

**Solano HEALS (Health Equity for All Lives in Solano)
Meeting Notes**

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Date: Wednesday August 30, 2017

Address: Joseph Room, JFK Library, 505 Santa Clara St, Vallejo, CA

Time: 5:30 PM – 7:30PM

Notes Taken by: Kristine Lalic

Attendees: Sakari Lyons; Loretta Calloway; Lakethia Lake-Pascua; Wendy Loomas; Danita Taylor; Susan Whalen; Jocelle Fresnido-Lee; Kristine Lalic; Dinora Corrie; Johnny Davis; Krechona Westbrook; Tonisha Cutno; Ashleigh Henderson; Latoya Davis-Grinston

Agenda Item	Notes	Action Steps
1. Introductions/Ice Breaker and Announcements	Sakari welcomed attendees to the meeting.	
2. About “Solano HEALS”	Sakari introduced attendees to the mission of Solano HEALS, defined equity with regards to birth outcomes, and explained the role of CityMatCH in planning and implementing upstream and downstream community-driven strategies.	
3. Data Presentation	Susan delivered a presentation on Solano County data. “Cracking the Codes”: https://crackingthecodes.org/2012/11/ise-lyfe/	
4. Group Activity/Next Steps	Sakari introduced the top 4 strategies: <ol style="list-style-type: none"> 1. Coach Black women on how to be their own health advocate during prenatal care visits and appointments 2. Free health education, prenatal vitamins, and birth control 3. Centering pregnancy (group prenatal care for women due at the same time) 4. Create in-home prenatal care with monthly clinic visits Attendees addressed the following questions for each strategy: <ol style="list-style-type: none"> 1. How would this strategy reduce prematurity? 2. Is this an upstream or downstream strategy? 3. What are the potential outcome measures? 4. What impact would this strategy make? 5. Strategy Specific Question(s) 	

Strategy #1: Coach Black women on how to be their own health advocate during prenatal care visits and appointments.

1. How would this strategy reduce prematurity?

We cannot determine how this strategy can reduce prematurity. We need more explanation. If a health coaching program is created, we would need to provide birth outcome data from participants, which might create challenges for sharing protected health information through electronic medical records.

Danita brought up a concern that we don't know what questions to ask regarding this type of coaching program.

A community member stated that they want more attentiveness from their provider. She shared her disappointing experience with Vallejo physicians in comparison to physicians she encountered in Oakland and Walnut Creek.

Another community member shared her positive experience with La Clínica Great Beginnings. She particularly endorsed her one-on-one experience with Nadine and the group activities.

Another community felt that it was important to have a mentor through the process of pregnancy. She emphasized the importance of a personal connection between the mom and the mentor.

Information/Resources to consider for this strategy:

- * More time/ attention/ one-on one time
- * Information/resources
- * Questions to ask/Signs of health related pregnancy
- * Recommendation from doctors
- * Medical tests
- * Programs (La Clínica Great Beginning/BIH)
- * Same Day Appointment
- * Location of Medical Provider
- * Coach (live person)
- * Billboard/Bus ads
- * Providers should ask questions about patient's personal life
- * Resources sharing/systems knowledge

- * Rate medical providers
- * More education for men/men's group (i.e. Fighting Back Partnership)
- * Message that "We are pregnant" vs. "She is pregnant"

2. Is this an upstream or downstream strategy?

This is an upstream strategy.

3. What are the potential outcome measures?

We can compare prematurity rates of women who received coaching with overall County rate, if the program provides data.

4. What impact would this strategy make?

We cannot determine what type of impact this strategy can make.

Strategy #2: Free health education, prenatal vitamins, and birth control

1. How would this strategy reduce prematurity?

Interception care = fewer unplanned pregnancies and mothers are healthier when they become pregnant.

2. Is this an upstream or downstream strategy?

This is an upstream strategy.

3. What are the potential outcome measures?

We need long-term follow up of women, which may be hard to do, to see which women become pregnant and provide self-reported birth outcomes data. We would also need a lot of women to participate.

4. What impact would this strategy make?

We cannot determine what type of impact this strategy can make.

