

# ICHRP

## Integrated Care for High Risk Pregnancies

A Minnesota Department of Human Services grant program  
supporting collaborative care  
targeted at communities with significant disparities  
in birth outcomes

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The JJ Way ( a community-based doula model) "...is to be as supportive as possible, and that support provides the crucial buffer to the stress of racism and discrimination facing these women every day."

"History has shown us that people are incredibly resilient, and while we can't eradicate racism or the stress that results from it overnight, we might just be able to create environments that provide a buffer to what people of color experience on a daily basis. And for pregnancy, that buffer can be an incredible tool for shifting the impact of racism on generations to come."

--Miriam Zoila Perez, JJ WAY TED Talk

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### Birth Outcomes in Minnesota:

Overall they are among the best in the nation...

...but our disparities are among the worst.



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ICHRP Addresses Disparities in Low Birth Weight and Disparities in Opiate Exposed Pregnancies




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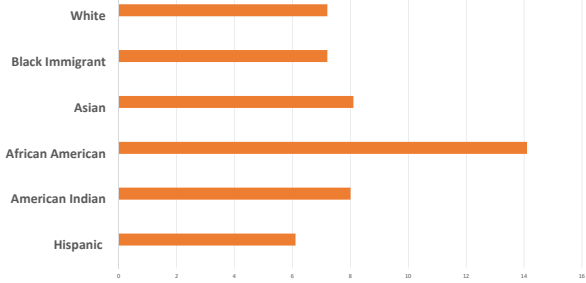
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2012 Minnesota Medicaid Low Birth Weight Rates by race/ethnicity




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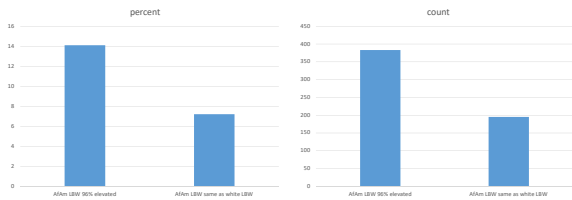
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If the African American LBW rate was the same as the White LBW rate, the overall Medicaid LBW rate would decline from 7.8% to 7.2%

The African American rate would fall by 49%

There would be 188 fewer LBW births




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- The **life course perspective** (Lu and Halfon): Racial disparities reflect different developmental trajectories.
- The social and economic forces of institutional racism set African American and non-Hispanic white women on distinct life tracks, with long-term consequences for their health and the health of their future children.
- The life course perspective rests on two mechanisms: the early programming model and the cumulative pathway model.
- The **early programming model** proposes that exposure to risk during sensitive developmental periods in early life can affect women's health later.
- The **cumulative pathway model** focuses on stress across time-- chronic exposure to stress leads to allostatic load, or greater wear and tear on the body's adaptive systems.

Exploring African Americans' High Maternal and Infant Death Rates  
By Cristina Novoa and Jamila Taylor

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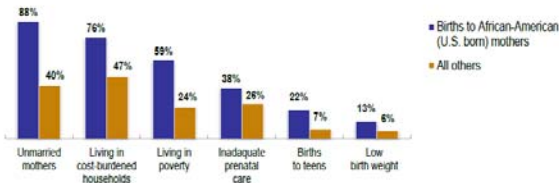
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### African-American Babies in Minneapolis and St. Paul (Children age 3 and younger)



Chase, Richard, and Jennifer Valoroso. "African-American Babies in Minneapolis and St. Paul." Wilder Research, Dec. 2011, p. 1.

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### Social Risk Factors

- **Modifiable**
  - Economic factors
  - Factors of family function
- **Non-modifiable**
  - Race, ethnicity, gender, LGBTQ status

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ACEs tend to be held in the body, leading to mental, physical, and behavioral health problems throughout the life course.




