

Quarterly
**PERINATAL
NEWSLETTER**



Quarter 1 — 2025

Welcome to the Perinatal Quarterly Newsletter! We hope you enjoy the shared information. If you have any information you would like to share or questions about this month's content, please contact Emily Belinski at ebelinski@uphcs.org.

The UP Perinatal Quality Collaborative meets virtually for bimonthly meetings. **Meetings occur the third Tuesday of every other month from 9:00 a.m. to 11:00 a.m. ET** (subject to change).

Upcoming meetings:

- **Tuesday, February 18, 2025**
- **Tuesday, April 15, 2025**

You must register for each bimonthly meeting you wish to attend.

[Register for a Virtual Meeting](#)

After registering, you will receive a confirmation email containing your unique information about joining the meeting virtually.

The Zoom meeting link and agenda are sent after registering.

To regularly receive meeting registration links, agendas, and minutes, please email cbalmat@uphcs.org.

Announcements

Addressing SDOH is the road to health equity.



SDOH Month

Governor Whitmer proclaimed January 2025 as Social Determinants of Health (SDOH) Month in Michigan – a time dedicated to understanding and addressing the social, economic, and environmental factors that impact our health. From housing stability and food security to employment and community safety, SDOH profoundly shapes our well-being. Michigan Department of Health and Human Services is currently in Phase III of its SDOH Strategy, Michigan's Roadmap to Healthy Communities. Find out more about the strategy and each of its phases [here](#).

Legislation Update

The 2025 National Defense Authorization Act (NDAA), including legislation based on The Maintaining our Obligation to Moms who Serve Act of 2024 (The MOMS Act), was signed into U.S. law on December 23, 2024. The MOMS Act legislation supports the perinatal mental health of members of the U.S. armed forces and their beneficiaries by requiring the establishment of an evidence-based pilot program. More information, from the Maternal Mental Health Leadership Alliance, is available [here](#).

Advancing Healthy Births Grantees Announced

The Region 1 Perinatal Quality Collaborative, through a partnership with the Michigan Perinatal Quality Collaborative, is providing mini-grant funding for fiscal year 2025 to improve birth outcomes, reduce health disparities, and address root causes of these disparities. A request for proposals was released in November of 2024, and the following organizations and programs were selected from among the applicants:

UP Family Doula Care, LLC for their **BirthWorks with UPFDC program** to expand child birth education classes across the U.P.

MoxieMoms for their **ResilieNt** program to provide nurses and healthcare workers with hands-on

learning experiences that will expand support for families experiencing perinatal grief and bereavement in the U.P.

Rooted: Nourished Beginnings for their **Initiating and Elevating Postpartum Services in the U.P.** program to provide postpartum home visiting services and prenatal education classes focused on understanding and preparing for the postpartum period.

Doulas of Marquette, LLC for their **Expanding Access to Childbirth Education and Movement for Birth for Rural UP Families** program to provide comprehensive childbirth education to families in the U.P.

Postpartum Healing Lodge, LLC to support their **Indigenous Doula Practicum** program to create a formal support network for a select group of Indigenous Doulas in the U.P.

Congratulations to all of our Advancing Healthy Births grantees!

Care Coordination Survey

Upper Peninsula Health Care Solutions and the Region 1 Perinatal Quality Collaborative would like your help determining the future direction of the R1PQC Care Coordination Work Group. This survey is for R1PQC members and anyone else interested in promoting perinatal health in the Upper Peninsula of Michigan.

Click [here](#) to complete the brief survey, and feel free to share it with others.

Events

MARQUETTE COUNTY CAR SEAT PROGRAM

Check Event



MARQUETTE COUNTY CAR SEAT PROGRAM (MCCS) PROVIDES CHILD PASSENGER SAFETY EDUCATION, SEAT CHECKS AND FREE CAR SEATS FOR QUALIFYING FAMILIES.

