

# Healthy Steps Works!

The evaluation of Healthy Steps by Johns Hopkins University compares Healthy Steps families with those receiving traditional care. Results, published in *The Journal of the American Medical Association* (December 17, 2003), show that Healthy Steps mothers are more likely to:

- Use positive health practices, such as ensuring that infants sleep on their backs (infants who sleep on their stomachs are at greater risk of SIDS)
- Discuss feelings of depression or anxiety with someone in the child's medical practice
- Interact with their toddlers in a more positive manner and pay more attention to their child's behavioral cues
- Use more positive and less harsh discipline strategies (i.e., avoid yelling, threatening, slapping, or spanking their children)

## Research Information

The purpose of this research is to evaluate the Healthy Steps program and its capacity and effectiveness on pediatric primary care and parental satisfaction with the services provided. Families with a newborn under the age of 2 months and whom intend to remain at their pediatric practice for a minimum of six months will meet criteria for participation. Enrolled families must also be residents of Miami-Dade County.

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*University of Miami Healthy Steps Program finanse pa "The Children's Trust". Trust la, ce yon lajan ke gouveman amerikin vote an referandom pou ke' li investi bien nan pwogram kap ameliorer la Vi Ti Moun ak fanmi yo nan Miami-Dade.*



*Education for Your Child's First Three Years*

# Healthy Steps: A Step in the Right Direction



**The Children's Trust**

Because All Children Are Our Children

## How Does Healthy Steps Work?

Healthy Steps focuses on children from birth until the age of three. The Healthy Steps team approach expands services provided by pediatricians by demonstrating a new, comprehensive approach to health care that helps support mothers and fathers in their new parenting role. The pediatric health care team includes a professional staff member, called a Healthy Steps Specialist, who serves as the effective link between the family, the pediatrician and the practice. The specialist represents an informed and caring professional who can additionally address concerns from families and help parents feel confident about their parenting skills by providing information to ensure the proper emotional, behavioral, intellectual, and physical growth of their child.

## University of Miami Healthy Steps Sites

**Jackson Memorial Hospital  
Ambulatory Care Center**  
1611 NW 12th Avenue ACC West (5C)  
Miami, FL 33136  
Healthy Steps Specialist: Nancy Becerra  
Telephone: (305) 905-4093  
Email: nbecerra@med.miami.edu

**UHealth Pediatrics– Kendall**  
8932 SW 97th Ave., Suite D, Miami, FL 33176  
Healthy Steps Specialists:  
Aja Levine & Yadira Diaz  
Telephone: (305)270-3495  
Email: alevine@med.miami.edu;  
y.diaz@med.miami.edu

**University of Miami Pediatric Associates at the  
Professional Arts Center - UM Medical Campus**  
1150 NW 14th St., Suite 410, Miami, FL 33136  
Healthy Steps Specialists:  
Patricia Gisbert & Lynn Mitchell  
Telephone: (305) 905-3915  
Email: pgisbert@med.miami.edu  
l.mitchell@med.miami.edu

**Roads Pediatrics**  
2525 SW 3rd Ave, CU-1, Miami, FL 33129  
Healthy Steps Specialist: Georgina Barahona  
Telephone: (305) 877-9142  
Email: gbarahona@med.miami.edu

**Healthy Steps Data Specialists:**  
America Rodriguez  
Telephone: (305) 243-1931

**Website:** [http://pediatrics.med.miami.edu/  
community-outreach/health-steps/](http://pediatrics.med.miami.edu/community-outreach/health-steps/)

## Healthy Steps Services

- Well-child visits with a clinician and Healthy Steps specialist
- Home visits offered at birth and key developmental stages
- A parent telephone information line
- Child development and family health check ups
- Written materials on important topics such as toilet training, discipline and nutrition
- Age appropriate books for parents to read to their children
- Parent information groups (complimentary diapers and wipes for all attendees)
- Referrals for children (i.e.: speech or hearing specialists) and parents (i.e.: maternal depression counseling)

