The Council on Healthy Mothers and Babies Newsletter

Spring 2006

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Healthy Babies Begin With Healthy Moms

Update from The Council

The Council on Healthy Mothers and Babies and the Columbus Public Health Caring for 2 Project co-sponsored the "Father: The Often Forgotten Parent" Conference on April 28, 2006 at the Radisson Hotel—Worthington. This conference was a huge success and we would like to take a moment to thank the conference planning committee for putting this informative conference together and also the participants of the conference!

This conference focused on fatherhood and their involvement in healthcare, particularly prenatal and child care. The keynote speaker in the morning was Dr. Raymond Winbush, Ph.D., the Director of the Institute for Urban Research at Morgan State University, and a nationally renown speaker on fatherhood. Dr. Winbush has written several books, including his most recent, "Should America Pay?" Dr. Winbush's presentation included some facts about men of color and their involvement in health care, as well as seven things healthcare professionals should know about fathers of color.

The afternoon session was a panel of four men, each from a different culture,

A panel's perspective on culture and fatherhood. From left to right: Dr. Paul Wu, Kenneth Ramos, Abdoul Shmo-

spoke on how culture influences a father's involvement in healthcare and parenting. The four panelists were Dr. Paul Wu, Kenneth Ramos, Adboul Shmohamed and Dr. Lewis Dodley. These panelists provided the audience with insight into the African American, Asian, Hispanic and Somali culture.

Other notable speakers of the day included Dr. Teresa Long, Columbus' Health Commissioner, Cheryl Boyce, Executive Director of the Ohio Commission on Minority Health, Judge James Green, Franklin County Municipal Court, and Senator Ray Miller.

Thank you to everyone who participated in this wonderful event!

CONTACT US!

This newsletter is sent to all members of the Council to enhance communication among members. All members are encouraged to take advantage of this communication tool and share with others. To submit information for the next newsletter, receive additional information or to be added to the Council membership, please contact Alexis Forest, Projects Manager at: 510 E. Mound Street, Suite 300, Columbus, OH 43215, phone (614) 586-1914, fax (614) 227-9868 or email aforest1313@yahoo.com.

Pregnancy Care Connection Update

… *Connecting Women to Care*

Mission of Pregnancy Care Connection: ***to provide access to prenatal care to the pregnant women in need in Franklin County by providing an easily accessible hotline that will schedule the initial OB appointment with an available system provider.***

Some exciting changes have been happening at PCC since the beginning of 2006! PCC is being promoted on all Clear Channel radio stations (92.3, 93.3, 97.9, 105.7, 610 AM, and 1230 AM) as well as the Spanish radio station, 103.1. In April 2006, PCC also began implementing the new appointment reminder cards, both in Spanish and English, and each are clinic-specific, providing the patient with clinic information, directions, and also a reminder of what to bring to their appointments.

Beginning May 1st, in order to determine client satisfaction with the PCC experience, PCC began surveying its clients. Results from these surveys should be available within a few months. As an incentive, the client will be entered into a Baby Shower Lottery. These clients must have gone to their initial appointment during their 1st trimester and must also have returned the PCC satisfaction survey. Two winners will receive a gift card every month.

PCC Clinic Providers:

- *Columbus Public Health , East, North & West*
- *Columbus Northeast Health Center*
- *Doctor's Hospital*
- *East Central Health Center*
- *Grant Medical Center*
- *John Maloney Southside Health Center*
- *Mount Carmel St. Ann's*
- *Mount Carmel West*
- *OhioHealth Wellness on Wheels*
- *OSU East Family Practice*
- *OSU Medical Center*
- *OSU Rardin Family Practice*
- *Riverside Methodist Hospital*
- *St. Stephen's Health Center*

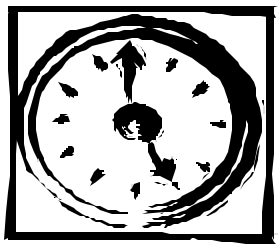
To schedule an initial OB appointment or to contact Pregnancy Care Connection, call (614) 227-9866
Monday—Friday
8:30 a.m. to 4:30 p.m.

