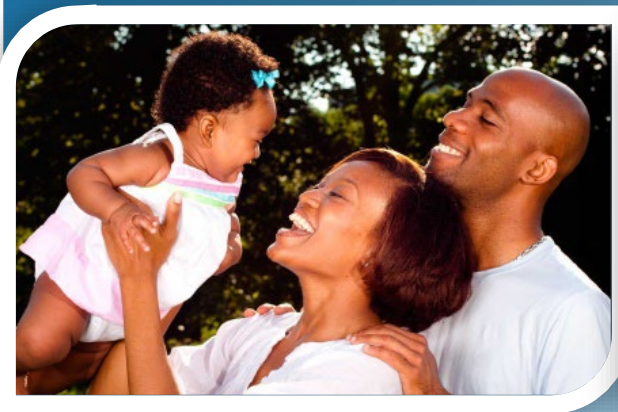


PERINATAL EQUITY INITIATIVE OVERVIEW

Natalie V. Berbick, MSW, Family, Maternal and Child Health Director

Friday, November 17th, 2023



CONTRA COSTA
HEALTH

OBJECTIVES

HEALTH
EQUITY
IS A RACIAL
JUSTICE
ISSUE

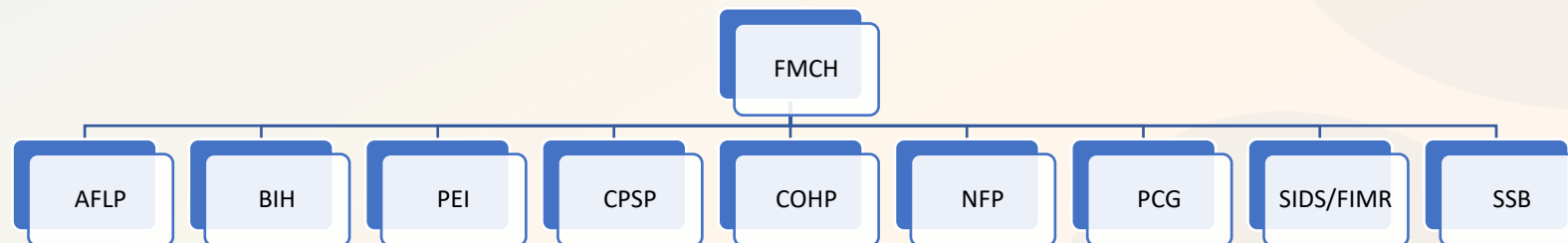
- CCHS Systemwide Health Equity Goals Summary
- CCHS Perinatal Equity Initiative Overview: From Legislation to Action
- Working definition for Health Equity
- Local Contra Costa data on maternal and infant health indicators
- Drivers of Perinatal Health Disparities
- The PEI Community Advisory Board and Activities
- Identified Interventions: Doula and Fatherhood Programs
- #Deliver Birth Justice Campaign
- Calls to Action

Contra Costa Health Health Equity Activities

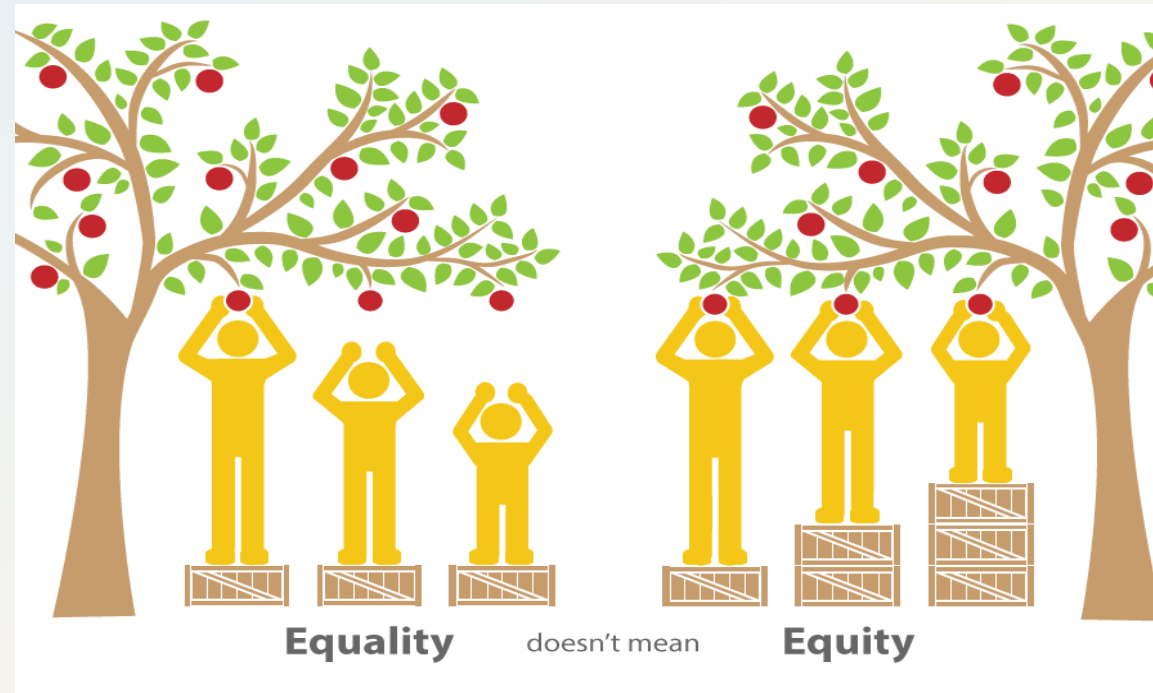
- System-wide Implicit Bias Training for all perinatal providers (Diversity Science), spearheaded by the Dignity in Pregnancy and Childbirth Advisory Committee
- CCRMC Office of the Director (Samir Shah, MD, F.A.C.S., CEO and Chief Medical Officer) is addressing structural bias in focus areas of:
 - A robust forensic organizational assessment
 - Facilitated listening sessions and focus groups
 - Learning and Development
 - Equity Advising
 - Equity, Diversity, and Inclusion Road Mapping

Contra Costa Health - Family, Maternal, Child & Health Programs

- The FMCH Program provides premiere prevention and intervention services for Contra Costa families in supportive, culturally driven, strength-based, affirming and innovative ways!
- **Vision:** A community where all individuals reach their optimal level of health and well-being
- **Mission:** Family, Maternal and Child Health Programs, in partnership with community members, county programs, and community organizations, provide support, resources and services to eliminate health inequities and improve the quality of life for all children, youth and families



What does Health Equity mean?



Health Equity: Attainment of the highest level of health for all people. Health Equity means efforts to ensure that all people have full and equal access to opportunities that enable them to lead healthy lives.



