

Organization: Pitt County Public Health Center**County:** Pitt**Address:** 201 Government Cir.
Greenville, N.C. 27834**Phone:** 252-902-2319**Website:** <http://www.pittcountync.gov/depts/health/>**Project:** Education Sessions for Lay Health Advisor Training*****Below are excerpts from their final report*****

About the Project: The Resource Moms program serves African American women of childbearing age who are considered to be at-risk for premature births and/ or poor pregnancy outcomes. We currently have two Resource Moms on staff, each having a caseload of 12 clients. All 24 women were recruited and 19 participated and completed the training.

With the N.C. Healthy Start funding we were able to conduct six educational sessions for our Lay Health Advisors.

Session #1 was conducted on February 25, 2009. The title of this session was "Eat Smart Move More."

Session #2 was conducted on March 4, 2009. The title of this session was "Cooking on a Budget" (through the Expanded Food and Nutrition Educational Program / EFNEP).

Session #3 was conducted on March 18, 2009. The title of this session was "Smoking Cessation."



Session #4 was conducted on March 25, 2009. The title of this session was "Help! I Can't Cope Anymore" and "Folic Acid."

Session #5 was conducted on April 8, 2009. The topic of this session was "Keeping It Real, STD Reality Check."

Session #6 was conducted on April 15, 2009. The title of this session was "Parenting, Knowing Your Values and Beliefs."

During each session we were able to empower and inform our Lay Health Advisors. Different guest speakers, who were experts on the topics, facilitated the trainings for the participants. They received t-shirts, tote bags, pens and mints so they could be easily identified in the community as Lay Health Advisors. Participants will receive certificates for their participation and completion at the next PIMPAC meeting.

Successes: First and foremost, this grant has given a tremendous opportunity for 19 women to become informed, empowered and leaders within their community. It is priceless to see the positive effect that this training has had on their personal lives. The participants enjoyed coming and expressed their regrets that it had to end.



Secondly, the grant has potentially increased the number of clients that will be served through our agency. After the completion of the training, participants were encouraged to become advocates within their neighborhoods and communities. Participants immediately went to work after the first session. Since the implementation of the training, approximately 325 contacts were made through the Lay Health Advisors. These contacts will hopefully become possible consumers of the health department services.

The overall goal of the Resource Moms program is to reduce infant mortality. The grant has allowed us to reach a greater number of at-risk moms and to continue to do what we do best (“save more babies”).