

# Henrico County Engagement

## December 29, 2021



Providing resources, sharing information, creating access and supporting engagement to ensure Henrico County's multicultural communities thrive.

**Henrico County offices and buildings will be closed for the holiday Friday, Dec. 31**

## Are you a pregnant person who identifies as black or African-American?

You may be able to receive free support services from a community-based doula.

### What is a community-based doula?

A trained, non-medical health worker who is a member of your local and cultural community. Doulas provide continuous physical, emotional, and educational support to pregnant people before, during, and shortly after childbirth to help them achieve the healthiest, most satisfying birth experience possible.

### Throughout your pregnancy a doula can provide:

- Prenatal and postnatal home visits
- Education about pregnancy and the birth process
- Support for the birther and their partner/family during delivery
- Connection to local social services
- Breastfeeding support...and more!

### Doulas have been shown to:

#### Increase:

- Healthy birth outcomes
- Spontaneous vaginal births
- Self-esteem
- Breastfeeding initiation
- Positive self-reported birth experiences

#### Decrease:

- Pain
- Preterm births
- Cesarean births
- Birth complications
- Need for epidurals & Pitocin

### Who is Eligible?

Pregnant people up to 36 weeks who live in Henrico County, who identify as African American, Black, or Afro-Latina, who qualify for WIC services, and also plan to give birth in the Greater Richmond area.



Go to <https://henrico.us/health/maternity-care> for information.

The Richmond and Henrico Health Departments, with the help of local collaborators, are launching a Doula Fund to address maternal morbidity/mortality and negative birthing experience, that disproportionately impact people of color. Doulas have been proven to help lessen these disparities.

Call 804-482-8008 or email [mch\\_rchcd@vdh.virginia.gov](mailto:mch_rchcd@vdh.virginia.gov) for more information.



**Henrico County program partner offers community-based doulas for pregnant Black, African American and Afro-Latina people**

Henrico County Health Department doula partner, Birth in Color, is currently enrolling pregnant people up to 36 weeks who live in Henrico County, identify as African

American, Black, or Afro-Latina, qualify for WIC services and plan to give birth in the Greater Richmond area. Doula's have been proven to help decrease the maternal morbidity, mortality and negative birthing experience that disproportionately impact people of color.

A community-based doula is a trained, non-medical health worker and member of the local and cultural community they serve. The continuous physical, emotional and educational support to pregnant people before, during and shortly after childbirth helps them achieve the healthiest, most satisfying birth experience possible. Enrollment is open until June 30, 2022 for up to 150 participants.

To learn more about the free community-based doula support services, program qualifications or to enroll, please visit [henrico.us/health/maternity-care](https://henrico.us/health/maternity-care).

## Language Access

Henrico County provides residents with interpretation and translation support in more than 200 languages. You may request to receive help in your home language when you are visiting a department in person or when you call a department for assistance.



## Resources

[Multicultural Community Engagement](#)  
[Marcus Alert Database](#)  
[Know Your Rights and Resources](#)  
[COVID-19 Community Resources](#)  
[Henrico Stimulus Funding](#)  
[Henrico County Calendar](#)



## Stay Connected!

Please take our brief online [survey](#) on how Henrico County communicates with you.

The survey asks for your preferences on ways to receive information about programs and services.

[Henrico County Website](#)

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To provide resources and information for distribution, please email [van091@henrico.us](mailto:van091@henrico.us).



Henrico County Public Relations | 4301 E. Parham Rd., Henrico, VA 23228

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