



Improving People's Lives Through Innovations in Personalized Health Care

## Moms2B: Empowering Moms, Changing Communities



January 2018  
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**THE OHIO STATE UNIVERSITY**  
WEXNER MEDICAL CENTER



◀ CELEBRATEONE ▶

# Objectives

Understand the infant mortality crisis and how it affects society.

Recognize factor's influencing poor maternal health and poor birth outcomes

Learn about the Moms2B program.

Understand how Moms2B creates authentic engagement with clients.

Learn how authentic engagement creates change.



# Defining Infant Mortality

**Infant Mortality is the death of a baby before his/her first birthday.**

## **Top 5 Causes:**

Birth Defects

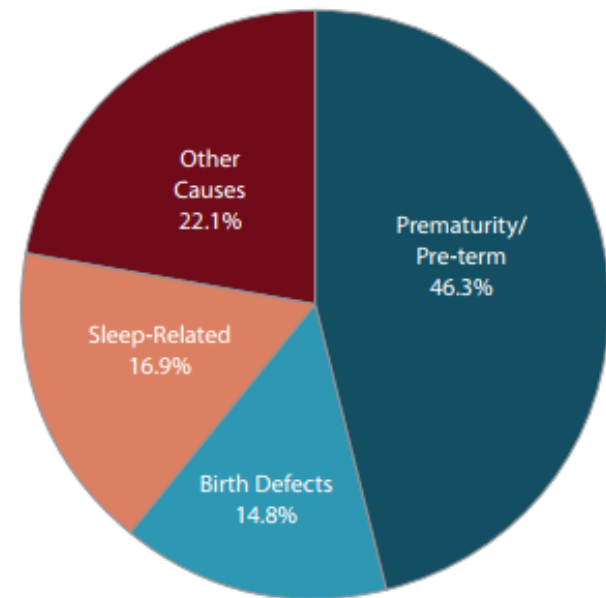
Preterm Birth & Low Birth Weight

Pregnancy Complications

Sudden Infant Death Syndrome

Injuries

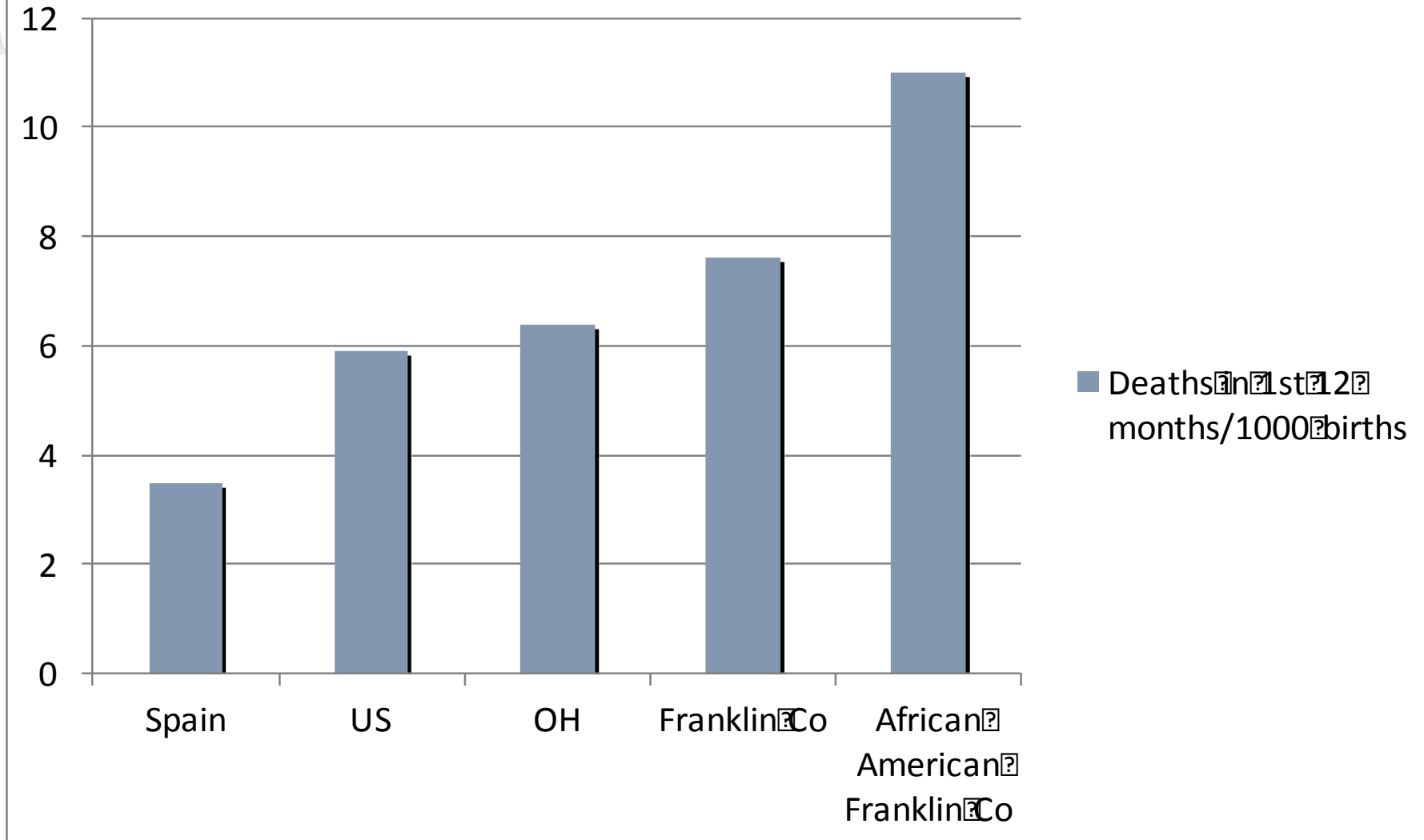
**Ohio Infant Mortality by Leading Causes Identified by Child Fatality Review (2015)**



Ohio Department of Health: 2015 Ohio Infant Mortality Data: General Findings



# 2015 Infant Mortality Rate



**Table 1: Ohio Infant Mortality Rate (2013-2015)  
(Number of Deaths per 1,000 Live Births)**

Group	2013	2014	2015
All Races	7.4	6.8	7.2
<b>Race</b>			
White	6.0	5.3	5.5
Black	13.8	14.3	15.1
American Indian	*	*	*
Asian/Pacific Islander	*	*	*
<b>Ethnicity</b>			
Hispanic	8.8	6.2	6.0
Non-Hispanic**	7.3	6.9	7.3

Source: Ohio Department Of Health, Bureau of Vital Statistics.

