

Introduction

The MIHOW (Maternal Infant Health Outreach Worker) Program is a home-visiting organization based in Nashville, TN whose services reach populations across Kentucky, Tennessee, West Virginia and Mississippi. MIHOW employs local women to visit at-risk homes on a monthly basis, mentoring mothers and promoting healthy pregnancies, providing health education, and connecting families to necessary medical and social services for raising a healthy family. The program provides services to women from pregnancy until their child reaches the age of three.

Objectives

Gain exposure in program evaluation

Work with Appalachian populations

Formulate a thesis topic

Structure

Data Analysis

- Conducted descriptive statistics on MIHOW populations

Training

- Received and facilitated training in infant health

Group Facilitation

- Assisted with Renewal House sessions teaching child development, nutrition, physical exercise techniques, and building self-esteem

Program Evaluation

- Used REDCap to determine program effectiveness among mothers who attend Renewal House group sessions

Recruitment of Research Subjects

- Assisted with recruitment of Hispanic mothers to study

Collaboration with Public Health Organizations

- Participated in meetings regarding child development and home visitation

Shadowing MIHOW Sites

- Attended home visits in Kermit, West Virginia and Frakes, Kentucky
- Toured MIHOW sites and learned about their local impact

Discussion

- MIHOW's accreditation programs ensures their mission and goals are consistent, and allows their model to be used by other public health organizations.
- Working with mothers and new populations encouraged professional growth and provided new insights about "global health at home".
- Learning and participating in a successful home visiting model strengthened knowledge in public health intervention strategies and methods.
- Attending community health meetings demonstrated the tireless efforts of public health workers in small communities, who are committed to keeping them safe and healthy.

Lessons Learned

Value of human connection

Need remains throughout the U.S.

Importance of learning new strategies

Depth in building a healthy community

Unique challenges to field-based outreach

Importance of working with new populations

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MIHOW Outreach Worker



ABLE Families



Renewal House