

Center for MultiCultural Health: Mission and Approach

Multi-Cultural. It's not just an important concept. It is the very essence of who we are and what we do.

Since 1976, we have worked in partnerships with individuals, groups and organizations throughout the community. Our mission is to promote the health and well-being of diverse communities--including individuals from communities of color, individuals with limited English proficiency, immigrants and refugees--through innovative health advocacy, health promotion, disease prevention, and immigrant and refugee service programs.



Our approach is firmly grounded in the principle that effective responses to health issues must be generated in partnership with the community and meet evolving community needs. Therefore, we hire staff who reflect and understand the communities with which they work and who work through and within community networks to ensure support for our programs and services.



Promoting Health and Well-Being in Diverse Communities

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Center for MultiCultural Health

Be Healthy... for your baby's sake

*Infant Mortality Prevention
Program*



Center for MultiCultural Health:
Infant Mortality Prevention



Our Target Population:

Low-income African American women 15 to 40 years of age – with special focus on those 18 to 35 years of age—who live in King County.

What We Offer:

- * Culturally competent, client centered, preconception, interconception and prenatal education
- * Reproductive Life Plans
- * Referral Services
- * Small group educational sessions about infant mortality prevention
- * Facilitation of Community Dialogues on infant mortality

Babies are our pride and joy. And, as moms-to-be and new moms, we want our babies to be as healthy as they can be.

Unfortunately, African American babies die more often than — in fact two times as often as — white babies. But by taking good care of yourself before and during your pregnancy, you increase your chance to have a healthy baby.



A Healthy Baby Begins with a Healthy You:

Make yourself a priority...

- If you are sexually active, get tested for HIV/AIDS and other sexually transmitted infections
- Take a multivitamin everyday
- Find ways to manage stress effectively—do things that keep you happy
- Avoid smoking and your exposure to secondhand smoke
- Healthy eating—eat a variety of fresh fruits and vegetables everyday
- Active living—be physically active at least 30 minutes everyday
- Drink water—at least 8-8 oz. glasses a day

