



Black Infant Health Program (BIH) Fact Sheet

Did You Know?

- That African-American women are *4-times* more likely to experience life threatening health complications from pregnancy than Caucasian women, regardless of their socioeconomic status?
- That African-American babies are *twice* as likely to be *low in birth weight* (less than 5 pounds 8 ounces) than those of other racial or ethnic groups?
- That African-American babies are almost *three-times* as likely to die in their first year of life?

Program Goals

- Empower women, build resilience, and reduce stress.
- Enhance bonding and parenting skills.
- Connect women to medical, social, economic and mental health services

Program Overview

- 20 group sessions with complementary case management** to support women's health and healthy pregnancies.
- Builds on strengths by empowerment.
- Culturally-sensitive for people of African American descent.

Services are provided by BIH staff located in 15 local health jurisdictions where over 75% percent of African-American infant births and infant deaths occur. To locate assistance in your area, please see our [BIH Coordinator Directory](#).

**Case management services include:

- Support with: nutrition, pre-term labor, domestic violence, breastfeeding, stress management, car seat safety, self-esteem, goal-setting, family planning, career and life skills, coping skills, healthy partner relationships, financial planning, *and more!*
- An Individual Care Plan (ICP) which identifies clients' goals, strengths, needs, barriers.
- Referrals for prenatal, interconception, pediatric, and mental health care; and social service and educational needs.
- Case conferencing to monitor the progress clients have made in achieving the goals identified in their ICPs.