



The Council on Healthy Mothers and Babies Newsletter

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Winter 2006



Update from The Council

Welcome New Board Members!

The Council on Healthy Mothers and Babies would like to warmly welcome our new Board Members: Sandy Erb-Wilson, Susan Givens, Mary Wachtel, and Carl Walters II. We are so pleased to have them join our organization and assist us in our work to reduce infant mortality in Franklin County and to improve the health of mothers and babies.

To learn more about the Council's new Board Members, please read their biographies on Page 5.



Welcome New Intake Specialist!

The Council on Healthy Mothers and Babies would also like to welcome Carol McGuire, the new Intake Specialist for Pregnancy Care Connection (PCC). Carol joined our organization on November 13, 2006. Carol is bilingual in English and Spanish and will be a wonderful asset to Pregnancy Care Connection. We are so thrilled to have her!

2nd Annual Healthy Beginnings Event

The Council on Healthy Mothers and Babies held its 2nd Annual Healthy Beginnings Event on October 20, 2006 at the Midwest Hotel and Conference Center, Columbus, Ohio. The purpose of this event was to expand professionals' knowledge and practice as it relates to cultural competence and its impact on optimal birth outcomes, particularly within the African American population. We would like to thank our wonderful and energetic speakers, Dr. Gloria Boseman, PhD, (**Update** continued on Page 3)

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.

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**Healthy
Babies Begin
With Healthy
Moms**



Pregnancy Care Connection Update

... *Connecting Women to Care*

Mission of Pregnancy Care Connection:

To facilitate access to early prenatal care for all women in Franklin County.

Pregnancy Care Connection is continuing its work in helping uninsured or underinsured pregnant women in Franklin County access early prenatal care. As mentioned before, PCC welcomes Carol McGuire, the new bilingual Intake Specialist for Pregnancy Care Connection. In addition, PCC has changed its hours of operation, effective November 13, 2006. **The new hours of operation are Monday, Wednesday, Thursday & Friday 8:30 a.m. to 4:30 p.m. and Tuesday 10:30 a.m. to 6:30 p.m.**

Pregnancy Care Connection has also recently participated in several community events in order to market the program and educate the community about its service. These events included the Help Me Grow Peer Supervision Meeting in September 2006, the OSU 16th Annual Region IV Perinatal Conference on September 22, 2006 and the Council on Healthy Mothers and Babies 2nd Annual Healthy Beginnings Event on October 20, 2006.

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, Wednesday, Thursday, Friday
8:30 a.m. to 4:30 p.m.**

**Tuesday
10:30 a.m.—6:30 p.m.**

Current PCC Statistics

PCC opened it's lines August 25, 2003. As of November 3, 2006, PCC has scheduled initial OB appointments for **6,624 uninsured or underinsured pregnant women of Franklin County.**

Below are the current statistics for PCC:

PCC Statistics 11/3/06	#	%
Number of Patients Scheduled	6624	
Appointments Scheduled	7216	
Cancelled Appointments	446	
Rescheduled Appointments	381	
Help Me Grow Referrals	1477	22.3%
Neighborhood Nest Referrals	932	14.1%
Caring for 2 Referrals (began tracking 4/1/06)	37	0.6%
Spanish-Speaking Patients	1029	15.5%
Somali-Speaking Patients	230	3.5%
Other Language Speakers	162	2.4%
Minors	711	10.7%
Shows as of 10/31/06	4507	71.7%
No Shows as of 10/31/06	1781	28.3%
Uninsured Patients	3961	59.8%
CareSource Patients	1232	18.6%
Medicaid Patients	1111	16.8%
Healthy Start Patients	263	4.0%
Molina Patients (began tracking 3/1/06)	61	0.9%

(Update continued from Page 1)

RN, from New Jersey City University and Charleta B. Tavares, City of Columbus Council Member and Director of Multiethnic Advocates for Cultural Competence (MACC). Thank you to our speakers, our sponsors, exhibitors and our participants for making this a wonderful event. There were over 70 people in attendance for this event.

The Council on Healthy Mothers and Babies would like to personally thank our generous sponsors of this event:

1ST TRIMESTER SPONSORS:

- ◆ Columbus Public Health, Caring for 2
- ◆ Mount Carmel Health Systems

2ND TRIMESTER SPONSORS:

- ◆ Children's Academy

3RD TRIMESTER SPONSORS:

- ◆ Columbus Medical Association Foundation
- ◆ Columbus Neighborhood Health Centers, Inc.

We appreciate your support and look forward to our *3rd Annual Healthy Beginnings Event* in 2007!!

THANK YOU!!

SAVE THE DATE!!

6th PNC Roundtable Meeting

7:30—10:00 a.m.