6

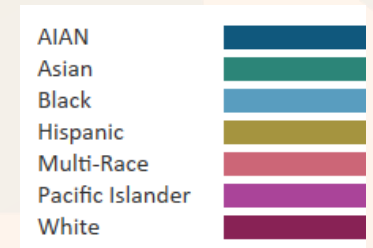
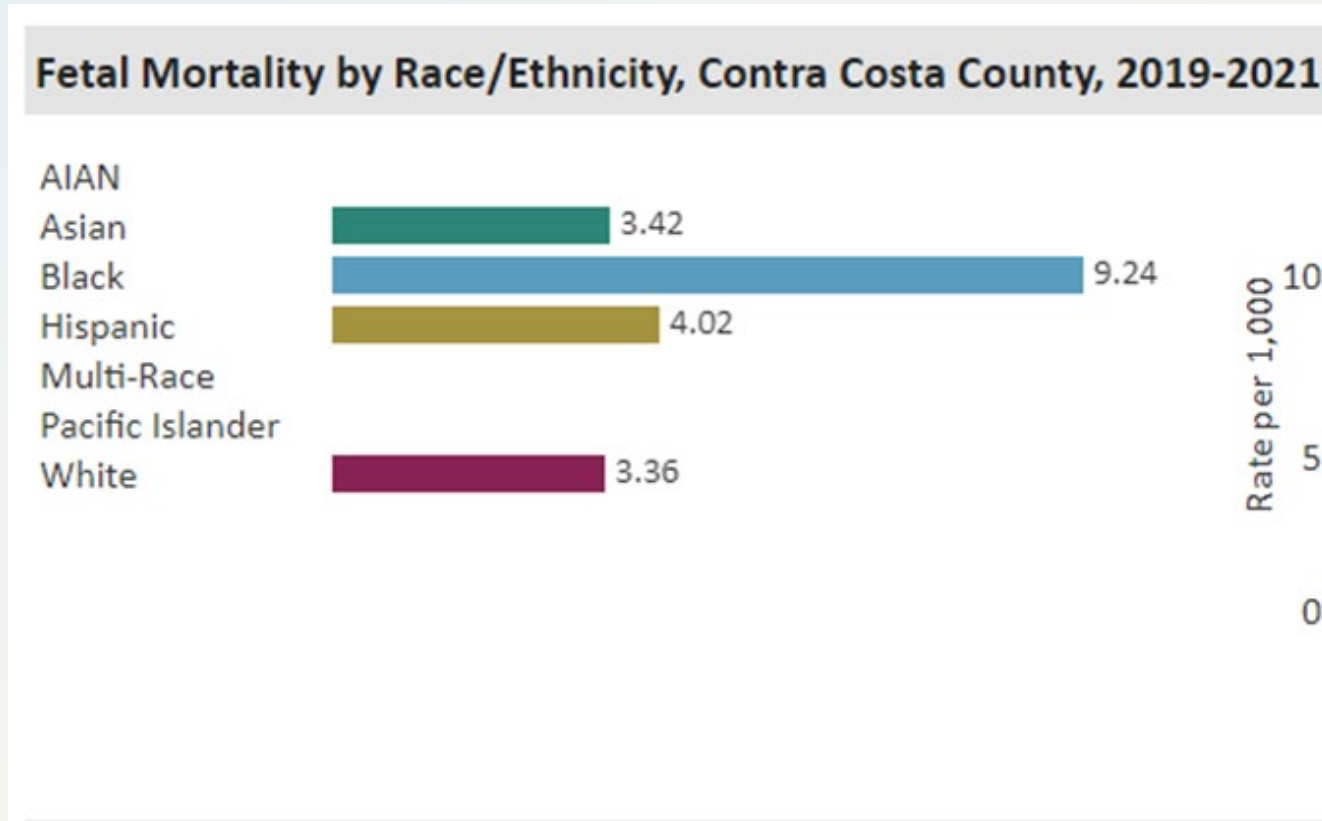
PEI: CA Legislation → Action

- Due to the statewide disparity in Black infant mortality, former Governor Jerry Brown signed legislation (June 2018), authored by Sen. Holly Mitchell, to establish the California Perinatal Equity Initiative
- **Black infant mortality rates** is **2-4** times **higher** than the **rates** for **other ethnic groups** statewide
- **Black mothers** are **3-4** times more likely to experience maternal complications and mortality.
- This initiative is intended to address the causes of persistent poor birth outcomes, and to identify best practices to improve disparities in infant mortality
- [Perinatal Equity Initiative \(ca.gov\)](https://www.ca.gov/perinatal-equity-initiative)

PEI Work Plan from the State

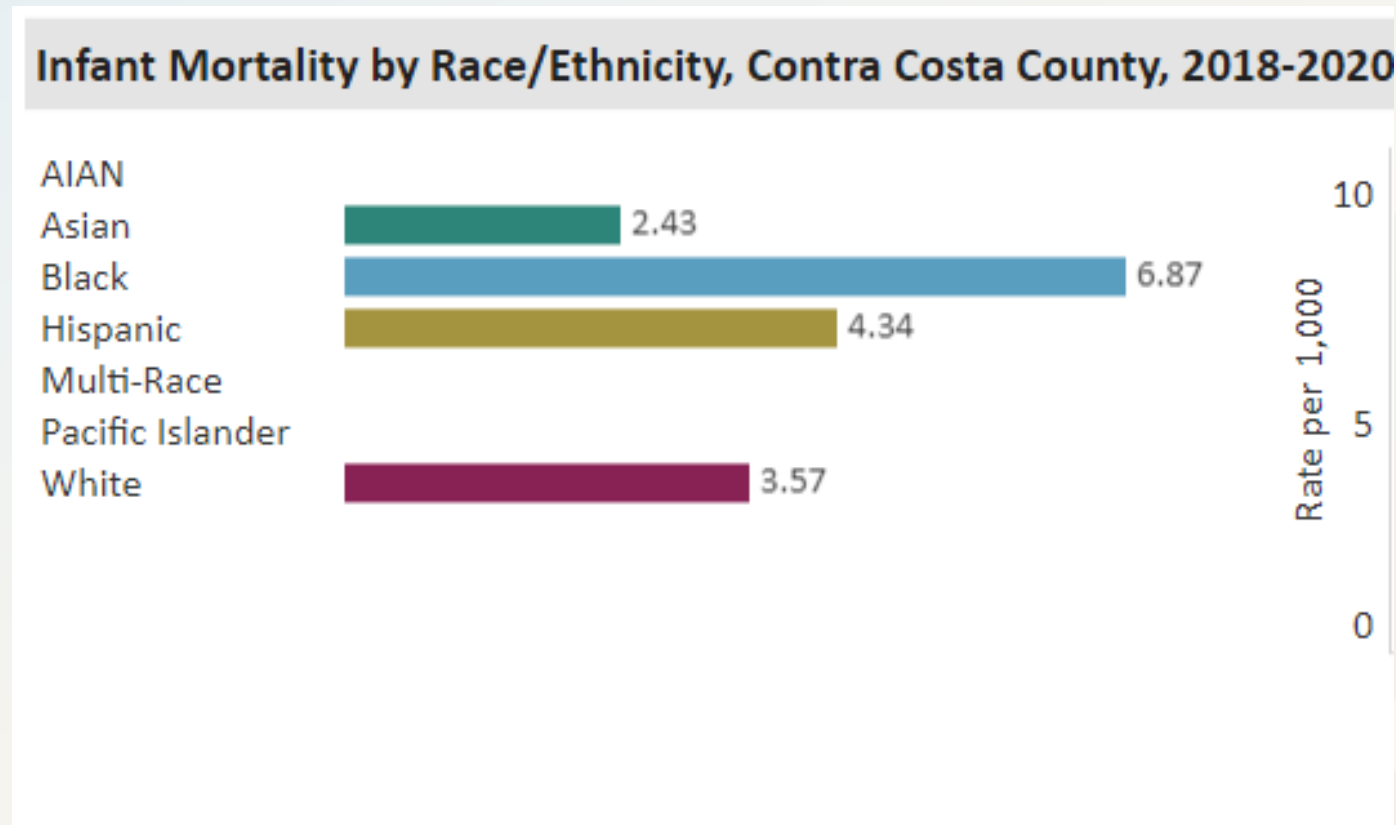
- ✓ **Phase 1:** Conduct an environmental scan to gain a deeper understanding of the Black Community and its Infant Mortality rate.
- ✓ **Phase 2:** Partner with 2-5 hospitals with the highest Black Preterm singleton births to conduct a medical records review of preterm births to understand causes and possible interventions.
- ✓ **Phase 3:** Establish a local Perinatal Health Equity Community Advisory Board to input on the needs and opportunities to reduce Black Infant Mortality. This board will inform a strategic plan and identify interventions to address the perinatal health disparities in our county.
- ✓ **Phase 4:** Develop and implement a Public Health Awareness Campaign to raise awareness and to promote health messages to vulnerable populations with the highest rates of preterm birth and infant mortality