\*Rates based on fewer than 20 infant deaths are unstable and not reported.

\*\*Non-Hispanic births and deaths include those of unknown ethnicity.

<sup>1</sup> Healthy People 2020 is a national collaborative established in 2010 that provides science-based, national objectives for improving the health of Americans. It is managed by the federal Office of Disease Prevention and Health Promotion within the U.S. Department of Health and Human Services.



# Opportunity for Intervention

MATERNAL HEALTH



**Birth**

28 Days

**1 Year**



**Neonatal  
Deaths Preterm & Anomalies**

122/167 neonatal deaths  
58 were Black



**Post-Neonatal  
Death Sleep Related and other**

26 were sleep-related  
15 were Black



## Infant Death

167 babies died in Columbus in 2016  
82 were Black



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# What can be done to prevent Infant Morality?

Increase access to prenatal care

Prevent preterm deliveries through medication

Advances in medical care

Educate on safe sleep, SIDS and SUIDS





# Can Preterm Deliveries be Prevented?

Main DM, Gabbe SG, Richardson D and Strong S. 1985 AJOG

“...a lifetime of poor nutrition, poor housing, poor education, tremendous stress and unplanned pregnancies are the underlying causes....”



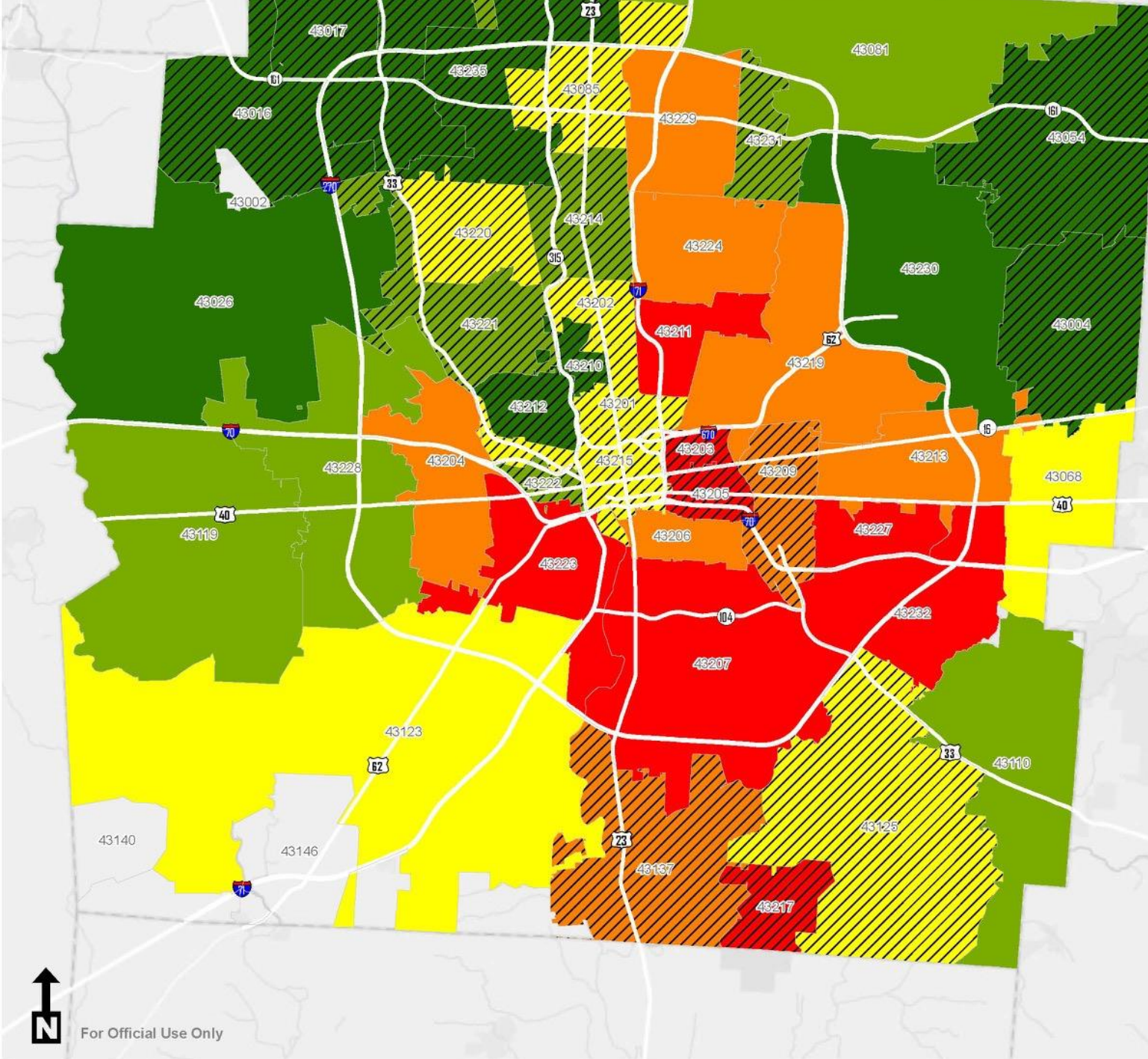
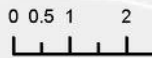


# Social Determinants

- Income
- Early Childhood Development
- Stress
- Race
- Unemployment
- Addiction
- Food insecurity
- Transportation
- Gender
- Disability
- Education
- Housing
- Social Exclusion
- Etc.



