



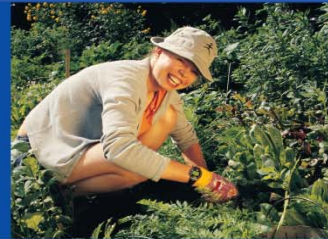
Region of Waterloo

PUBLIC HEALTH

Partnerships in Waterloo Region and Prenatal Classes for Youth

Joanne Enders

Region of Waterloo Public Health



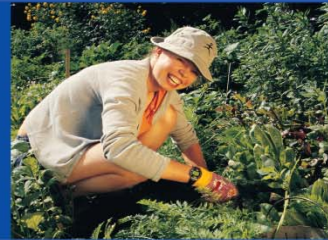


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- Located in southwestern Ontario, one hour west of Toronto
 - Population: 507,000 people live in Waterloo Region (2001)
- Waterloo Region: total live births to women 15-19 years of age in 2003
 - 208
- Registration to youth prenatal classes in 2003
 - 149





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Youth Prenatal Classes Overview

- 6 week series
 - Early prenatal
 - Labour and birth
 - Postpartum
- 6 sessions throughout the year at two different locations (KW & Cambridge)
- Wednesdays 4:00 – 6:00 pm
- “Welcome Call”





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Youth Prenatal Classes Overview

- Free
- Supports are welcome
- Bus tickets
- Snack
- Gift each week – knitted blanket on graduation
- Graduation certificate
- Public Health Nurse facilitates





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Youth Prenatal Classes

- Registration

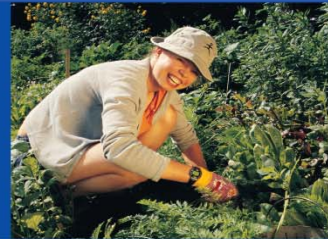
- 2001 – 2006

- Range: 134-195 annual registration
 - Average: 164 participants registered each year
 - Provision of additional concurrent program often required at Cambridge location

- Rate of Attendance

- 2001 – 2006

- On average 80% of participants registered come to program



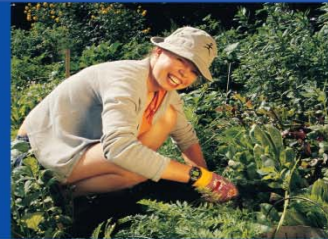


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Prenatal Classes Partnerships

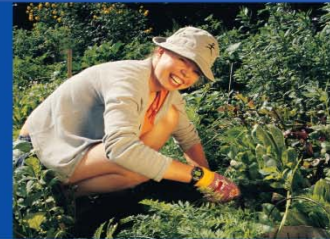
- Cambridge Location
 - Cambridge Memorial Hospital
 - Promotion and registration at Prebirth Registration Clinic
 - Immediate referral and consultation with both the dietitian and social worker at time of Prebirth appointment





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Prenatal Classes Partnerships

- Cambridge Memorial Hospital
 - Provision of room for classes and storage space for materials within hospital setting
 - Until recently, on-site catering
 - Hospital dietitian and social worker attend as guest speakers during each 6 week series



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Prenatal Classes Partnerships

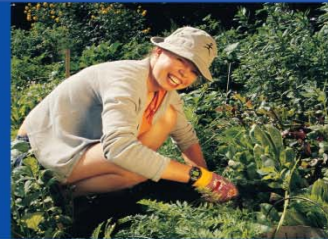
- Dietitian

- General nutrition in pregnancy information
- Specific nutrients and meal planning
- Healthy weight gain



- Social Worker

- Adjustments to parenting
- Budgeting
- Facilitates on-site postpartum support group



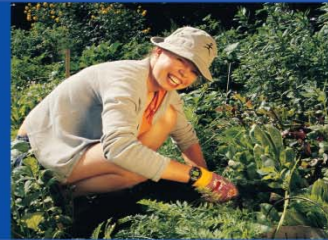


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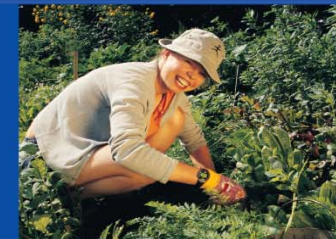
Additional Partnerships

- Family Health Program, Region of Waterloo
- St. Monica House
- Project Linus
- Pregnant and Parenting Youth Network (Cambridge and Kitchener/Waterloo)
 - Created “Pregnancy Planner” for distribution to all youth attending prenatal classes





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Additional Partnerships

Pregnant and Parenting Youth Network Membership

- Family and Children Services
- Counselling agencies
- Hospitals
- House of Friendship
- Community Health Centre
- Breastfeeding Buddies
- Lactation Consultant
- Ontario Early Years Centres
- Marillac Place (home for single moms)
- St. Monica House (residence for pregnant youth)
- Outreach Worker Program
- Social Services
- ROOF (support for homeless youth)
- Nurse Practitioner
- Waterloo Catholic District School Board
- KW Sexual Assault Support Centre
- YWCA of Cambridge
- Cambridge Self Help Food Bank
- Monica Ainslie Place (home for single moms)
- Cara's Hope (home for pregnant youth)

Additional Services for Pregnant Youth



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- Canada Prenatal Nutrition Program
 - On-going support throughout pregnancy and early postpartum period
 - 5 sites throughout the Region of Waterloo
 - Public Health Nurses, dietitian on site
 - Food bank
 - Childcare
 - Transportation
 - Guest speakers – Doula, massage therapist, taxation consultant, housing representative, credit counsellor
 - Off site trips to OEYC, local library, market



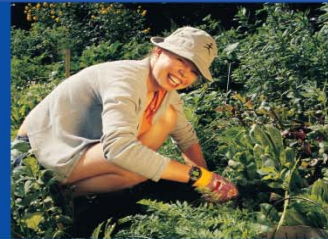


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Additional Services for Pregnant Youth

- Canada Prenatal Nutrition Program
 - youth specific site
 - St. Monica House
 - Host
 - Residence
 - Educational credit
 - Counsellors
 - Direct referral to youth prenatal classes



Additional Services for Pregnant Youth

- Canada Prenatal Nutrition Program
 - Steering Committee
 - Fresh food to sites
 - Market dollars
 - Subsidized bus passes





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Questions?