Local Contra Costa County Maternal and Infant Indicators



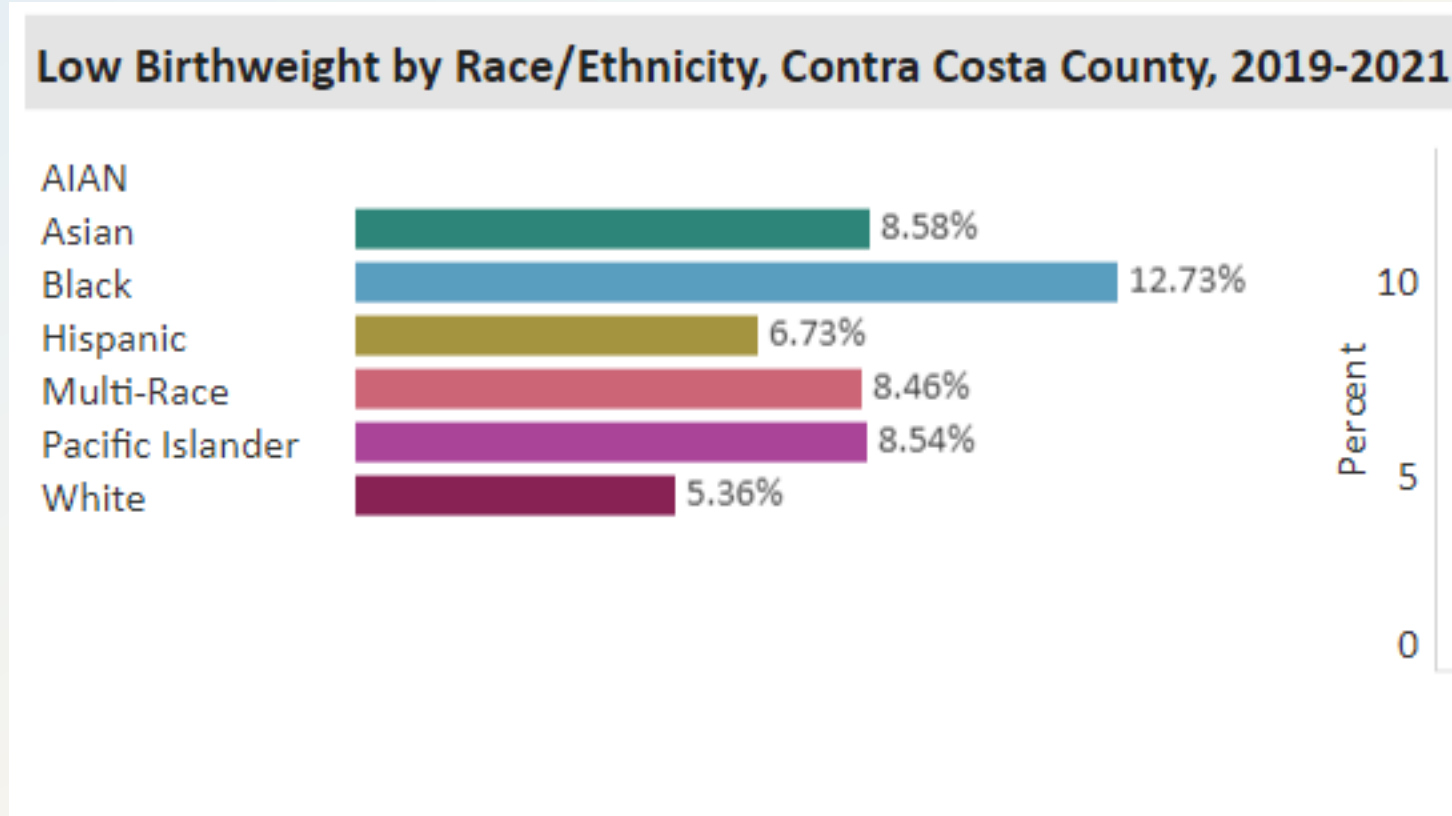
Fetal Mortality (ca.gov): <https://www.cdph.ca.gov/Programs/CFH/DMCAH/surveillance/Pages/Fetal-Mortality.aspx>

Local Contra Costa County Maternal and Infant Indicators



Infant Mortality (ca.gov): <https://www.cdph.ca.gov/Programs/CFH/DMCAH/surveillance/Pages/Infant-Mortality.asp>

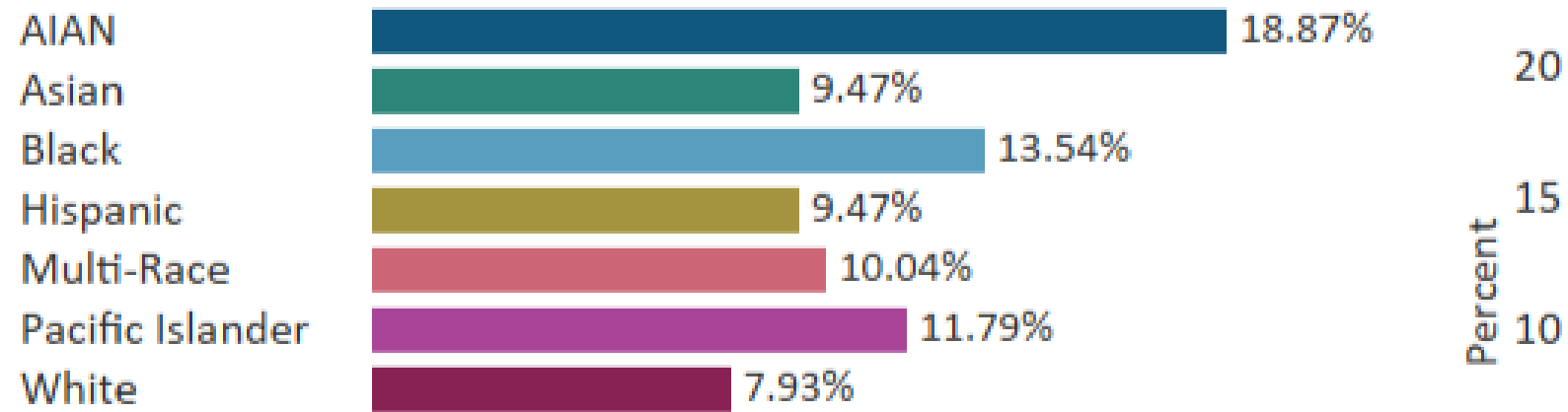
Local Contra Costa County Maternal and Infant Indicators



Low Birthweight (ca.gov): <https://www.cdph.ca.gov/Programs/CFH/DMCAH/surveillance/Pages/Low-Birthweight.aspx>

Local Contra Costa County Maternal and Infant Indicators

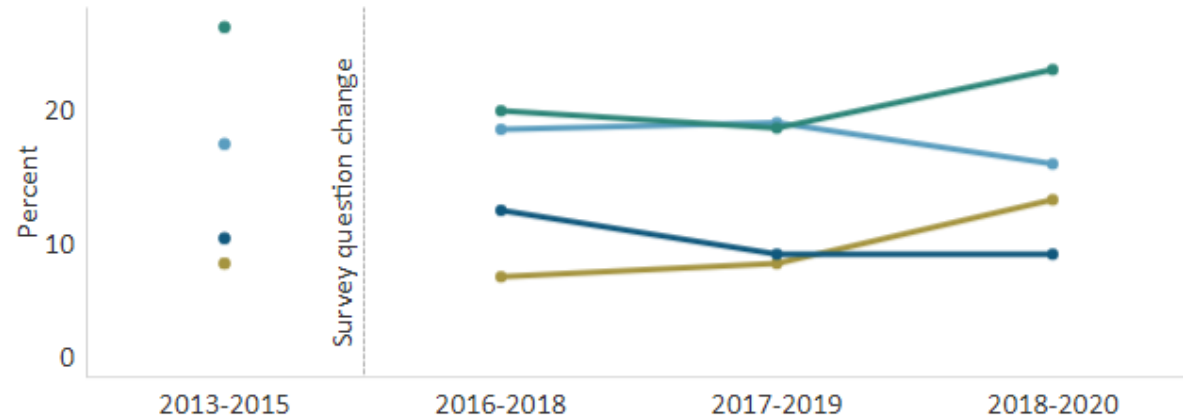
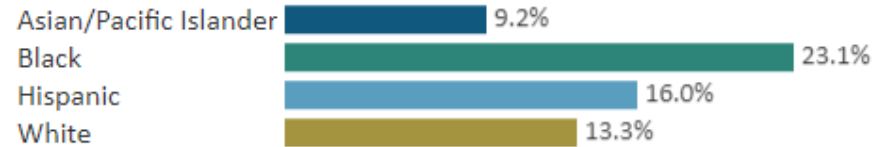
Preterm Birth by Race/Ethnicity, Contra Costa County, 2019-2021