Current PCC Statistics

PCC opened it's lines August 25, 2003. As of May 5, 2006,PCC has scheduled initial OB appointments for **5,451 uninsured or underinsured pregnant women of Franklin County**.

Below are PCC current statistics:

PCC Statistics 5/5/06	#	%
Number of Patients Scheduled	5451	
Appointments Scheduled	5824	
Cancelled Appointments	386	
Rescheduled Appointments	306	
Help Me Grow Referrals	1253	23.0%
Neighborhood Nest Referrals	601	11.0%
Spanish-Speaking Patients	870	16.0%
Somali-Speaking Patients	185	3.4%
Other Language Speakers	122	2.2%
Minors	579	10.6%
Shows as of 4/30/06	3586	72.0%
No Shows as of 4/30/06	1392	28.0%
Uninsured Patients	3324	61.0%
CareSource Patients	959	17.6%
Medicaid Patients	956	17.5%
Healthy Start Patients	238	4.4%
Molina (began tracking 3/1/06)	15	0.3%



Waiting Time Study of Initial Prenatal Care Appointments

In March 2006, the Council on Healthy Mothers and Babies (COHMAB) conducted another Wait Time Study of its providers. The purpose of the Wait Time Study is to determine the average wait time a pregnant women, either uninsured or underinsured, would have to wait for her initial OB appointment. In addition, the Wait Time Study allows for the assessment of customer service. The COHMAB and PCC strive to assure that the average wait time for a first prenatal care appointment in Franklin County's public OB clinics is no more than 14 days.

The scenario for the March 2006 Wait Time Study was: *an English-speaking, uninsured, 36-year old, 15-week pregnant woman.* The results of this Wait Time Study showed that the current average wait time is 11 days. The January 2006 Wait Time Study also found a wait time of 11 days.

The average wait time for hospital outpatient OB clinics was 17 days, an increase of 1 day from the January 2006 Wait Time Study. The range for wait times is from 8 days—28 days. Out of the 7 available hospital outpatient OB providers, all but 1 was able to schedule an appointment.

The average wait time for neighborhood health centers (including the three Columbus Public Health locations) was 4 days, a decrease from 9 days in January 2006. The range of wait times was from 1 day—14 days. During this study, two providers, Columbus Public Health East and West, were not able to schedule appointments because they referred all new OB patients to PCC for scheduling.

For more information regarding the Wait Time Study or to receive a copy of the Wait Time Study Executive Summary, please contact Alexis Forest at aforest1313@yahoo.com.

A New Model of Prenatal Care: Centering Pregnancy®

On May 19, 2006, the Council on Healthy Mothers and Babies recently sponsored an informational workshop on Centering Pregnancy®, a model for group prenatal care. This workshop was attended by 46 professionals, representing midwifes, clinic managers, community health workers, nurses and social workers. The keynote speakers for this event were Karen McGee, CNM, and Nancy Baron, CNM, both from TriHealth in Cincinnati. This workshop provided the participants with an understanding about Centering Pregnancy®, the research and statistics behind this successful program, and an introduction on how to implement this type of program.

Centering Pregnancy: What is it?

The Centering Pregnancy Program is a model of group prenatal care which "alters routine prenatal care by bringing women out of exam rooms and into groups for their care." The group typically consists of 8-12 women/couples/teens with similar due dates that meet regularly during their pregnancy, typically for 90-minute sessions. Groups are facilitated by either the practitioner or a professional skilled in group leadership. The Centering Pregnancy Program is a model of empowerment: in sharing information and experiences relating to pregnancy, childbirth, and

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Participants learning about Facilitative Leadership

Committee Updates

SIDS RISK REDUCTION COMMITTEE

The Council on Healthy Mothers and Babies SIDS Risk Reduction Committee has been meeting on a monthly basis in order to work on ways to reduce SIDS and infant death in Franklin County.