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**Social and environmental risk factors** (Novoa and Taylor)  
 Due to the United States' history of racial segregation, the constellation of risk and protective factors may look different for African Americans and non-Hispanic whites. These populations are differentially exposed to social and environmental risk factors. These risk factors include, but are not limited to:

- Substandard housing and housing instability
- Concentrated poverty
- Neighborhood safety
- Air quality and environmental stresses
- Poor access to quality, whole foods and adequate nutrition
- Poor access to quality, comprehensive health care services
- Unequal educational opportunities
- Poor employment opportunities, including lack of access to flexible scheduling and livable wages
- Disproportionate police violence

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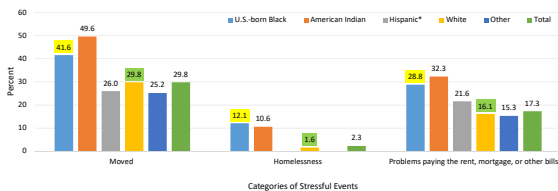
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### Stressful Life Events

Percentage of mothers who reported experiencing housing related stressors 12 months before the baby was born by race/ethnicity: Minnesota, 2012-2015



\*Hispanic, not by race  
 Data not shown when there are fewer than 30 cases  
 Source: Minnesota Pregnancy Risk Assessment Monitoring System (PRAMS), Minnesota Department of Health, Division of Community and Family Health, Maternal and Child Health.  
 Funding for MN PRAMS is made possible by grant number: 5U59D000217-02 from the Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion.

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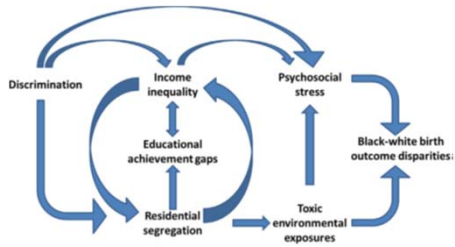
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Conceptual model of societal factors in the United States that lead to psychosocial stress, toxic environmental exposures, and ultimately contribute to racial disparities in birth outcomes. (Burris and Hacker, SeminPerinat 2017)



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### ICHRP Intervention for LBW:

- Low birth weight, prematurity and infant mortality are strongly associated with psychosocial risks.
- Integrated prenatal care that links assessment of those risks with *community-supported risk reduction interventions* has been shown to improve these outcomes.

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Supports and Services need to be Culturally Accessible



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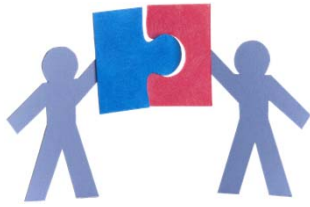
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**Paraprofessionals**

(Community Health Workers, Doulas, Peer Recovery Support Workers) are one of the **Best Solutions** to improve culturally accessible care



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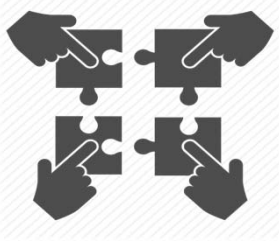
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Supports and Services need to be **Integrated** and **Coordinated** to be Effective



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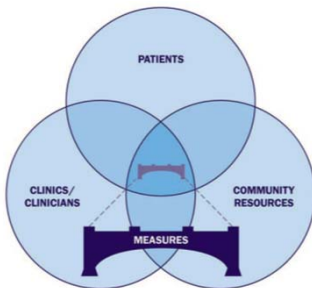
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The Etz Bridge (Etz et al., 2008) connects the clinic/clinician and the community resource.

The concept of a bridge “suggests a dynamic and interactive connection as well as the need for strong foundations, for knowledge of local landscapes, and for continuous maintenance”



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Anchoring characteristics on the clinic/clinician side include the capacity to assess patient risk, ability to provide brief counseling, capacity and ability to refer, and awareness of community resources.

Anchoring characteristics on the community resource side include the availability, accessibility, affordability, and perceived value of services provided by the community resource.

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**ICHRP:**  
to improve birth outcomes by mitigating psychosocial risks...

**...through Community-Led Collaborative Care Systems using paraprofessionals to navigate access to interventions...**

**...targeting communities where risk is highly concentrated**

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ICHRP is funding

- Five tribes in northern Minnesota to lead collaborative efforts addressing disparities in maternal opiate use.
- Three community-based organizations in the Twin Cities to lead collaborative efforts addressing low birth weight in the African American community.

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Thank you!!