Miles



# Legend

- Zip Code Tabulation
- Highways
- Unreliable Rate\*
- ZCTA IMR per 1,000 Live Births
  - 1.8 - 5.7
  - 5.8 - 7.1
  - 7.2 - 8.7
  - 8.8 - 11.2
  - 11.3 - 20.2

\*Rate based on small numbers (<20)  
Note: Zip codes with zero births are shown in grey



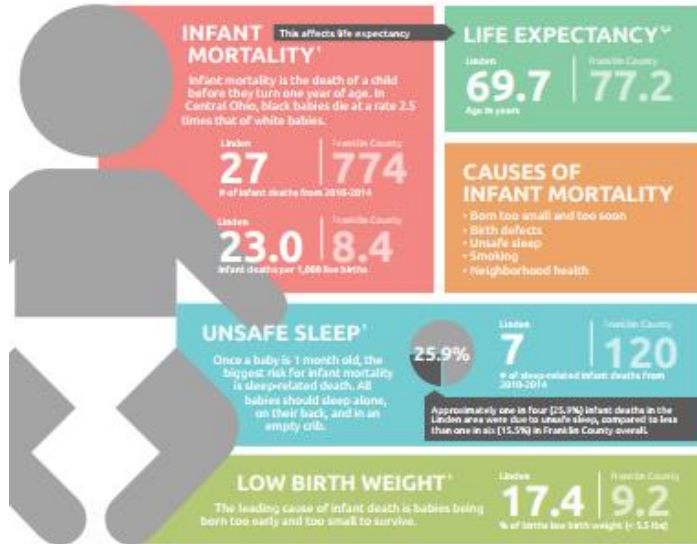
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# LINDEN INFANT MORTALITY PROFILE



Where we live, learn, work and play has an impact on our health and the health of babies in our community.

CelebrateOne works with community leaders and residents in eight high-priority neighborhoods to make them safer and healthier for moms-to-be, babies, and families.



## HEALTHY BABIES NEED HEALTHY NEIGHBORHOODS

Health is also related to the conditions where we live, learn, work and play. Health is quality schools, good jobs, safe places, decent housing... All of this and more determine the health of our neighborhood and babies.



To learn more about CelebrateOne and provide input on our neighborhood development and community building plan... [www.CelebrateOne.info](http://www.CelebrateOne.info)







# Moms2B



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# Who We Are

Moms2B is a multi-disciplinary team trained to address the social determinants of health impacting at-risk pregnant and postpartum women and their infants



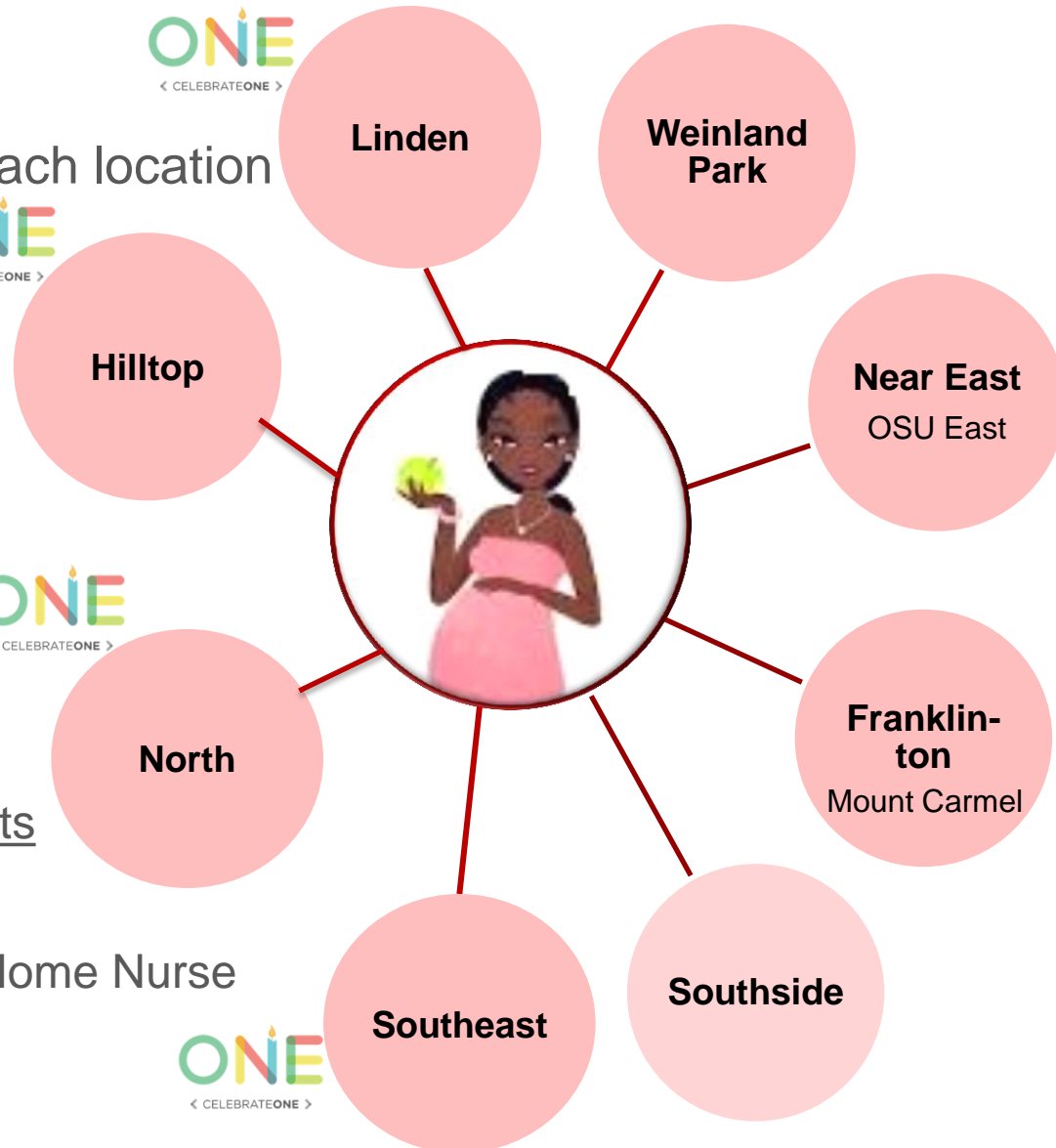
Nurses, Social Workers, Doctors, Medical Dietitians, Family Advocates, Child Development Specialists and Community Health Workers