A review of Franklin County SIDS data indicated a need for education in the community regarding safe sleep environments. According to the December 2005 Franklin County Child Fatality Review Report, there were **57 deaths due to SIDS in 2000—2003** (7.4% of all deaths during this period). 86% of SIDS deaths in Franklin County occurred to infants under the age of 6 months. In addition, **73%** of SIDS deaths occurred in **"locations considered unsafe"** (beds, couches, floor, playpen). As a result of these findings, the SIDS Risk Reduction Committee is concentrating its efforts on developing an educational program that focuses on safe sleep environments and proper sleep techniques.

As a first step in developing this educational program, the SIDS Risk Reduction Committee is working with the SIDS Network of Ohio and undergoing a training on SIDS and SIDS education. Once this SIDS Training is complete, the trained committee members will then begin rounds of educating the healthcare professionals in all of our birthing hospitals. Eventually, the group will expand to educating parents, grandparents and caregivers as well.

In addition to this train-the-trainer educational program, the SIDS Risk Reduction Committee has revised its current SIDS brochure for grandmothers. In October 2005, the American Academy of Pediatrics released new recommendations for SIDS. Based upon these recommendations, the SIDS Grandmother brochure was updated as well as translated into Spanish.

To receive the updated SIDS Grandmother brochure or to get involved in this very dedicated and enthusiastic SIDS Risk Reduction Committee, please contact Alexis Forest at (614) 586-1914 or aforest1313@yahoo.com. The brochure can also be downloaded at: www.healthymothersandbabies.org.

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ALCOHOL & OTHER DRUG COLLABORATIVE

The Council on Healthy Mothers and Babies' Alcohol and Other Drug (AOD) Collaborative reconvened in December 2005 and has been meeting monthly to work on issues surrounding AOD usage during pregnancy and its effect on babies.

The AOD Collaborative recently created an OB survey which will be distributed to physicians and providers throughout Franklin County. The purpose of this survey is to ascertain the extent to which AOD screening is performed in Franklin County, the barriers that exist around screening, and to determine physicians' and providers' knowledge about existing AOD treatment resources. The AOD Collaborative also created a Treatment Resource Guide identifying local AOD treatment centers and resources.

For a copy of the Resource Guide or to join this group, please contact Alexis Forest at 614-586-1914 or aforest1313@yahoo.com.

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(**Committee Updates continued from Page 4)**

PRENATAL CARE CAPACITY (PNC) ROUNDTABLES

The purpose of the PNC Roundtables is to identify options available to increase the prenatal care capacity in Franklin County. On March 10, 2006, the Council on Healthy Mothers and Babies held its large Roundtable meeting at OSU East, Wallace Auditorium. This was an opportunity for the four subcommittees (Family Planning Waiver, Immigrant & Refugee Initiative, Public Awareness, and State Budget & Partnership) to report out on the progress and next steps with regard to each of their projects.

An update on the subcommittees:

- *The Family Planning Waiver group* continues its work on developing a white paper which would ask for the implementation of a Family Planning Waiver here in Ohio.
- *The Immigrant & Refugee Initiative*, formerly the TANF group, is working on developing an education program for Somali women of child-bearing ages. The group has conducted key informant interviews and is in the process of setting up focus groups. The goal of this group is to then develop an education program for Somali women (and men) on issues relating to prenatal care and pregnancy.
- *The Public Awareness group* is in the final steps of revising the PNC Fact Sheet and will begin distribution of these new Fact Sheets in July 2006.
- *The State Budget & Partnership group* has developed an insert for the PNC Fact Sheets that focuses more on state budget issues. This Fact Sheet will be printed and distributed in June 2006 as well. In addition, this group is currently developing a legislative strategy, which would include having meetings with members of the Ohio General Assembly and seeking broad endorsements for their proposals.