OSU East Wallace Auditorium, Talbot Hall

For more information, contact Alexis Forest at
614-586-1914



Committee Updates

FRANKLIN COUNTY INFANT SAFE SLEEP & SIDS RISK REDUCTION task force

Members of the Franklin County Infant Safe Sleep and SIDS Risk Reduction Task Force have continued to meet monthly to work on developing and implementing a standardized and universal safe sleep and SIDS education program.

Since the training with Tomorrow's Child of Michigan on September 15, 2006, the task force has achieved many of the goals and objectives set. This includes creating a safe sleep audit tool, a pretest survey, and a PowerPoint which will be used in the education program. The safe sleep audit tool was used in all 7 birthing hospitals and the purpose of this tool is to observe the location of an infant (such as in the well baby nursery or mother's room), position of infant (sleeping on back, side or stomach), and the condition of the crib (whether or not extra blankets, toys, etc. were found in the crib). In addition, nurses in the hospitals were surveyed regarding their beliefs, attitudes, knowledge, and practices with regard to safe sleep for infants.

The Franklin County Infant Safe Sleep and SIDS Risk Reduction Committee is currently working on compiling and analyzing the results of these audits and surveys, as well as finalizing the education component so that implementation can begin in January 2007.

For more information or to get involved in this energetic, dedicated, hardworking group, please contact Alexis Forest at 614.586.1914 or email aforest1313@yahoo.com

(Committee Updates continued on Page 4)

(Committee Updates continued from Page 3)

ALCOHOL & OTHER DRUG COLLABORATIVE

The Council on Healthy Mothers and Babies' Alcohol and Other Drug (AOD) Collaborative has continued to meet on a monthly basis to work on issues surrounding AOD usage during pregnancy and its effects on babies.

Out of approximately 370 surveys that were mailed to OB physicians, 56 completed surveys were returned. The AOD Collaborative plans to distribute the survey results to the OB physicians who participated in the survey. If you would like to receive a copy of the survey results, please feel free to contact Alexis Forest (see contact information below). In addition, the AOD Collaborative is working to update and revise the Treatment Resource Guide the group created and begin distributing the guide within the next couple of months.

To join this committed and active committee, please contact Alexis Forest at 614.586.1914 or aforest1313@yahoo.com.

PRENATAL CARE CAPACITY ROUNDTABLE

The Prenatal Care Capacity (PNC) Roundtable meeting was rescheduled to Thursday, December 14, 2006 from 7:30—10:00 a.m. at the Midwest Hotel & Conference Center. This was the 5th large Roundtable meeting and Jacqui Romer-Sensky served as the facilitator of this event. Members of the four subcommittees were given an opportunity to discuss their achievements and to plan for future goals and projects. These four subcommittees are Family Planning Waiver, Immigrant & Refugee Initiative, Public Awareness, and State Budget & Partnership.

Each subcommittee has been regularly meeting in

order to continue their work on their specific projects. Here is one example of some of the work that has been done. The Public Awareness subcommittee and the State Budget and Partnership subcommittee partnered together to serve as an exhibitor at the Children's Hospital Candidates Forum, which was held on October 13, 2006. Volunteers who worked this event were able to distribute the newly revised PNC Fact Sheet to both audience members and legislators who were present at this event.

The next large Roundtable meeting has been scheduled for Friday, March 9, 2007 from 7:30—10:00 a.m., at OSU East Wallace Auditorium.

For more information or to join a Roundtable subcommittee, please contact Alexis Forest at 614.586.1914 or at aforest1313@yahoo.com



Teen Birth Rate Drops To New Low

TUESDAY, Nov. 21 (HealthDay News) — The teen birth rate in the United States reached its lowest level ever in 2005, according to a report released Tuesday by the U.S. Centers for Disease Control and Prevention. Between 2004 and 2005, the birth rate for teens aged 15 to 19 fell 2 percent, to 40.4 births per 1,000. That's a 35 percent decrease from the peak teen birth rate of 61.8 births per 1,000 in 1991. In total, there were 421,123 births to females under age 20 in 2005. Non-Hispanic black teen girls had the sharpest birth rate decline, 6 percent from 2004 to 2005, which marks a decline of 59 percent since 1991. The report, *Births: Preliminary Data for 2005*, also found:

- The number of births to unmarried mothers of all ages increased 4 percent from 2004 to 2005, from 1.47 million to 1.52 million.
- The total number of U.S. birth increased by 1 percent in 2005, to 4,140,419.
- But the Caesarean delivery rate rose 4 percent to reach a record high in 2005, accounting for 30.2 percent of all births. The C-section rate has risen 46 percent since 1996.

