



## Improving Pregnancy Outcomes Program

The **Improving Pregnancy Outcomes Program** works to promote women's health regardless of her pregnancy plans, across her reproductive lifespan, in an effort to improve health and pregnancy outcomes for women and their families. *Community Health Workers* provide education and support; connect women to preconception care if not pregnant, to early prenatal care if pregnant, and to social support services that encourage healthy behaviors to improve health outcomes.

**Community Health Workers** act as a "bridge" connecting women and their families to healthcare and services in the community. They help find programs, agencies, or doctors who can provide health promotion, screening, and interventions to reduce risk factors that contribute to poor pregnancy outcomes. This is done in a language women can understand from knowledgeable workers who are familiar with their community.

### **Community Health Workers can help:**

- Make appointments
- Get referrals to social services like WIC, parenting classes, and housing
- Help plan questions before healthcare visits
- Find answers to medical problems and treatments
- Apply for insurance
- Provide education and information on health related topics

Whether a woman is pregnant, recently gave birth, or planning to have a baby in the future, we can work with her to connect to programs to have a healthy pregnancy and baby.

**Community agencies can refer women and parents for services via Central Intake**  
For more information please call us at 732.937.5437 or visit [www.cjfhc.org](http://www.cjfhc.org)

### **About CJFHC**

The Central Jersey Family Health Consortium (CJFHC) is a non-profit agency that works to improve the health of women of childbearing age, infants, and children in the region together with hospitals, healthcare providers, and consumers.