



WHITEHALL FAMILY HEALTH CENTER DEVOTED TO DECREASING INFANT MORTALITY

WHITEHALL, OHIO – Heart of Ohio Family Health Centers (HOFHC) celebrated the kick of CenteringPregnancy® prenatal care with an Open House on Sept. 14, 2017 at the Whitehall Family Health Center. HOFHC began offering CenteringPregnancy classes for expectant mothers in July 2017 at the Whitehall Family Health Center located at 882 S. Hamilton Road in Whitehall. More than 100 people turned out to see the new CenteringPregnancy Room and hear from expectant mothers participating in the classes. The event was sponsored by Molina Healthcare.

Improving birth outcomes and reducing infant mortality rates can often be achieved through education and healthy choices like those offered in CenteringPregnancy. Infant mortality is a significant public health issue in Columbus. According to [Columbus Public Health](#), approximately three babies die before their first birthday every week.

What is CenteringPregnancy? Centering replaces traditional one-on-one visits with group visits. CenteringPregnancy brings 8-12 pregnant women, who are due at the same time, together for prenatal care. In a two-hour visit, women have a one-on-one assessment with the provider and plenty of time for group sharing and discussion. Women enjoy being with other women who have similar health concerns, giving them an opportunity to learn from each other and to make friends.

“Each of the 10 CenteringPregnancy sessions is two hours long—giving you ten times as much time with your provider team than at a regular prenatal visit,” CEO Marty Miller stated. “There is food provided and time for expectant mothers to get all their questions answered. It’s like having a lunch and learn with your provider.”

Benefits of Centering:

- More time with your provider
- Learn more about your pregnancy
- Meet other women due at the same time as you
- Partners, friends and family are welcome to join the group
- Be better prepared for birth and baby coming home
- Patients and providers say - “It’s better care!”

- No more waiting in the waiting room

All sessions are scheduled at the intake appointment and no waiting room is necessary. Women who participate in the CenteringPregnancy program are escorted to the Centering Room upon arrival for their group appointment.

For more information about CenteringPregnancy at Heart of Ohio Family Health Centers, call 614-235-5555 ext. 1178.

Heart of Ohio Family Health Centers' (HOFHC) mission is to provide high quality, sensitive care to meet the healthcare needs of our community. Since 2003, HOFHC has been serving high-risk, underserved communities including the growing non-English speaking population thanks to our diverse and bilingual team of clinicians and office staff. HOFHC is a Federally Qualified Health Center with HRSA funding and extensive grant and program implementation experience offering comprehensive healthcare services at two sites: Capital Park Family Health Center and Whitehall Family Health Center. Heart of Ohio specializes in family and women's health care including pediatrics, OB/GYN, wellness visits, pharmacy assistance, preventive care and education, especially regarding diabetes, breast cancer, and prenatal/postpartum care for new mothers.