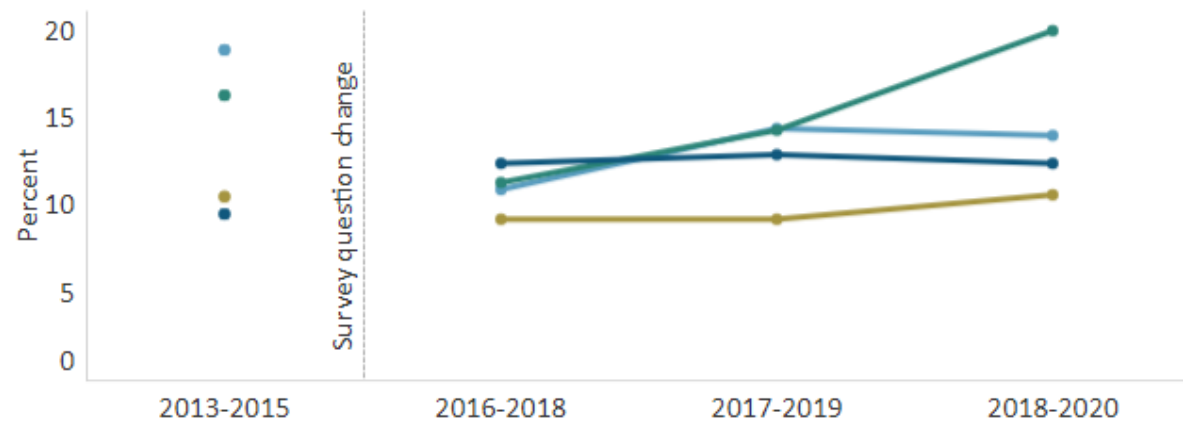
Preterm Birth (ca.gov): <https://www.cdph.ca.gov/Programs/CFH/DMCAH/surveillance/Pages/Preterm-Birth.aspx>