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# Components of Moms2B

- Weekly 2 hour program at each location
- Group Teaching:
  - Nutrition
  - Stress reduction
  - Breastfeeding
  - Safe sleep
  - Reproductive health
- Prenatal:
  - Pregnancy health
  - Connect to prenatal care
  - Address social determinants
- Postpartum:
  - Mount Carmel Welcome Home Nurse
  - Breastfeeding support
  - “Baby’s First Year” group





# Moms2B



Are you pregnant?

## WEEKLY PRENATAL EDUCATION PROGRAM

### JOIN US TO:

Learn how to have a healthy baby and pregnancy, talk with healthcare professionals, share a meal and make new friends.

### WE OFFER:

Transportation assistance, free child care and Incentives for attendance.

#### MOMS2B LINDEN

Every Monday, 10 a.m. – 12 p.m.  
New Salem Baptist Church  
2956 Cleveland Ave.  
Columbus, OH 43224

#### MOMS2B SOUTH

Every Monday, 3 – 5 p.m.  
Community Development for  
All People  
946 Parsons Ave.  
Columbus, OH 43206

#### MOMS2B HILLTOP

Every Tuesday, 10 a.m. – 12 p.m.  
Hilcrest Baptist Church  
2480 W. Broad St.  
Columbus, OH 43204

#### MOMS2B NORTH

Every Tuesday, 1 – 3 p.m.  
Epworth United Methodist Church  
5100 Karl Road  
Columbus, OH 43229

#### MOMS2B WEINLAND PARK

Every Wednesday, 11 a.m. – 1 p.m.  
Grace Missionary Baptist Church  
1182 N. Sixth St.  
Columbus, OH 43201

#### MOMS2B SOUTHEAST

Every Wednesday, 1:30 – 3:30 p.m.  
New Birth Christian Ministries  
3475 Refugee Road  
Columbus, OH 43232

#### MOMS2B FRANKLINTON

Every Thursday, 11 a.m. – 1 p.m.  
Mount Carmel West  
Healthy Living Center  
777 W. State St.  
Columbus, OH 43222

#### MOMS2B EAST

Every Thursday, 4:30 – 6:30 p.m.  
Ohio State University Hospital East  
181 Taylor Ave.  
Columbus, OH 43203

*Wallace Auditorium, located inside the West  
Registration entrance off of Phile D. Hale Drive*

## MOMS2B LOCATIONS



### QUESTIONS?

Call Taylor: 614-292-1605  
Email: [Moms2B@osumc.edu](mailto:Moms2B@osumc.edu)