5. Strategy Specific Question:

Women with Medi-Cal and private insurance are already entitled to this care. What would this intervention do that is different?

- Mobile health fairs or vans in neighborhoods that demonstrate the greatest needs.
- Reach out to Alpha Pregnancy Center (Vallejo/Benicia)
- Reach out to Melvin Thompson Center

- Communicate with the Mayor of Vallejo
- Mobilize a medical/dental unit
- Identify demographics of area/data (South Vallejo, Crest)

Strategy #3: Centering pregnancy (group prenatal care for women due at the same time)

1. How would this strategy reduce prematurity?

Group visits promote relationships and increase social support. This reduces stress, a risk factor for prematurity.

2. Is this an upstream or downstream strategy?

This is a downstream strategy.

3. What are the potential outcome measures?

Birth outcomes of women who participate in centering pregnancy vs. the overall County birth weight and prematurity rate.

4. What impact would this strategy make?

Centering programs have been shown to improve birth outcomes. According to a [study](#) published in the Journal of Maternal and Child Health in July 2016, centering pregnancy participation reduced risk of premature birth by 36%, reduced risk of Neonatal Intensive Care Unit (NICU) stay by 28%, and saved an average of \$22,667.

5. Strategy Specific Questions:

Would partnering agencies be willing to provide outcome data for those who participated? Unknown.

Information/Resources/Data Sharing to consider for this strategy:

- La Clínica Great Beginnings/Kaiser Vallejo
- Mentorship
- Programs like BIH
- Collaboration/Partner
- Education/ Outcome/Strategy
- Fighting Back Partnership – resource center, promote civic engagement

How would fathers become involved in the centering program? Johnny

Davis from Fighting Back Partnership (FBP) states their program provides mentorship and education to fathers.

A community member noted that it's better to promote the idea that "It's not she is pregnant. It's we are pregnant."

Another community member noted an overlap between mentoring programs and a potential centering program.

Strategy #4: Create in-home prenatal care with monthly clinic visits

1. How would this strategy reduce prematurity?

Doulas work with BIH clients, ensuring compliance with nutrition and increase social support.

2. Is this an upstream or downstream strategy?

This is a downstream strategy.

3. What are the potential outcome measures?

Birth outcomes of BIH participants who had doulas vs. those who did not have doulas.

4. What impact would this strategy make?

We cannot determine what type of impact this strategy can make.

5. Strategy Specific Questions:

Could BIH provide birth outcome data on all participants? Yes, BIH currently collects information from participants. Must determine what type of birth outcome data would be collected.

Would this intervention be open to enough clients to make a difference? Must use equity-lens to determine which participants would receive additional support of doulas. For example, high risk mothers would receive doula support while low to moderate risk mothers would receive standard services from BIH program. However, doulas would be promoted to all African American women who are pregnant.

Information/Resources/Data Sharing to consider for this strategy:

- Doula cost (sliding scale, number of doulas)
- Collaboration (BIH/HATCH)

	<ul style="list-style-type: none"> • Resources/Internships • Targeting “AA Women” in outreach • Generational Birth Dialogue 	
<p>5. Announcements</p>	<p>Next meeting: Solano HEALS Community Meeting Date: Wednesday, September 20, 2017 Time: 5:30PM – 7:30PM Location: JFK Library</p> <p>Documentary Screening: “Resilience: The Biology of Stress & The Science of Hope” Date: Thursday, September 28, 2017 Time: 3:00PM – 5:00PM Location: Kroc Community Center, 586 East Wigeon Way, Suisun City, CA 94585 Cost: FREE</p> <p><u>Description:</u> Toxic stress can wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death.</p> <p>Resilience chronicles trailblazers in pediatrics, education, and social welfare who are using cutting-edge science and field-tested therapies to protect children from the insidious effects of toxic stress.</p> <p>Reserve your spot today: https://www.eventbrite.com/e/resilience-the-biology-of-stress-the-science-of-hope-registration-37129387999?aff=ehomecard</p>	
<p>6. Conclusion/Action Items/Closing</p>	<p>Sakari and Lakethia concluded the meeting.</p>	