Local Contra Costa County Maternal Mental Health Indicators

Prenatal Depressive Symptoms by Race/Ethnicity, Contra Costa County, 2018-2020

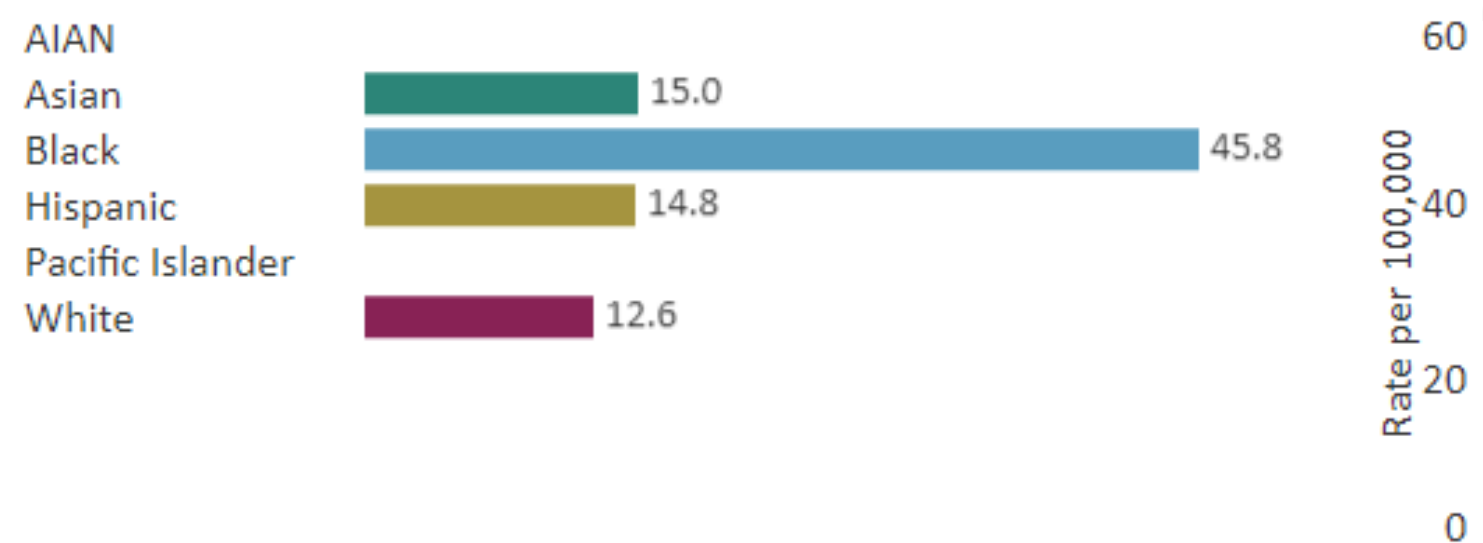


Postpartum Depressive Symptoms by Race/Ethnicity, Contra Costa County, 2018-2020

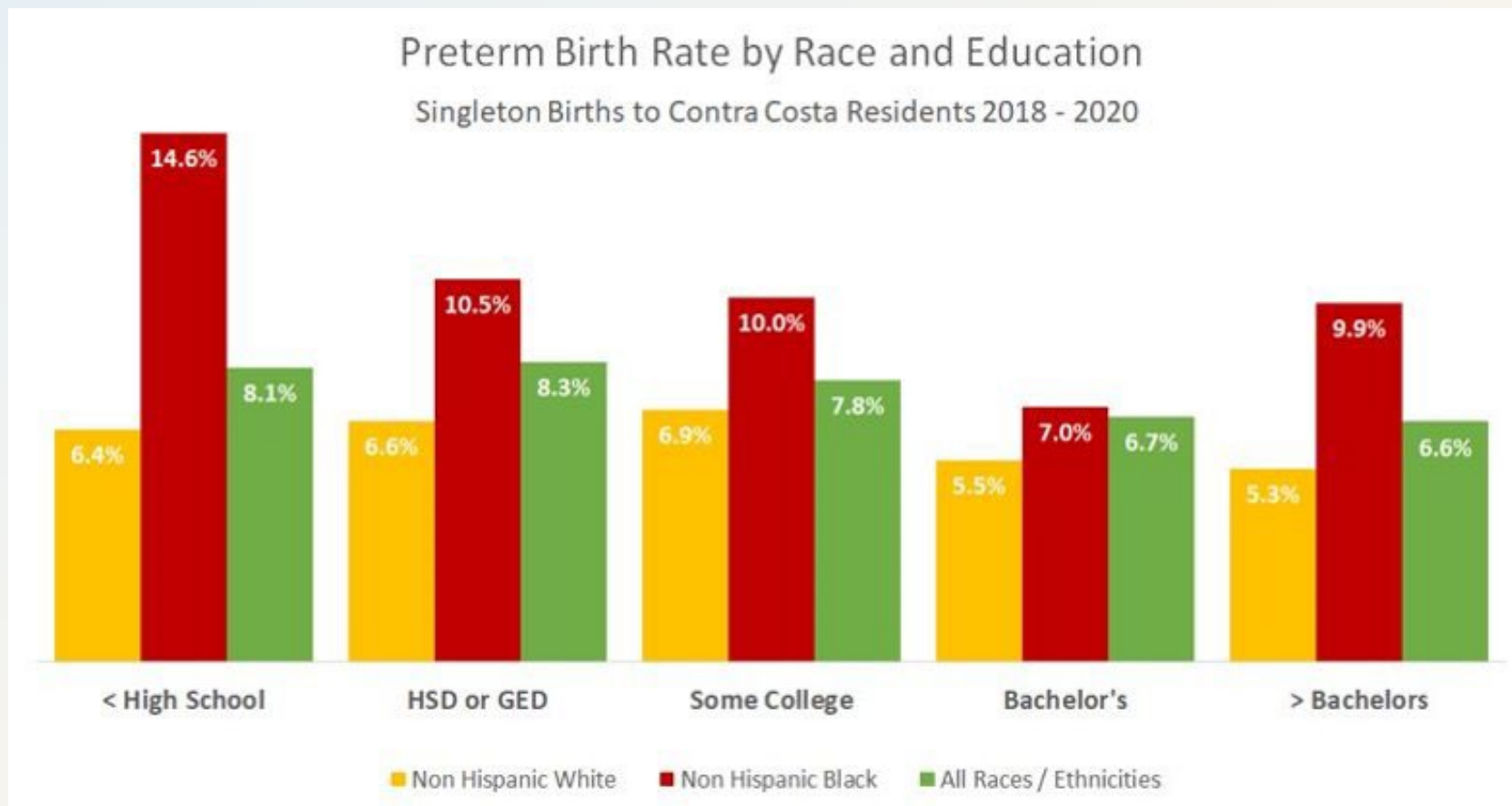


California Maternal Related Mortality Indicator

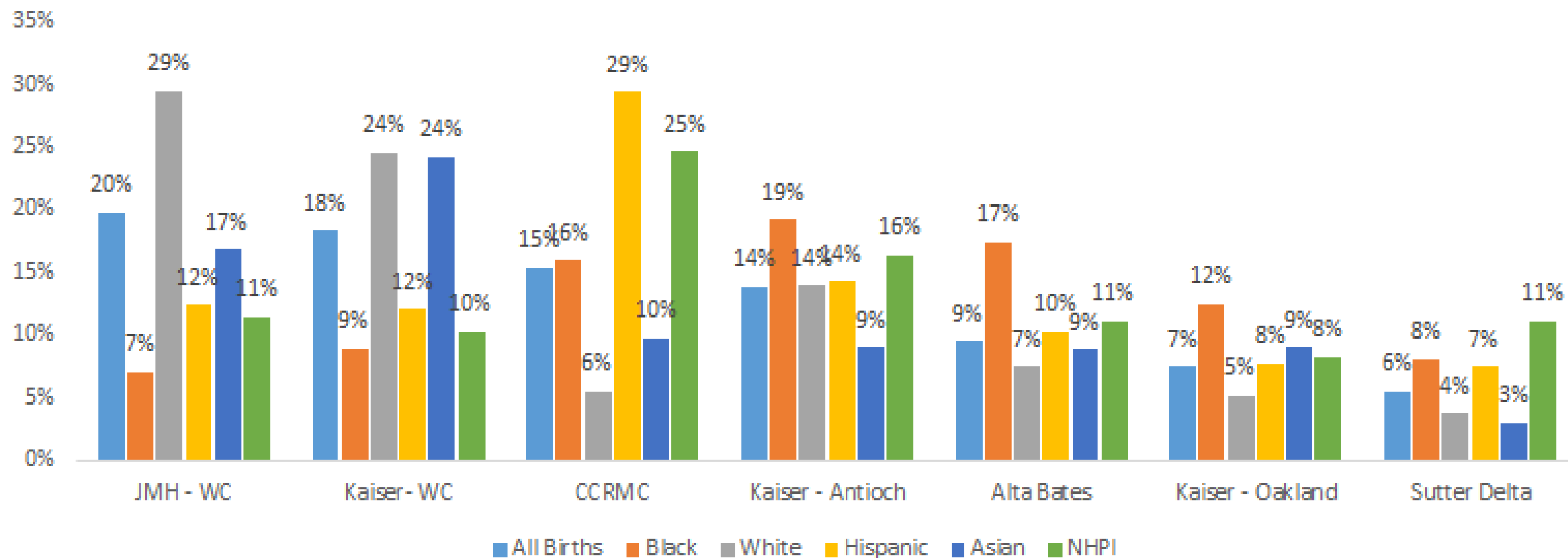
Pregnancy-Related Mortality Ratio by Race/Ethnicity, California, 2018-2020



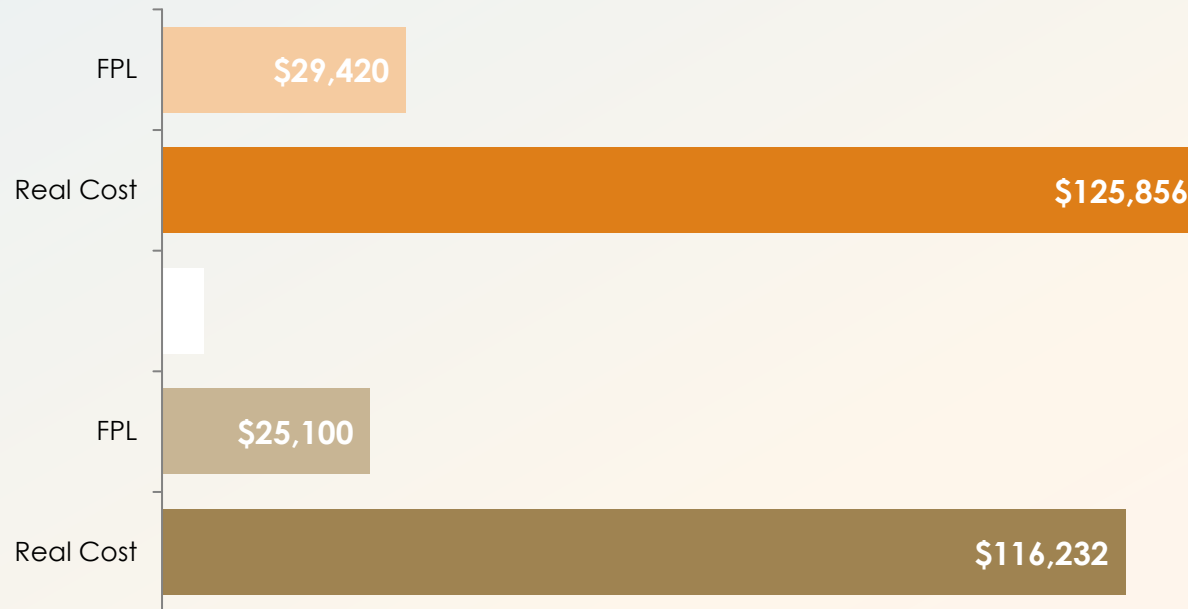
Birth Outcomes Contra Costa County Residents



Percent of Births by Race/Ethnicity of Birthing Parent at Top 7 Birthing Hospitals Contra Costa County 2018 - 2020



Federal Poverty Level vs Real Costs in Contra Costa County



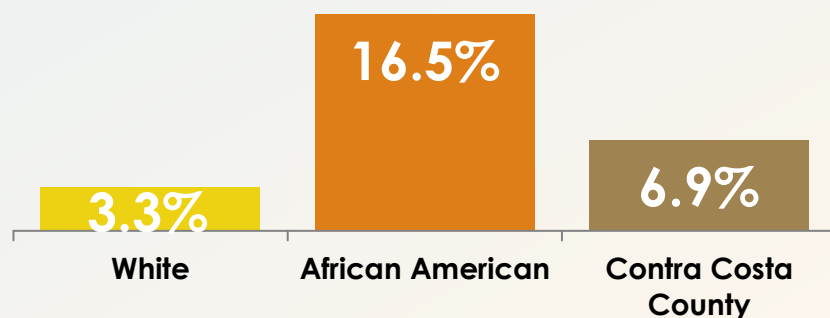
2018 Poverty Guidelines, Federal Register, U.S. Department of Health and Human Services under the authority of 42 U.S.C. 9902(2) (5 person and 4-person family size, respectively)

Struggling to Stay Afloat: The Real Cost Measure in California 2018 by United Ways of California in partnership with B3 Consults (2 Adults ,children age 0, 3, 8 and 1 adult, children age 0, 3, 8, respectively)



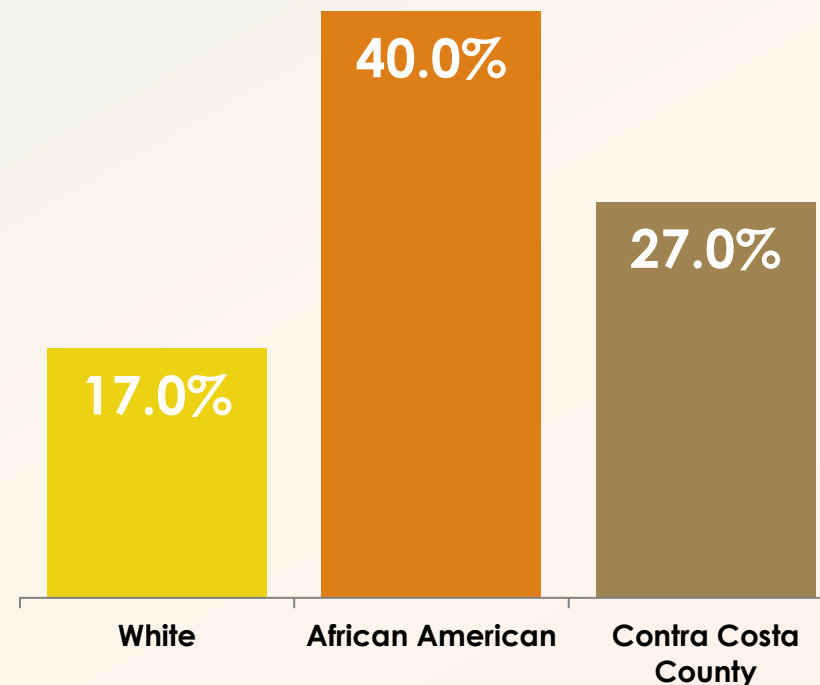
Contra Costa County Poverty by Race

**Families in Federal Poverty
by Race of House Holder
2013-2017**



American Community Survey 5 year estimates 2013-2017 (S1702), US Census Bureau

**Households Below Real Cost
Measure by Race**



Struggling to Stay Afloat: The Real Cost Measure in California 2018 by United Ways of California in partnership with B3 Consults