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LIVE UNITED



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# Sister & Brother Circle



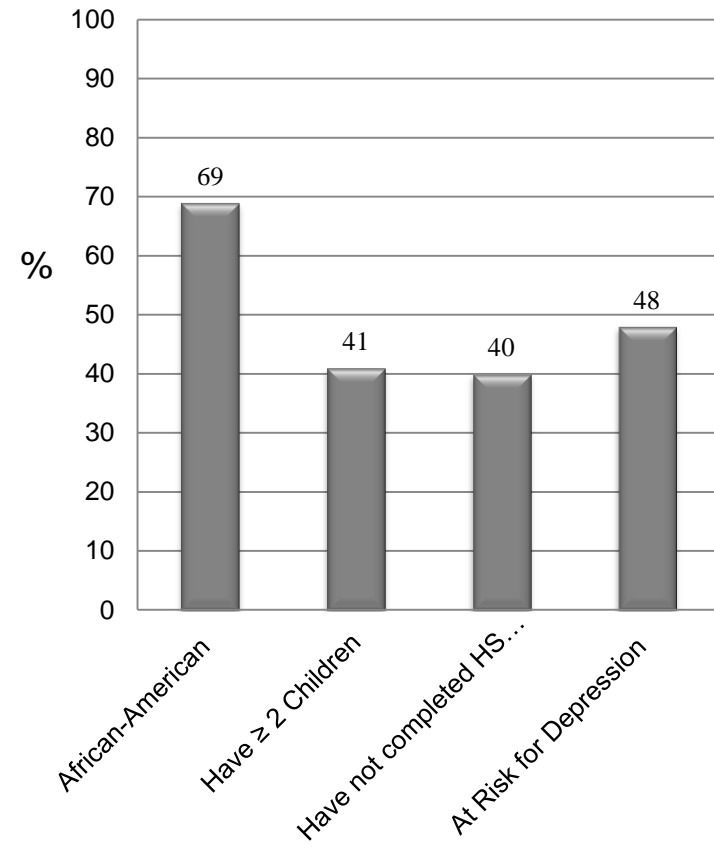


# Participant Demographics



## Moms2B

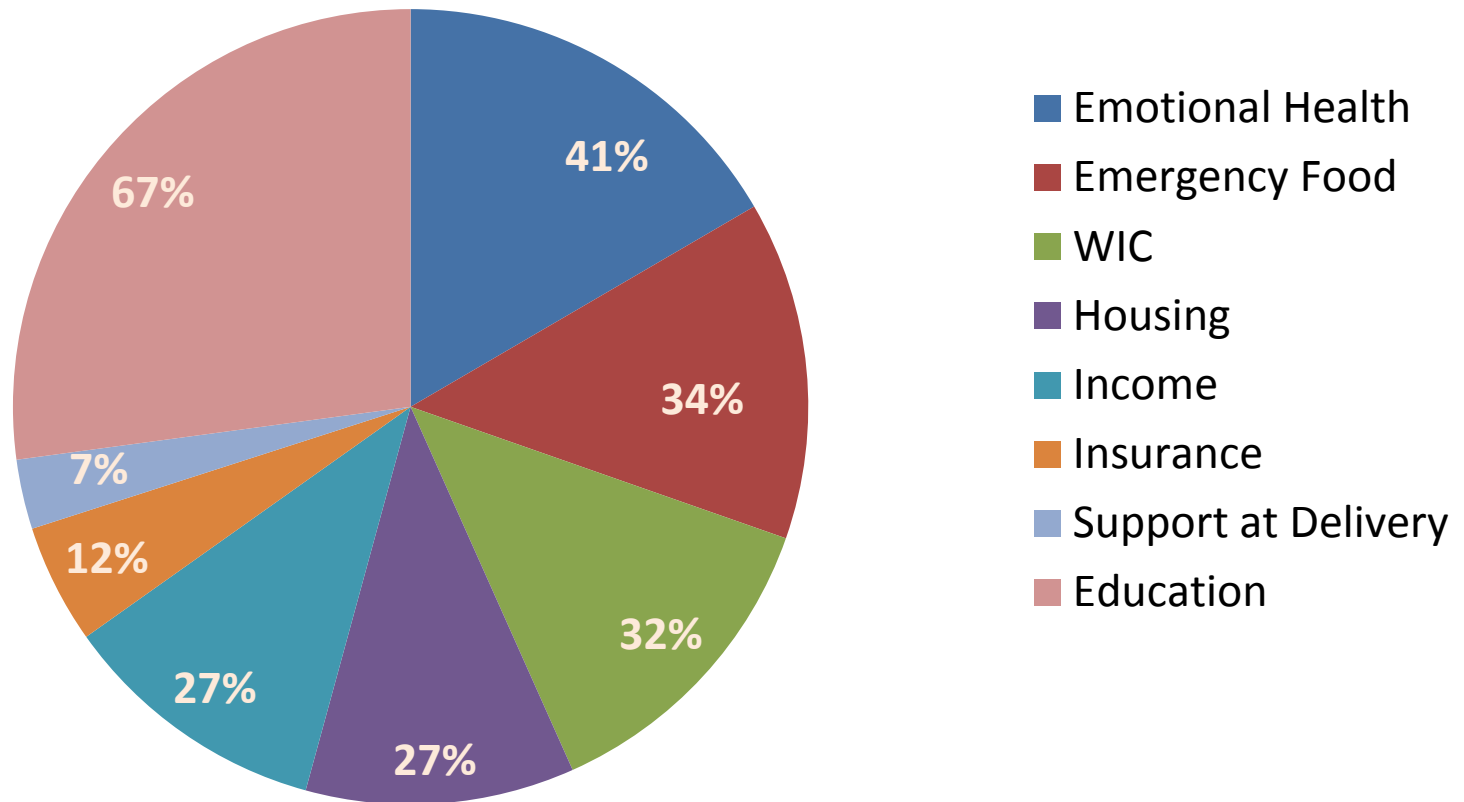
Average age	23 (12-41)
Monthly Income < \$800	78%
Prior Preterm Birth	16%
Anemia	23%
Asthma	20%
Hypertension	11%
Diabetes	5%



# Social Determinants of Health Experienced by Moms2B Participants



Moms2B  
July 2014-Jan 2015 (n=113)



# Safe Space

By meeting each mom "where they are" we make sure all women feel **welcome**, and we work hard to build trusting relationships.



# Breaking Down Barriers

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# Assessing & Addressing Social Determinants of Health

- Ongoing weekly checklist to assess:
  - Housing
  - Food
  - Transportation
  - Education
  - Employment
  - Trauma & other mental health needs
- Moms2B addresses many of these needs within the program (e.g. mental health)
- Also links to other community organizations as needed



# Connecting to Primary Care

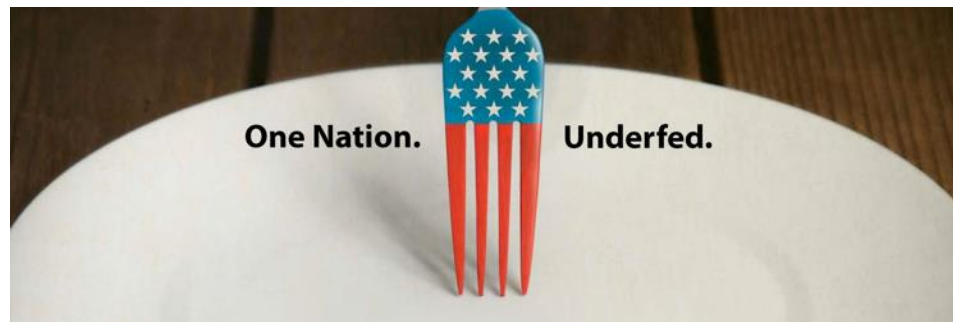




# Identifying Food Insecurity at Moms2B: USDA Food Security Scale

Food Security Level	n	Percent
High Food Security	30	22.2%
Marginal Food Security	17	12.6%
Low Food Security	45	33.3%
Very Low Food Security	43	31.9%
Total	135	100%

Nearly 78% of our moms are not food secure during their pregnancies.