WHEN: FEBRUARY 9TH FROM 1PM - 5PM

WHERE: 2801 VENTURE DR, MARQUETTE MI



SCAN TO SCHEDULE AN APPOINTMENT

APPOINTMENTS ARE STRONGLY ENCOURAGED TO CUT DOWN ON WAIT TIMES. APPOINTMENTS ARE REQUIRED FOR FAMILIES SEEKING NEW SEATS

FOR ADDITIONAL INFORMATION CONTACT
LACY ANDERSON AT 906.458.5678



Mother Infant Health & Equity Collaborative (MIHEC) Meeting

Thursday, February 13, 1:00 p.m. – 3:00 p.m. ET

Register [here!](#)

Quarterly MIHEC meetings bring together communities and multi-sector partners from across Michigan to address maternal and infant health.



Doulas and Disparities: Supporting Pregnant People and Addressing Racial Inequities in Maternal Health

Wednesday, March 20th at 12 p.m. – 1 p.m.

This session will highlight the physical, emotional, and informational support doulas provide, both in and out of hospital settings. Register [here!](#)

Resources

Vaping and Pregnancy Factsheet

Shared by Amy Nosal

Information on vaping during pregnancy is limited and sometimes contradictory. While the gold standard remains abstinence, there is much debate yet about vaping if it's an attempt to reduce smoking. The Boston Children's Hospital offers an easy-reading educational resource, the Vaping and Pregnancy Factsheet, available for download on their Vaping, Teens & Pregnancy webpage: <https://www.childrenshospital.org/programs/pediatric-environmental-health-center/patient-resources/vaping-teens-pregnancy>. The factsheet uplifts the reality that vaping delivers more nicotine than cigarettes, along with numerous other chemicals that cause harm.

NASACW Cannabis Webinar Series

This two-part webinar series from the National Center on Substance Abuse and Child Welfare (NCSACW) explores the effects of parents' use of cannabis during the prenatal period.

Session 1:

[Cannabis Use During Pregnancy and While Breastfeeding: What Have We Learned?](#)

Session 2:

[Understanding Safety and Risk Concerns for Infants, Children, and Adolescents When Parents Use Cannabis](#)

FAF Safe Sleep Study

The “Mothers Falling Asleep During Infant Feeding” study explored interventions to prevent FAF – falling asleep while feeding an infant – which could potentially reduce the risk of sudden unexpected

infant death. The study highlights the importance of planning for safe sleep.

Read the article [here](#)!

OASH - New Resources Available Now - Talking Postpartum Depression Campaign

The U.S Department of Health and Human Services' Office on Women's Health is offering new resources as part of their Talking Postpartum Depression Campaign: four downloadable postpartum depression fact sheets targeted toward specific populations. These resources, and others, can be found on the OASH Toolkit webpage:

<https://womenshealth.gov/talkingPPD/toolkit>

Infant Product Recall

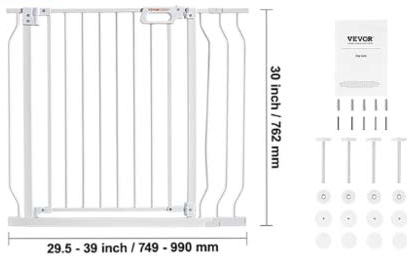


Baofali crib bumpers recalled due to suffocation hazard and violation of Federal Ban on Crib Bumpers. Bumpers were sold exclusively on Temu.com by Unique Person Home Goods. Consumers should immediately stop using and remove the recalled crib bumpers from the crib. View the [recall](#) for more details on the hazards present and how to contact the manufacturer.

Guava Family recalls **Roam strollers** due to fall and injury hazards. Consumers should immediately stop using the recalled strollers. View the [recall](#) for more details on the hazards present and how to contact the manufacturer for a free repair kit.



Sanven Technology recalls **Vevor baby gates** due to entrapment hazard and other violations. Consumers should immediately stop using the gates. View the [recall](#) for more details on the hazards present and how to contact the manufacturer.



Job Postings

- **Community Health Worker**

LMAS District Health Department

View details [here](#)

- **Home Visiting Initiative (HVI) Family Support Worker**

Western UP Health Department

View details [here](#)

- **Mental Health & Substance Use Disorder Counselor**

Western UP Health Department

View details [here](#)



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