Thank you to all group members for your diligent work and continued dedication and efforts! **The next large Roundtable meeting has tentatively been scheduled for Friday, September 29, 2006 from 7:30—10:00 a.m.**

For more information or to join a Roundtable subgroup, email aforest1313@yahoo.com.

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parenting with other group members, women are "empowered to take control of their bodies, their pregnancies, and their families."

Thank you to Karen McGee, CNM and Nancy Baron, CNM for sharing such wonderful information with the participants of the Centering Pregnancy Workshop!

For more infomration about Centering Pregnancy, please visit their website at www.centeringpregnancy.org. If interested in implementing Centering Pregnancy to Franklin County, please contact Alexis at 614-586-1914 or aforest1313@yahoo.com.

SAVE THE DATE!!

- **2nd Annual Fetal Alcohol Spectrum Disorder Conference, August 15, 2006** at the Convention Center. For more information, visit: www.notasingledrop.org.
- **2nd Annual Council on Healthy Mothers and Babies, Healthy Beginnings Event, October 20, 2006.** More information coming soon!
- **2006 March of Dimes Prematurity Summit, November 14, 2006**. Call 614-231-7935 for more information.

Community Highlight

Get Smart! Start Smart materials are free, help with early care and learning

By now, most everyone knows that learning begins at birth. With babies, toddlers and pre-schoolers, it is never too soon to begin activities that build brain power so children are better prepared for kindergarten and success in school.

Professionals who work with parents and caregivers should know about Start Smart, a local early childhood initiative led by Franklin County and the United Way of Central Ohio. Start Smart is working on many fronts to improve early care and learning. More than 40 partner agencies including Action for Children, the YMCA and the Children's Hunger Alliance help to carry out the mission of Start Smart. Because of Start Smart, more child care centers and homes are nationally accredited, more child care professionals are better trained, and increasing numbers of high quality early care spaces are being made possible, among other improvements.

Start Smart also helps parents, caregivers and professionals by offering free materials that provide creative early learning ideas and help with child care questions. The materials emphasize the simple, everyday things that can become teaching moments for very young children. Start Smart materials focus on the basics of early learning including the need for repetition, as well as simple activities including reading and singing, talking and imitating sounds, holding and gentle touching.

Early care professionals and parents will find a number of resources on the Start Smart web site, **www.startsmartcolumbus.org**. A monthly calendar of events, early learning tips in English and Spanish, links to helpful resources and a directory of early childhood services can be found on the site. To obtain the free Start Smart materials listed below, call **23-SMART, or 237-6278.**

- ***Born Learning*** early care materials offer practical tips and great advice for baby and toddler care. The materials provide suggestions for turning everyday situations into teachable moments;
- Flip charts and booklets with creative tips provide useful ideas for activities that help babies to learn and grow. The tips also are available in Spanish and Somali;
- "You Want the Best: A Guide to Finding and Keeping Good, Safe Child Care" booklets, magnets and wallet cards. These materials provide great advice for parents looking for child care, or wanting to know how to keep the good child care they already have. The information also provides important advice for parents who may be feeling uneasy about their child care situation.

These materials can be made available in small quantities to professionals who wish to distribute them to parents and caregivers. Please call the number above to find out more.

CALENDAR OF EVENTS

July

- July 7th—Immigrant & Refugee Initiative Roundtable Meeting, 1-3p, Columbus Public Health, Room 119 G
- July 12th—Public Awareness Roundtable Meeting, 8:30-10a, Columbus Public Health, Room 119 D
- July 21st—Family Planning Waiver Roundtable Meeting, 10a-1p, Columbus Public Health
- July 28th—SIDS Risk Reduction Committee Meeting, 9-11a, Columbus Public Health, Room 119 C

August

- August 11th—Immigrant & Refugee Initiative Roundtable Meeting, 9-10:30a, Columbus Public Health, Room 119 G
- August 18th—Public Awareness Roundtable Meeting, 8:30-10a, Columbus Public Health, Room 119 D
- August 25th—SIDS Risk Reduction Committee Meeting, 9-11a, Columbus Public Health, Room 119 C