# Addressing Food Insecurity

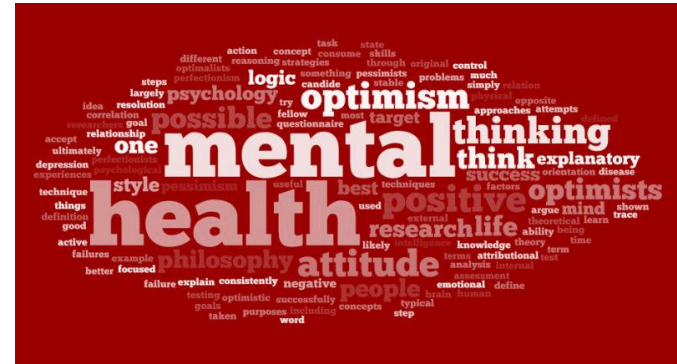
Thanks to the MidOhio Food Bank, their truck comes monthly at Moms2B locations. Moms select the food they want.





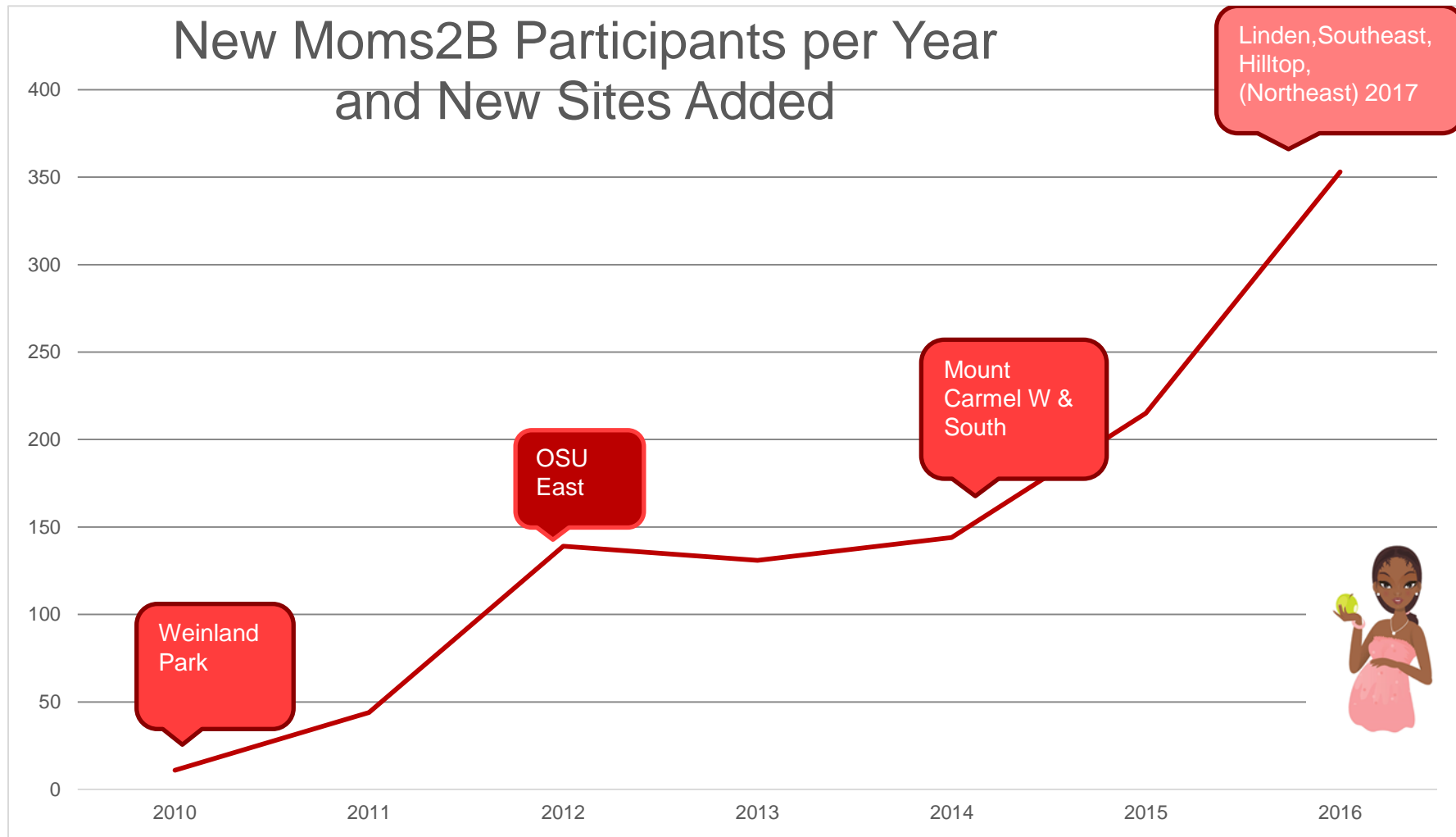
# Focus on Mental Health & Wellness

- Weekly tips & activities:
  - Stress reduction
  - Mindfulness
  - Grief
  - Self-care
- Connection to community resources for ongoing counseling & psychotherapy as needed
- Results (forthcoming): Significant decrease in postpartum depression (EPDS) “dose related”