Council on Healthy Mothers and Babies New Board Members

Sandy Erb-Wilson
Health Policy Advocate
Children's Defense Fund Ohio

Sandy Erb-Wilson is currently the Health Policy Advocate for Children's Defense Fund Ohio. She came to Central Ohio in the fall of 2004 as the Outreach Coordinator for Prevent Child Abuse Ohio at the Center for Child and Family Advocacy at Children's Hospital. Sandy brings a diverse background including health care, policy and culture, having grown up and worked in Southeast Ohio. She was a Policy Coordinator for Tobacco Free Ohio for the Southeast region and became a leader in the field. One of Sandy's career highlights was being nominated by Tobacco Free Ohio, American Cancer Society, American Heart Association and Ohio Department of Health for an advocacy award. She was honored to have been selected by her peers as the Ohio Tobacco Advocate of the Year Award Winner for 2003, the first of such awards given in Ohio.

She is committed to creation of sound health policy and education programs for mothers and our most vulnerable citizens—our children. Although, education and prevention alone are unable to change current health trends, a comprehensive plan will bring systemic change in governmental policy to including insurance coverage, coupled with educational efforts of the public and health organizations. This proves to be a successful partnership for the creation of health policies that have positive impacts on our children both today and tomorrow.

Susan Givens
Childbirth Educator
Mount Carmel St. Ann's



Susan Givens is currently a childbirth educator at Mt. Carmel St. Ann's Hospital in Westerville, Ohio. She is a registered nurse, certified by the National Certification Corporation in inpatient obstetrics and she is certified by Lamaze International as a childbirth educator. She began her career as a labor and delivery nurse at Duke University Medical Center, earned her Master's degree in Maternal and Child Health from the University of North Carolina School of Public Health and for nine years served as a perinatal outreach education coordinator in both rural and urban communities in North Carolina.

Pursuing her interest in national maternal and child health policy, she became Senior Policy Analyst for the National Commission to Prevent Infant Mortality where she worked to promote public awareness of the impact of high infant mortality, and to develop policy and legislative strategies to promote maternal and child health. She helped to develop the Health Diary, the first federal maternal and child handbook for use by families across the country. She has authored a number of articles in professional journals.

Ms. Givens has organized and participated in many state and local initiatives to promote maternal and child health. She served as President of the North Carolina Perinatal Association and on the Board of Directors of the Maryland Perinatal Association. A March of Dimes volunteer for over 20 years, she currently serves on the March of Dimes National Nurse Advisory Council. *(Board Members continued on Page 5)*

(Board Members continued from Page 5)



Mary Wachtel
Director of Public Policy
Voices for Children of Greater Cleveland

Mary Wachtel has a long career in child and family advocacy. She joined Voices for Children of Greater Cleveland in January 2005 as Director of Public Policy and is based in Columbus. In this capacity, Mary directs and coordinates Voices' public policy agenda in conjunction with the organization's Public Policy Partners and colleague organizations. Current priorities include child health, child safety, education, and family economic security. She was hired as the Children Defense Fund-Ohio's first Health Advocate in 1994, a position she held through 2001. In addition, she served as Deputy Director of CDF-Ohio from 2002 through 2004.

Mary holds an MSW from Washington University in Saint Louis, a BA from the University of Akron (Honors Scholar), and a certificate in Education for Ministry from the Episcopal Seminary of the South, Sewanee, Tennessee. Mary and her husband, John Starkie, live in Columbus and are the parents of two young children, Sophia (born 2001) and Wyatt (born 2004). With two young children in child care, Mary has a personal appreciation for early childhood care and education advocacy.



Carl Walters II,
Chief Executive Officer,
Columbus Neighborhood Health Center, Inc.

Mr. Walters assumed the position of Chief Executive Officer of Columbus Neighborhood Health Center, Inc. on May 15, 2006. Mr. Walters, former U.S Naval Officer (hospital administration trained) has served in a variety of executive leadership positions in both For Profit and Not-For Profit healthcare organizations and brings over 22 years of healthcare operations leadership experience to the organization. He also has extensive healthcare leadership experience in strategic planning, organizational re-engineering/redesign and operational turnaround efforts. He holds a B.S. degree in Hospital Administration (Weber State University, Ogden, Utah) and a Masters of Arts Degree in Organizational Management (University of Phoenix, Ogden, Utah).

He is married to Jennifer Walters who hails from Price, Utah and they are the proud parents of Carl I. Walters III. In his spare time Carl enjoys motivational speaking, fishing, spending time supporting community engagements and spending time with his family.