Drivers of Perinatal Health Inequities

- **What do you think are some potential drivers to perinatal health disparities?**
 - **400 years of structural racism.** Examples of which include the institution of slavery, Jim Crow, voting disenfranchisement, separate but equal laws, Red Lining, Prison Industrial Complex, etc... **Chronic, toxic stressors in the Black lived experience are the perpetual stressors that impact the social determinants of health**
 - **Environmental factors:**
 - Food deserts
 - Excess exposure to pollutants
 - Limited Transportation/Isolated Communities
 - **Access to healthcare/insurance with adequate coverage**
 - **Housing & Employment Discrimination**
 - **Decreased access to quality and equitable education**



<https://youtu.be/NUr9KDSpe9I>

<https://driversofhealth.org>

<https://globalhealth.harvard.edu/Disparities>

[Disparities \(ca.gov\)](https://globalhealth.harvard.edu/Disparities)

[Kaiser's Monthly Update on Health Disparities | KFF](#)

[Health Disparities | DASH | CDC](#)

[CDC's Efforts to Address Racism as a Fundamental Driver of Health Disparities | Minority Health | CDC](#)

Structural Stressors Increase Cortisol Levels

THE EFFECTS OF HIGH CORTISOL LEVELS

Higher blood pressure

Lowers body's ability to fight off disease and infections

Increases blood sugar levels, which may affect people with diabetes or a family history of diabetes

Causes increase in fat storage, especially around the abdomen

All of which can contribute to an increased chance of heart problems.

Reduces blood flow to fetus and deprives fetus with oxygen and nutrition

Slows rate of physiological and mental development of infant

RACISM IS PREVENTABLE

Braveman et al.

Explaining Black-White PTB Disparity

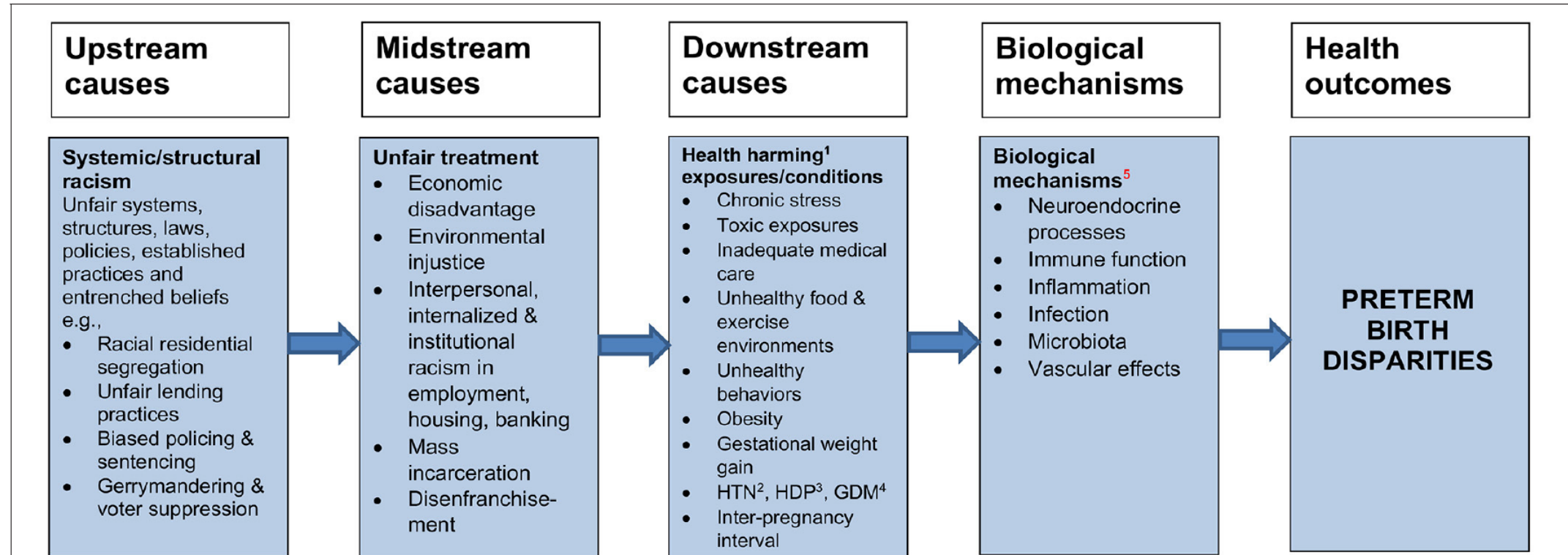


FIGURE 2 | Racism plausibly may affect PTB as an upstream factor, acting through midstream and downstream factors that more directly trigger the physiologic mechanisms. 1. Health harming or lack of health-promoting exposures/conditions. 2. HTN: Hypertension. 3. HDP: Hypertensive disorders of pregnancy. 4. GDM: Gestational diabetes mellitus. 5. Epigenetic effects are not displayed because they may occur through exposures at each step along the causal pathways.

PEI Community Advisory Board Contra Costa County



- An Active board
- Meets quarterly
- Advises our PEI team about needs of the community and services that should be reinforced in Contra Costa Team
- Bring awareness about the need for health equity where they live, work, play and pray
- Diverse group: Black parents, doulas, health care professionals, PH professionals, community leaders, policy makers, faith-based organizations, and more.

*****Anyone is welcome to join 😊**

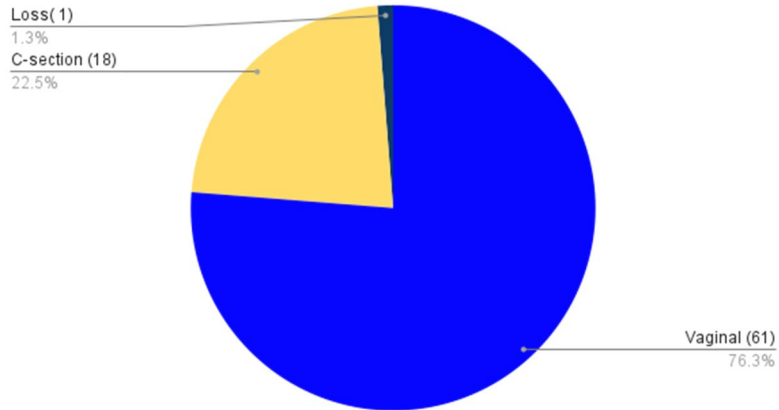


CoCo Doula Program

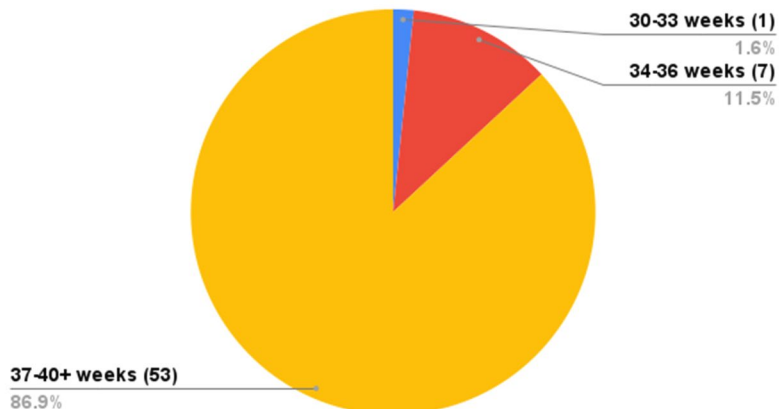
- Free training for community members to become community-based doulas
- Prenatal home visits
- Prenatal care appointment support
- Birth Planning
- Labor and Delivery Support
- Postpartum home visits
- Breastfeeding Assistance
- Infant Care overview/instruction
- Perinatal Depression Screening
- Linkage and referrals to health and social services