# The Growth of Moms2B

## New Moms2B Participants per Year and New Sites Added

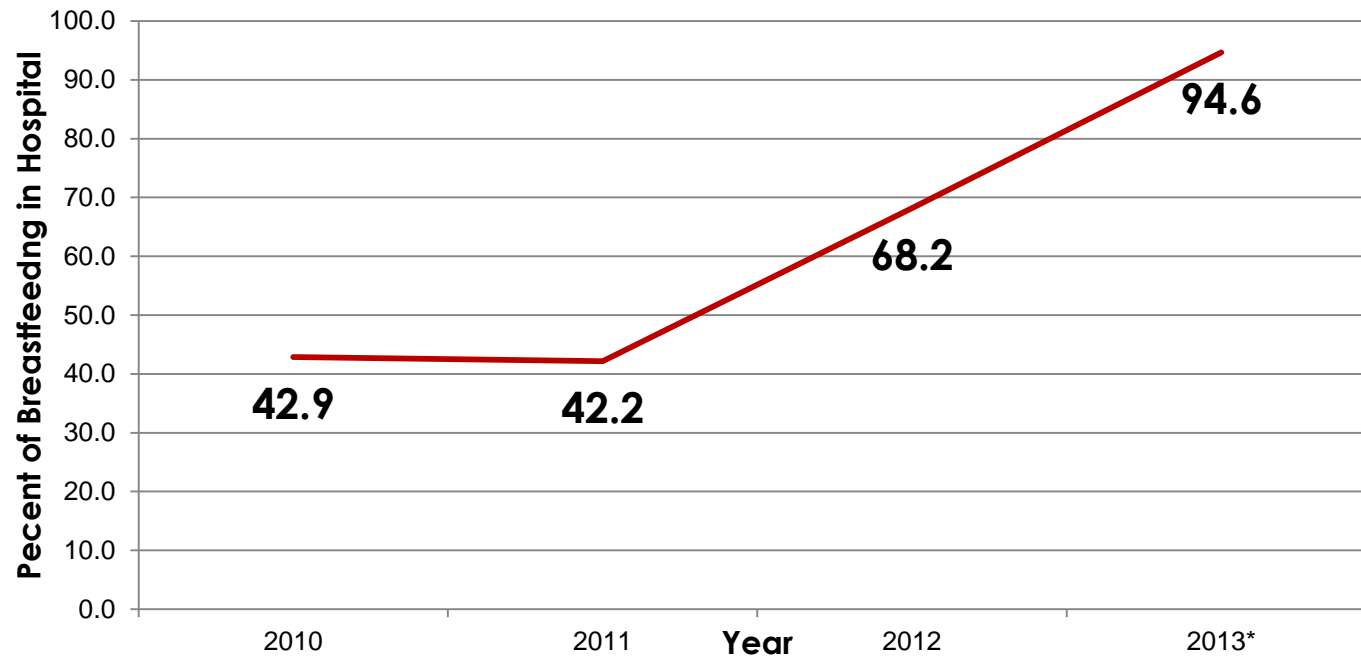


# Moms2B Outcomes

Moms2B measures	July-Dec 2016	Jan-Apr 2017
Moms attending at least 1 session	354	283
Average number moms per weekly sessions	80/week	81/week
Average number of prenatal sessions attended	6.5	6.7
Total births	93 (2 sets of twins)	51
Single births <37 weeks	10/89=11.2%	3/41=7.3%
Single births <32 weeks	0	1