Following are some of the community organizations he is involved with: Central Diabetes Near Eastside Healthy Lifestyle Center Steering Committee member; Access Health Columbus Board member; Council on Healthy Mothers and Babies Board member; UHCAN Ohio Franklin County Medicaid Improvement Committee member; West Side Health Commission participant; United Way Vision Council Board member; Central Advisory Committee member; United Way Key Club member; Affordable and Sustainable Healthcare strategic planning member.



Community Highlight

Neighborhood Nest

The Neighborhood Nest is a community based educational incentive program. The Nest exists to decrease the rate of premature birth and infant death. The program is open to all expectant parents and those currently caring for children under the age of one.

Parents earn points for participating in activities that promote and ensure health and well being of their children. These activities include, but are not limited to, enrolling in the Neighborhood Nest program, referring friends, attending Nest learning classes, attending prenatal appointments, singing up for WIC, breastfeeding, and taking the baby for check ups and immunization shots. These points are then redeemed for free baby items.

The Nest provides bedding, clothes, toiletries, and many more items to supplement the needs of parents in our community. We are very excited about the newest addition to the Nest: The Fatherhood Program. This program provides a relaxed atmosphere for men to discuss various issues related to the challenges of fatherhood. All Nest classes include raffles for various gifts and prizes.

For more information regarding The Neighborhood Nest or The Fatherhood Program, please contact Kimberly Thomas at (614) 252-4941 ext.23.



CALENDAR OF EVENTS

January 2007

- January 19th—PNC Roundtable Family Planning Waiver Subcommittee Meeting, 10:00a-1:00p, Columbus Public Health
- January 26th—Franklin County Infant Safe Sleep & SIDS Risk Reduction Task Force Meeting, 9-11a, Columbus Public Health, Room 119 C

February 2007

- February 23rd—Franklin County Infant Safe Sleep & SIDS Risk Reduction Task Force Meeting, 9-11a, Columbus Public Health

March 2007

- March 9th—PNC Roundtable Meeting, 7:30-10:00a, OSU East Wallace Auditorium, Talbot Hall.
- March 23rd—Franklin County Infant Safe Sleep & SIDS Risk Reduction Task Force Meeting, 9-11a, Columbus Public Health

Participants of the Neighborhood Nest can attend monthly education classes, such as this one (left), in order to earn points that they can then redeem for baby items.

Featured Article

Women's Health – What's the Scoop?

Written by: Carolyn Slack, Director of Maternal and Child Health at Columbus Public Health



Columbus Public Health has published a new report, "Women's Health A Local Profile" for Franklin County, Ohio. Previous research has indicated that the outcomes of pregnancy are better if women are healthier before pregnancy. Analyzing fetal and infant mortality data utilizing the Perinatal Periods of Risk (PPOR) methodology clearly points to improving preconception health in order to improve reproductive health outcomes both for infants and mothers.

The new Women's Health Profile gives us a snapshot and trend data on the health of women in our county. Topics include demographics; health behaviors; health status; reproductive health; health care access and utilization; and a special focus on Women of Childbearing Age (WCA) 15-44.

Here are some key findings about Franklin County women from the Profile:

- 51.4% of the total county population is female
- 75.2% of the women are white alone; 18.5% black alone; and 1.9% Hispanic
- Less than 20% of women consume 5 servings of fruits or vegetables daily
- 25.3% of all women currently smoke cigarettes
- In 2003, 12.8% of women reported smoking during pregnancy
- Overall, 28.3% of women between the ages of 15-44 currently smoke cigarettes
- 28% of women are overweight and another 23.7% are obese
- Women between ages 15-44 accounted for 69.1% of the total female homicides in 2000-2002

About 29% of all women indicated that they are covered through public health insurance programs (Medicaid, Medicare or both)

The information provided in the report will help service providers, community groups and policy makers think about and develop strategies to address risk factors and prevent diseases that affect women. In addition, data about health care access and utilization is useful in building more responsive health systems and exploring public policy issues that could improve access and coverage.

As noted earlier, improving the health of women is key to improving reproductive health outcomes. To that end, CDC recently released a report called "Recommendations to Improve Preconception Health and Health Care." Several of the recommendations will address some of the issues identified in the report. For example, the report recommends Preventive visits for women; Interventions for Identified Risks; Interconception care; and Pre-pregnancy checkups. Addressing the issues identified in the report could happen in the contexts of the CDC recommendations. In addition, the CDC Recommendations include improving health coverage for low income women. The work of Columbus Public Health and Council on the Family Planning Waiver initiative is key to implementing this CDC recommendation in Ohio. The Women's Health Profile report will help all of us focus as we work on implementing the CDC recommendations.

For a copy of the Women's Health Profile Executive Summary or entire report, please visit the Columbus Public Health website at www.publichealth.columbus.gov and look under the "I want" column for "community health data."



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