Program Accomplishments CoCo Doula Program

Program Births



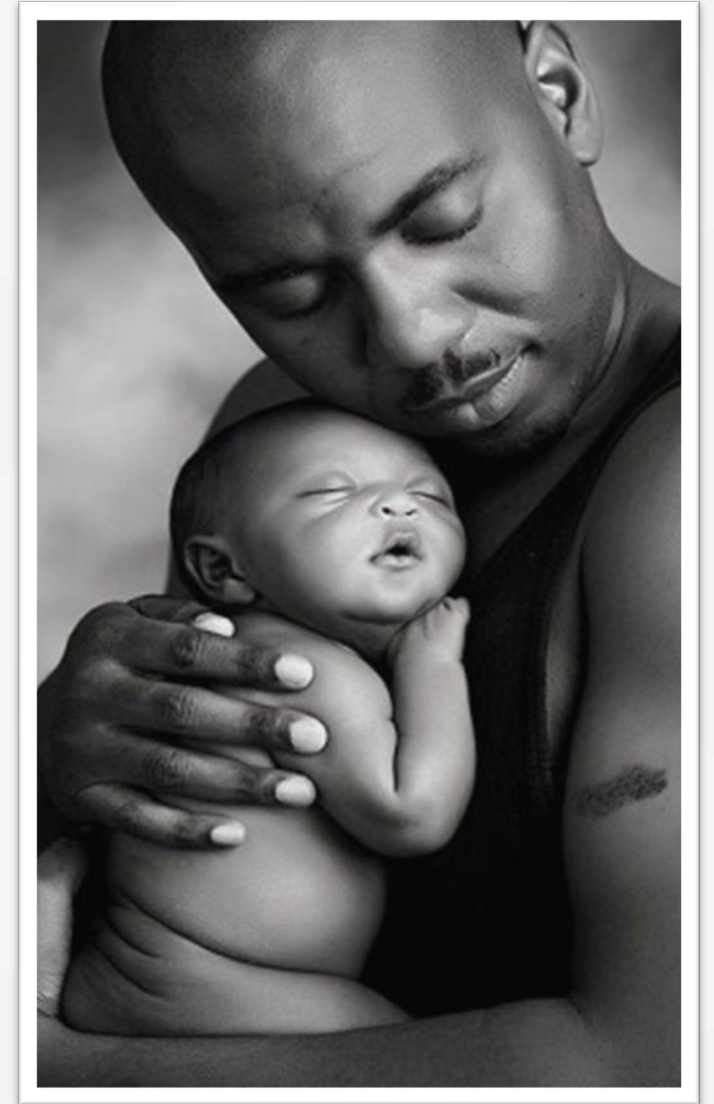
Gestational Age At Birth



- Successfully hosted two doula trainings and currently hosting a 3rd one.
- 30 doulas graduated from 2021 and 2023 from the Doula Training.
- Served more than 100 families.
- 104 CoCo doula babies  born as of last week.
- Families expressed being anxious to join, excited to be in the program, and sad to leave program.

Partners in Pregnancy Fatherhood Program Features:

- 24/7 Dad AM: 12 Sessions (individual or group)
- The five characteristics include: Self-awareness; Caring for Self; Fathering Skills; Parenting Skills; and Relationship Skills, all integral components of being a "24/7 Dad."
- Specific booster sessions on new and expectant father AND non-custodial fathers
- The Booster Session kit includes content on: Workforce Readiness Session; Rights & Responsibilities Session; Visitation; Child Support Session; and a Money Management Session.
- Linkage and referrals to health and social services as needed



Program Accomplishments FP

- Fathers stating, they found safe space to learn and network and feel like weights are lifted off their shoulders.
- 100% of dads who completed the program report the program improved their co-parenting skills.
- 100% of dads who completed the program report that the program improved their knowledge and skill to support their partner during pregnancy and postpartum.
- 100% of dads who completed the program report that they provided greater support and involvement for their child's mother after they completed the program.
- 100% of dads who completed the program report that they would recommend the program to others.

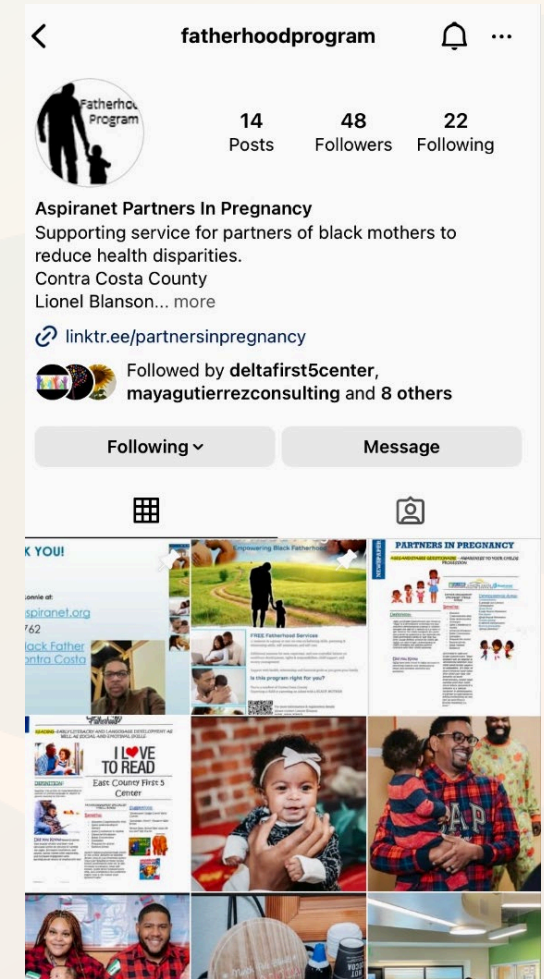
Fatherhood Program: Successes & Challenges

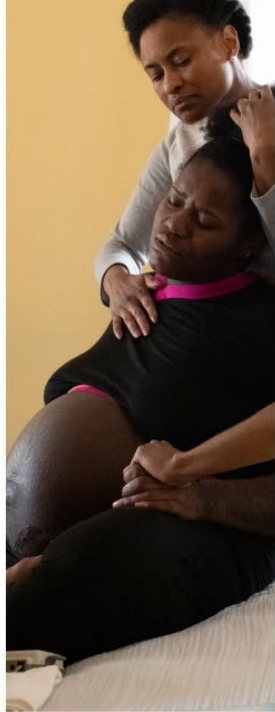
Successes:

- 56 fathers served since October 2021!
- Fathers are arriving to in person classes at the East County First 5 Center and West County
- Social media pages increasing followers

Challenges:

- Initially, one Fatherhood Engagement Specialist for the county; now has two FES after PEI contract was increased
- Dad's schedules are varied, so starting a group of 5 or more can be difficult
- Agency operations transitions: Impact on staffing and service delivery





CoCo Doulas

The journey to parenthood can be a lot to do.
Let a CoCo Doula be there for you.

We Offer:

FREE culturally competent care for Black mothers and Black birthing people that are residents of Contra Costa County.

What's a Community-Based Doula?

A community-based doula is a trained childbirth companion that offers physical, emotional, and informational support for a healthy and satisfying pregnancy and birthing experience.

CoCo Doulas Provide:

- Prenatal education and support
- Labor and delivery support
- Postpartum support
- Access to community resources for you and your baby.

Welcome your little one into the world with the warm sweet care of the CoCo Doulas.
To sign up, scan the QR code



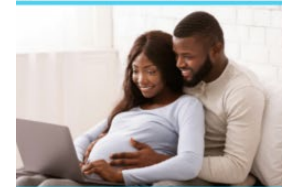
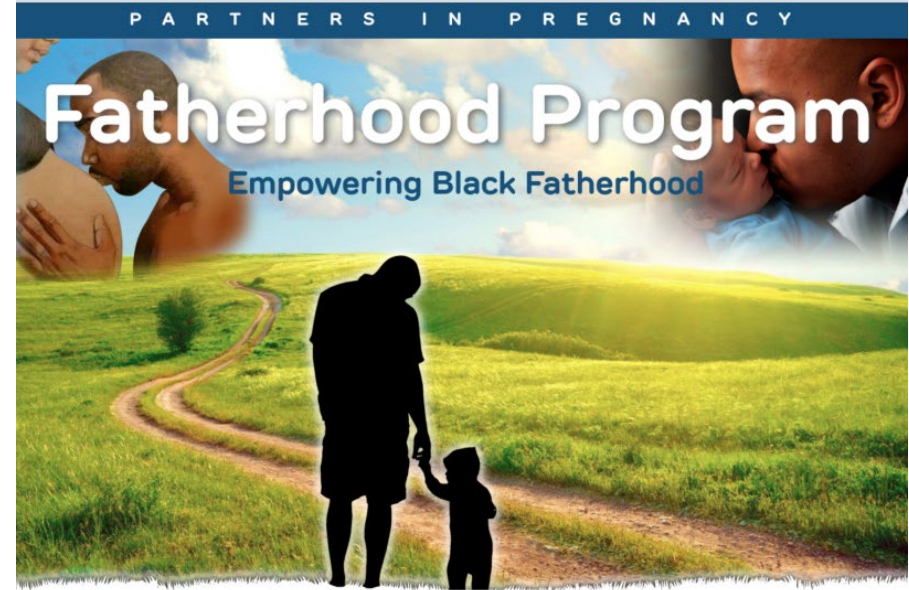
Want to know more?

