caring for moms and infants makes for a better future and outcomes!**

# By the Numbers

IMPACTS	HMB	Allen County	Indiana	National
Infant Deaths	2	51	522	19,532
Preterm Rate	7%	10%	10%	10%
Sleep-Related Deaths	1	7	104	2294
Low Birth Weight	12%	9%	8%	8%
Maternal Deaths	0	0	60	861

## REVENUE





## ZIP CODES SERVED

**<10** People Served

46571, 46703, 46725, 46733, 46738, 46750, 46760, 46770, 46792, 46795, 46800, 49091, 46706, 46745, 46748, 46761, 46765, 46773, 46783, 46787, 46793, 46797, 46710, 46788, 46845, 46732, 46741, 46743, 46814

**10-29** People Served

46701, 46767, 46755, 46804, 46809, 46818, 46774, 46819

**30-59** People Served

46802, 46825, 46835, 46808, 46807, 46815

**60-99** People Served

46805, 46803

**100+** People Served

46816, 46806



## Fighting for Firsts

In the fall, we hosted our annual Fighting for Firsts fundraising campaign and celebration. Throughout the month of October, our Champions spread awareness, raise donations, and Fight for Firsts. Our ten community leaders raised over \$31,000 for our families! On November 4th, we were able to gather in celebration and raise more funds for tiniest neighbors.

**Donations Raised:** Over \$50,000

**Grand Champion:** Martin Carbaugh



## Diaper Dash

Our annual Diaper Dash 5K Family Walk/Run brings out families, runners, community members, and more for a causal morning walk, run, and stroll. This year, our dashers donated diapers, wipes, and more to help reduce diaper need among their most vulnerable neighbors. Each donation helps support our families and our mission!

**Dashers:** Over 170

**Funds Raised:** Over \$3,800

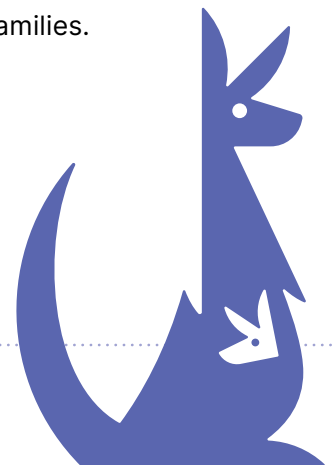


## Community-Wide Diaper Drive

In June, we hosted our second annual Community-wide Diaper Drive. Our community blew us away, donating over 100,000 diapers and wipes throughout our 74 donation drop sites. Creating a healthier future takes the whole community—each business, organization, or individual donor impacts all our families.

**Diapers:** Over 36,000

**Wipes:** Over 70,000



## 2022

### Sponsors

Fort Wayne Pediatrics  
Enfamil  
Old National Bank  
Women's Health Advantage  
MDWise  
AEP - Indiana Michigan Power  
MHS  
Ash Brokerage  
Lutheran Health Network  
Three Rivers Federal Credit Union



### Foundations

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AWS Foundation  
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Charlie Tippmann Foundation  
City of Fort Wayne Community Development Block Grant  
Community Foundation  
Community Foundation of Noble County  
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Eric and Mary Baade Charitable Trust  
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Health Resources and Services Administration  
Indiana State Department of Health  
Journal Gazette Foundation  
Lutheran Foundation  
Mary Cross Tippmann Foundation  
O'Rourke-Scof Family Foundation  
Owen and Jean Pritchard Foundation  
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PHP Foundation  
PNC Foundation  
Rolland Foundation  
Schneider Foundation  
St. Joseph Community Healthy Foundation  
The Waterfield Foundation  
United HealthCare Services, Inc.  
Zollner Foundation

To see our full list of donors, please visit:  
[healthiermomsandbabies.org/2022-donors](https://healthiermomsandbabies.org/2022-donors)



Healthier  
Moms &  
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**Bold Compassion.**