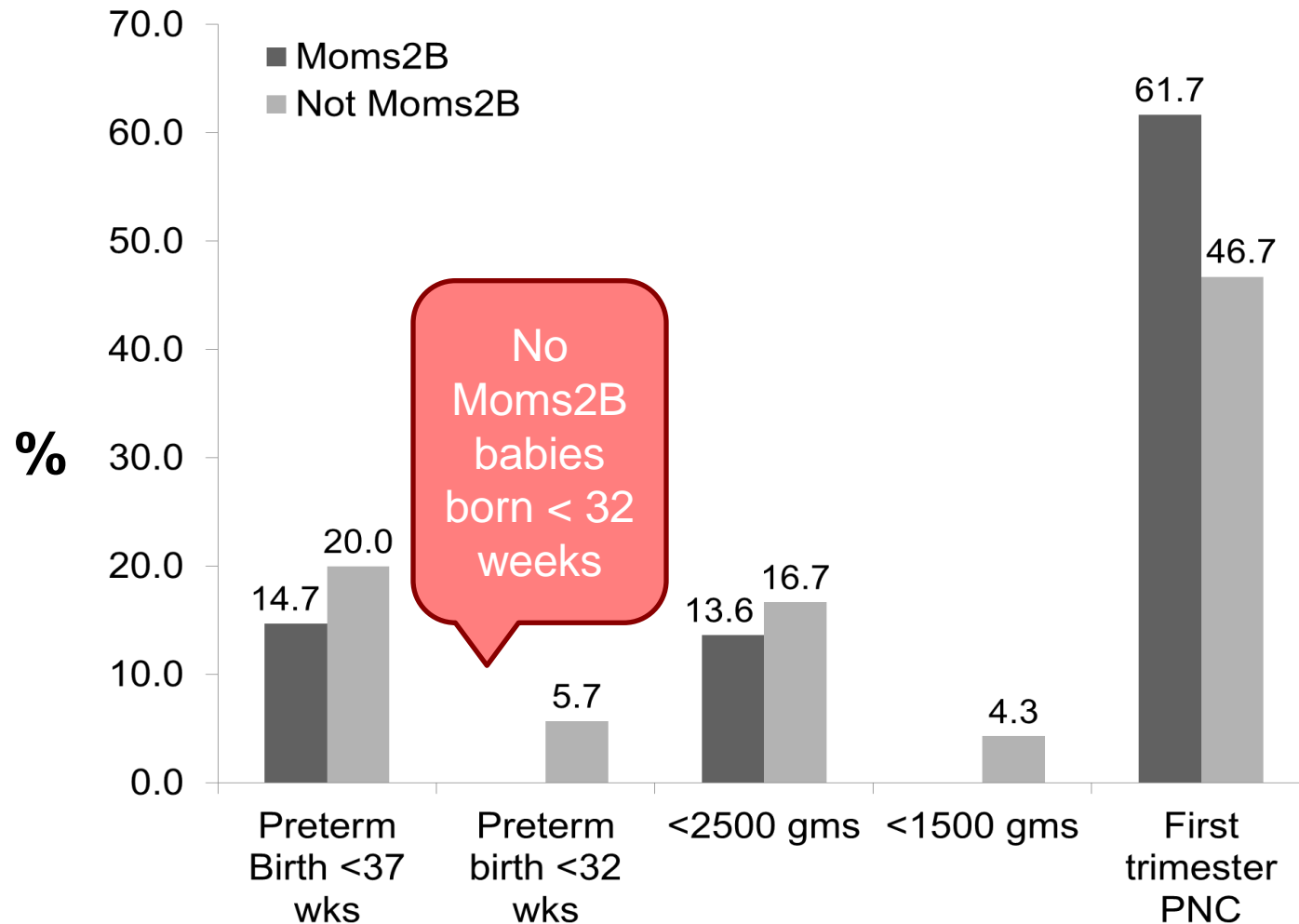


# Breastfeeding Initiation Increase in Moms2B Weinland Park



# Moms2B exposure associated with decreased odds of PTB <32 weeks (March of Dimes Prematurity Conference Poster Jan 2016)

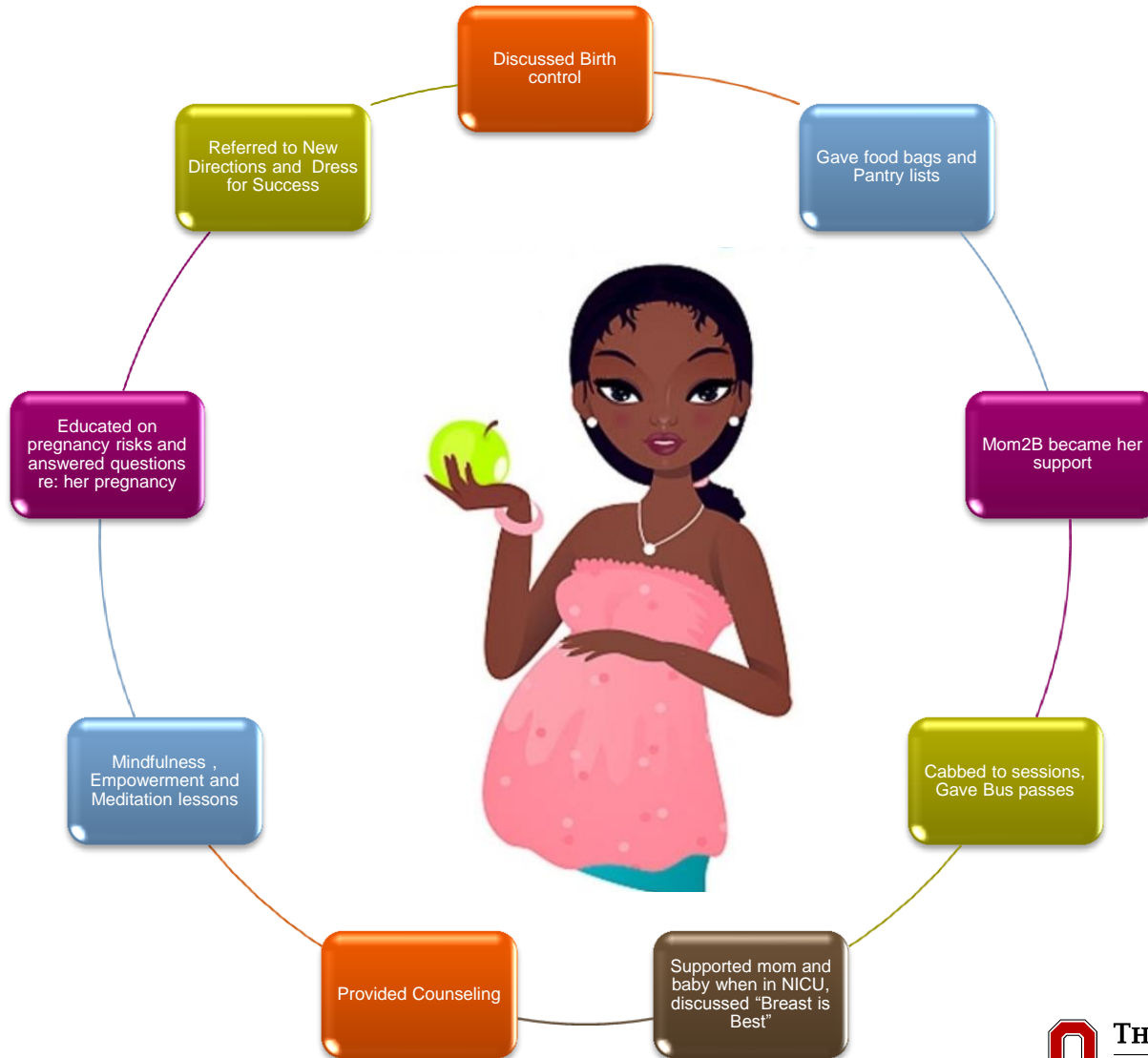
Moms2B exposed versus unexposed (n=71 per group) matched by zip code and race/ethnicity



# *Ms. Apple's Life Before Mom2B*



# *Ms. Apple's Life After Moms2B*



# Informing Advocacy

- Safe, stable housing is a major concern for pregnant and newly parenting women.
- 25% of Moms2B participants are either homeless or in very unstable housing.
- How does the system help?
- Advocacy efforts over the years have created a slow but increasing change in supporting pregnant and newly parenting women.
- Alisha's Story





# Summary

- The social determinants of health are negatively impacting even the youngest in our community.
- Moms2B is working in 8 Columbus communities to empower and educate new moms.
  - Moms2B as a safe space that fosters impactful relationships with the moms we serve.
- Our moms share their lives with us and inform our understanding of the challenges they face which helps us to advocate for the effectively.



# Thank You



Contacts:

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