Contact CoCo Doulas Program Manager

Lauren McCollins

lmccollins@fierceedvocates.org

510-232-5812 X 407



FREE Fatherhood Services

12 sessions in a group or one-on-one on fathering skills, parenting & relationship skills, self-awareness, and self-care

Additional sessions for new, expectant, and non-custodial fathers on workforce development, rights & responsibilities, child support, and money management

Support with health, relationship and financial goals as you grow your family

Is this program right for you?

You're a resident of Contra Costa County
Expecting a child or parenting an infant with a BLACK MOTHER



For more information & registration details please contact Lonnie Blanson
925.489.3762
lblanson@aspiranet.org



What is a Public Health Awareness campaign?

- Designed to inform and educate the target group about preventing potential health threats, while promoting improved health
- The PEI will target Black birthing people, healthcare providers, healthcare systems and legislators in the public awareness campaign
- Examples/Platforms used to convey public health campaigns:

Social Media	Print Media
Commercials	Banners/Posters
Videos – YouTube	Fliers
Web Graphics	Magazines
Facebook, Twitter, Instagram	Billboards

<https://youtu.be/AI03TWY0Wmw>

This campaign aims to mobilize all corners of the Bay Area – from health professionals to policy makers to community members to end racism and deliver birth justice for Black families.



#DeliverBirthJustice is an effort to help people understand what Black pregnant people and Black people who are having babies are facing on a day-to-day basis so that we can move into recognizing that if racism is the problem, dismantling racism is the only solution.

Dr. Zea Malawa
Pediatrician
San Francisco



#DeliverBirthJustice
END RACISM.
BIRTH JUSTICE.

[#DeliverBirthJustice for Bay Area Black moms, babies and families - YouTube](https://youtu.be/AI03TWY0Wmw)

CONTRA COSTA
HEALTH



#DeliverBirthJustice

END RACISM.

BIRTH JUSTICE.

Calls to Action to Community Members, Health Care Professionals and Policy Makers

- Know your rights and get connected to resources in community
- Learn how racism and bias harm Black mothers and babies
- Listen, trust and respond
- Be an advocate
- Become an ambassador for birth justice
- Welcome doulas and midwives to your institutions



Calls to Action Continued...



- Refer clients to doula and Fatherhood programs
- Take anti-racist/implicit bias training and incorporate it into practice
- Create a system for reporting and addressing incidents of racism and bias within your institution
- Make data related to maternal health outcomes publicly available
- Hire and retain birthing providers of color
- Organize listening sessions on birth justice with community partners and Black mothers and families
- Enforce robust policies to evaluate and effectively address potential inequities and racial biases in administering Adverse Childhood Experiences (ACEs) screenings.
- Share our #DeliverBirthJustice campaign



Resources for Birthing People & Partners

- [Deliver Birth Justice Toolkit: www.deliverbirthjustice.org](http://www.deliverbirthjustice.org)
- [CA Black Birth Justice Agenda | Black Birth Justice](#)
- www.marchofdimes.org
- www.healthconnectone.org
- [Birthing People's Bill of Rights COVID-19 Edition](#)
- [About us \(rootsoflaborbc.com\)](http://rootsoflaborbc.com)
- [Frontline Doulas](#)
- [Alameda County Fathers Corps - First 5 Alameda](#)
- [The Dad Gang – Changing the way the world views black fatherhood](#)
- [Mothers' Mental Health Toolkit: MothersToolkit.pdf \(stillbirthday.com\)](#)
- [Pregnancy-My-Job-in-California-English-1-193a7ea07-b767-4768-9c62-063a0bc18e8d.pdf \(deliverbirthjustice.org\)](#)
- [3 key upstream factors that drive health inequities | American Medical Association \(ama-assn.org\)](#)
- [The Root Causes of Health Inequity - Communities in Action - NCBI Bookshelf \(nih.gov\)](#)

Resources



- **California Dept. of Public Health Websites**
 - [Perinatal Equity Initiative \(ca.gov\)](https://www.cdph.ca.gov/Programs/OPA/Pages/NR20190208.aspx)
 - [Outreach and Education Toolkit](#)
 - [Centering Black Mothers in California \(deliverbirthjustice.org\)](https://www.deliverbirthjustice.org/)
- **Resources for Healthcare Professionals**
 - [Toolkits | California Maternal Quality Care Collaborative \(cmqcc.org\)](https://cmqcc.org/)
 - [My Birth Matters | California Maternal Quality Care Collaborative \(cmqcc.org\)](https://cmqcc.org/)
 - [Dignity in Childbirth and Pregnancy: Eliminating Inequities in Perinatal Health Care | Diversity Science](#)
- **Black Maternal Health Advocacy Groups and Organizations**
 - [Home - NBEC \(birthequity.org\)](https://birthequity.org/)
 - [Black Mamas Matter Alliance - Advancing Black Maternal Health](#)
 - [Home | ourbwbj \(blackwomenbirthingjustice.com\)](https://blackwomenbirthingjustice.com/)
- **Professional Training Resources**
 - [PTBi \(ucsf.edu\)](https://ptbi.ucsf.edu/)
 - [Health equity workgroup \(marchofdimes.org\)](https://marchofdimes.org/)
 - [Eliminating Inequities in Perinatal Health Care Project \(diversityscience.org\)](https://diversityscience.org/)
 - The Opportunity Gap for Children Across Contra Costa County: [Contra Costa County Infographic - v7 \(first5coco.org\)](#)
- **Legislation about Black Maternal Health**
 - [Black Maternal Health Omnibus | Black Maternal Health Caucus \(house.gov\)](#)
- **Contra Costa**
 - Women Infant Child (WIC) 1-800-414-4WIC
 - Black Parent Resource center [tbprc \(tbprc.org\)](https://tbprc.org/)
 - CoCo Kids 866-262-6543 www.cocokids.org
 - First 5 Contra Costa [First 5 Contra Costa \(first5coco.org\)](https://first5coco.org)
 - Housing Authority of Contra Costa www.contracostahousing.org



Books and Academic Articles to Read

- Rothstein R. *The Color of Law: A Forgotten History of How Our Government Segregated America*. Liveright; 2017.
- Mitchell B, Franco J. *HOLC “redlining” maps: the persistent structure of segregation and economic inequality*. 2018. <https://ncrc.org/holc/>
- Aaronson D, Hartley D, Mazumder B. The Effects of the 1930s HOLC “Redlining” Maps. *American Economic Journal: Economic Policy*. 2021;13(4):355-92. doi:10.1257/pol.20190414
- Bailey ZD, Krieger N, Agénor M, Graves J, Linos N, Bassett MT. Structural racism and health inequities in the USA: evidence and interventions. *The Lancet*. 2017;389(10077):1453-1463. doi:10.1016/s0140- 6736(17)30569-x
- Williams DR, Mohammed SA. Racism and Health I: Pathways and Scientific Evidence. *Am Behav Sci*. Aug 1 2013;57(8)doi:10.1177/0002764213487340
- Dominguez TP. Race, racism, and racial disparities in adverse birth outcomes. *Clin Obstet Gynecol*. Jun 2008;51(2):360-70. doi:10.1097/GRF.0b013e31816f28de
- Crear-Perry J, Correa-de-Araujo R, Lewis Johnson T, McLemore MR, Neilson E, Wallace M. Social and Structural Determinants of Health Inequities in Maternal Health. *J Womens Health (Larchmt)*. Feb 2021;30(2):230-235. doi:10.1089/jwh.2020.8882
- Institute of Medicine Committee on Understanding and Eliminating Racial Ethnic Disparities in Health Care. *Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care*. National Academies Press (US); 2003.
- Black Mamas Matter Alliance. *Setting the standard for holistic care of and for Black women*. 2018.
- How ‘Weathering’ Contributes to Racial Health Disparities. [How ‘Weathering’ Contributes to Racial Health Disparities - The New York Times \(nytimes.com\)](https://www.nytimes.com/2020/07/27/health/racial-health-disparities-weathering.html)

Self-Reflection Questions

- What are your take aways? Did you learn something new?
- What are you committed to doing to advance perinatal health equity in your system?
- Any questions for us?

Thank you!



CONTACT INFO

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