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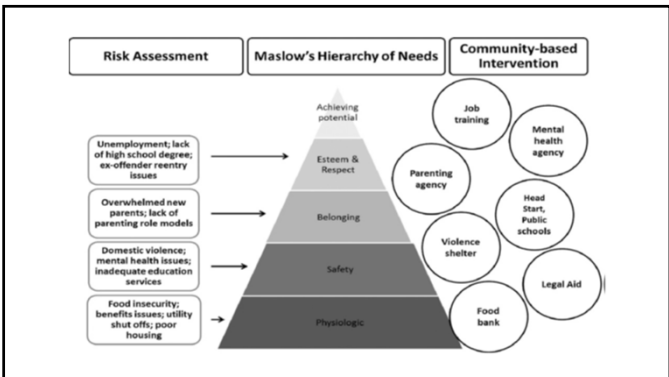
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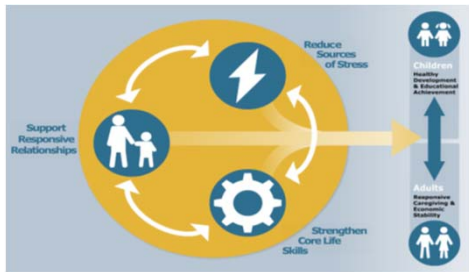
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### 3 Principles to Improve Outcomes for Children and Families



Center on the Developing Child HARVARD UNIVERSITY

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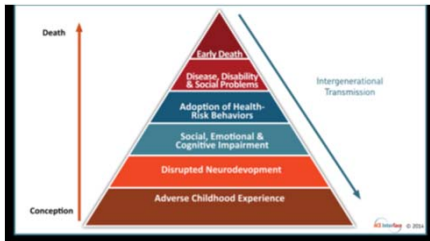
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The ACE Pyramid represents the life course model-- ACEs are cumulative and can be intergenerational



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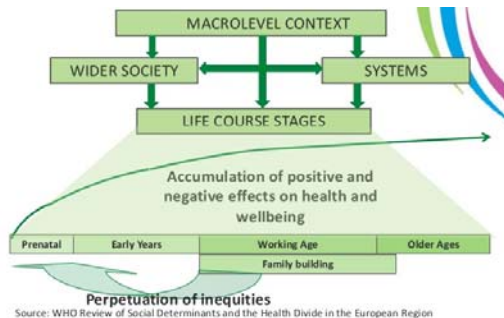
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Source: WHO Review of Social Determinants and the Health Divide in the European Region

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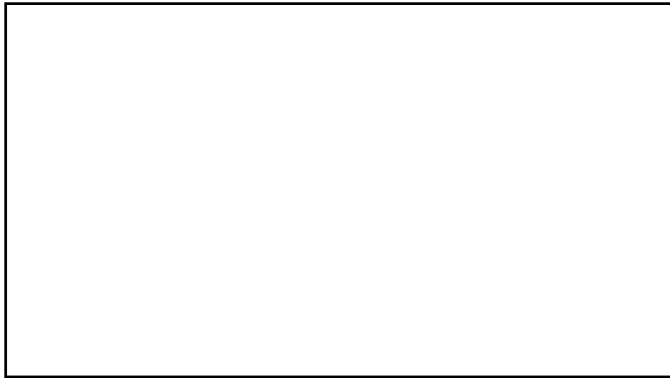
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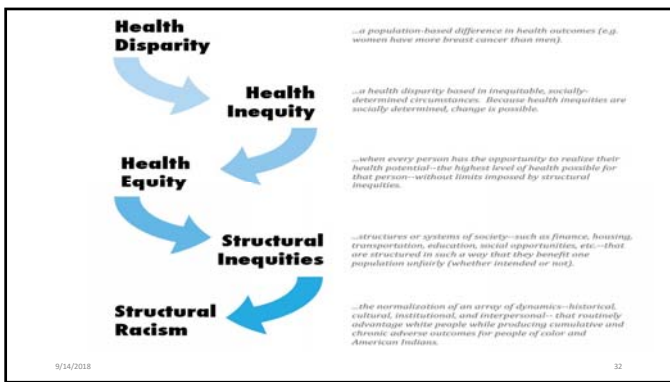
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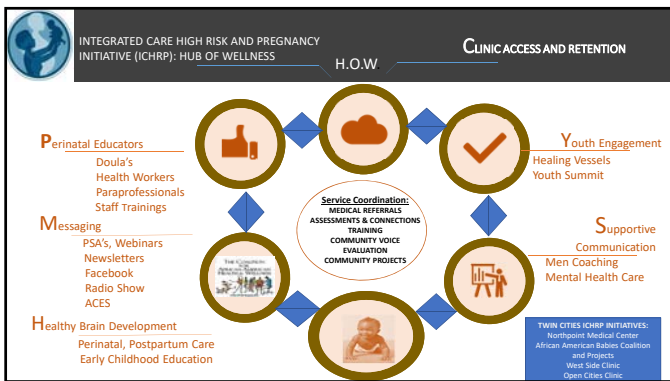
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