Reinventing Healthy Start

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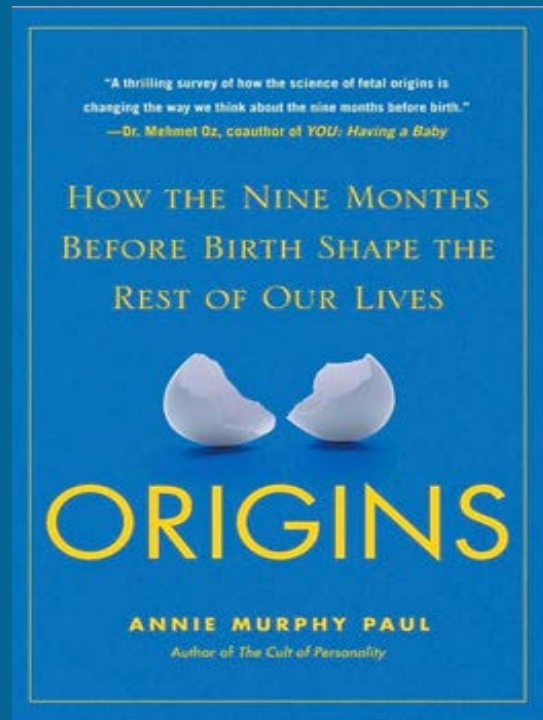**July 10, 2012**

Why Reinvent Healthy Start?
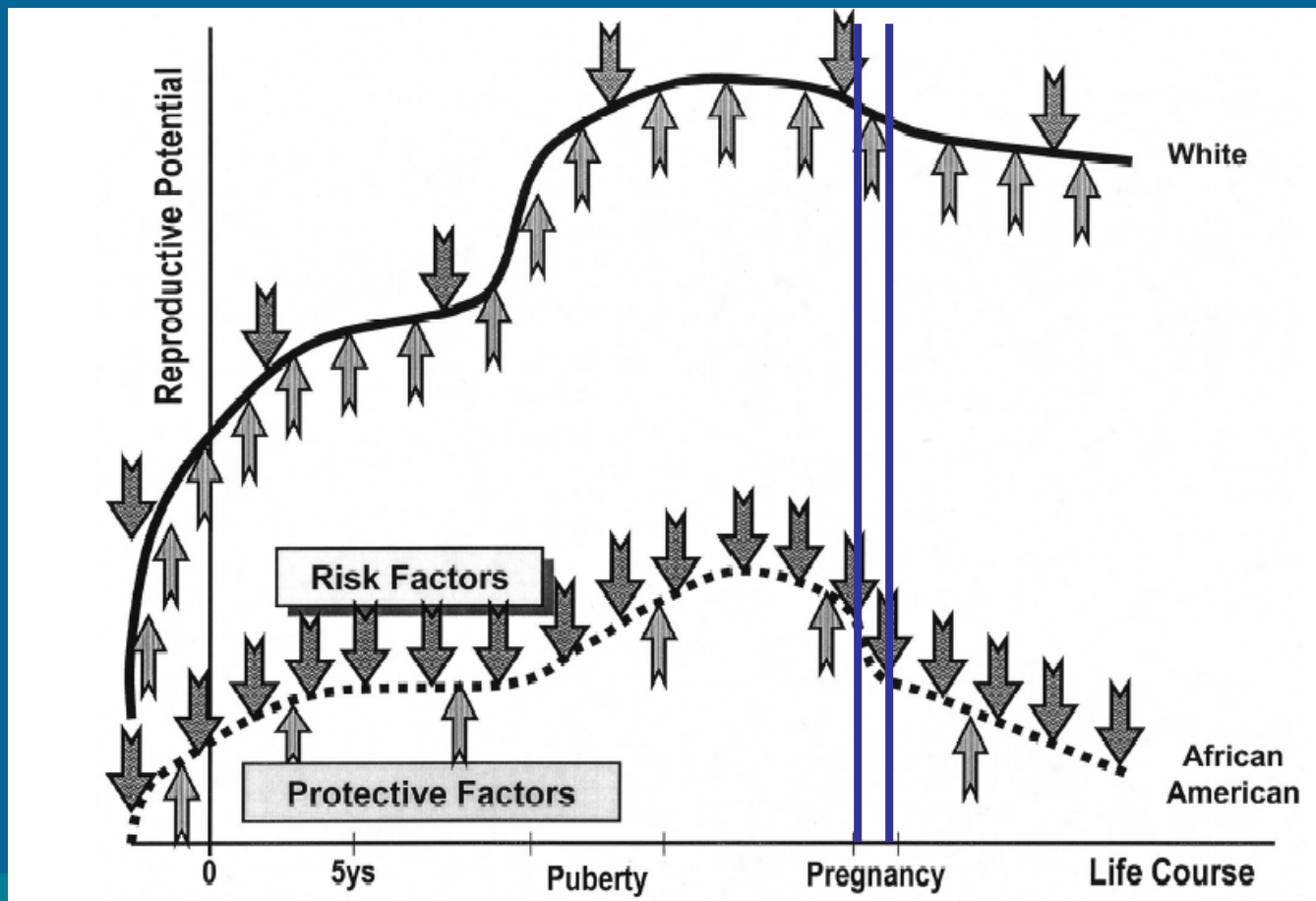
Why Reinvent Healthy Start?

- New Science

- New Opportunities

- Same Old Gap

Fetal Origins of Health & Disease

Racial and Ethnic Disparities in Birth Outcomes: A Life Course Perspective

Lu MC, Halfon N. Racial and ethnic disparities in birth outcomes: a life course perspective. Matern Child Health J. 2003;7:13-30.
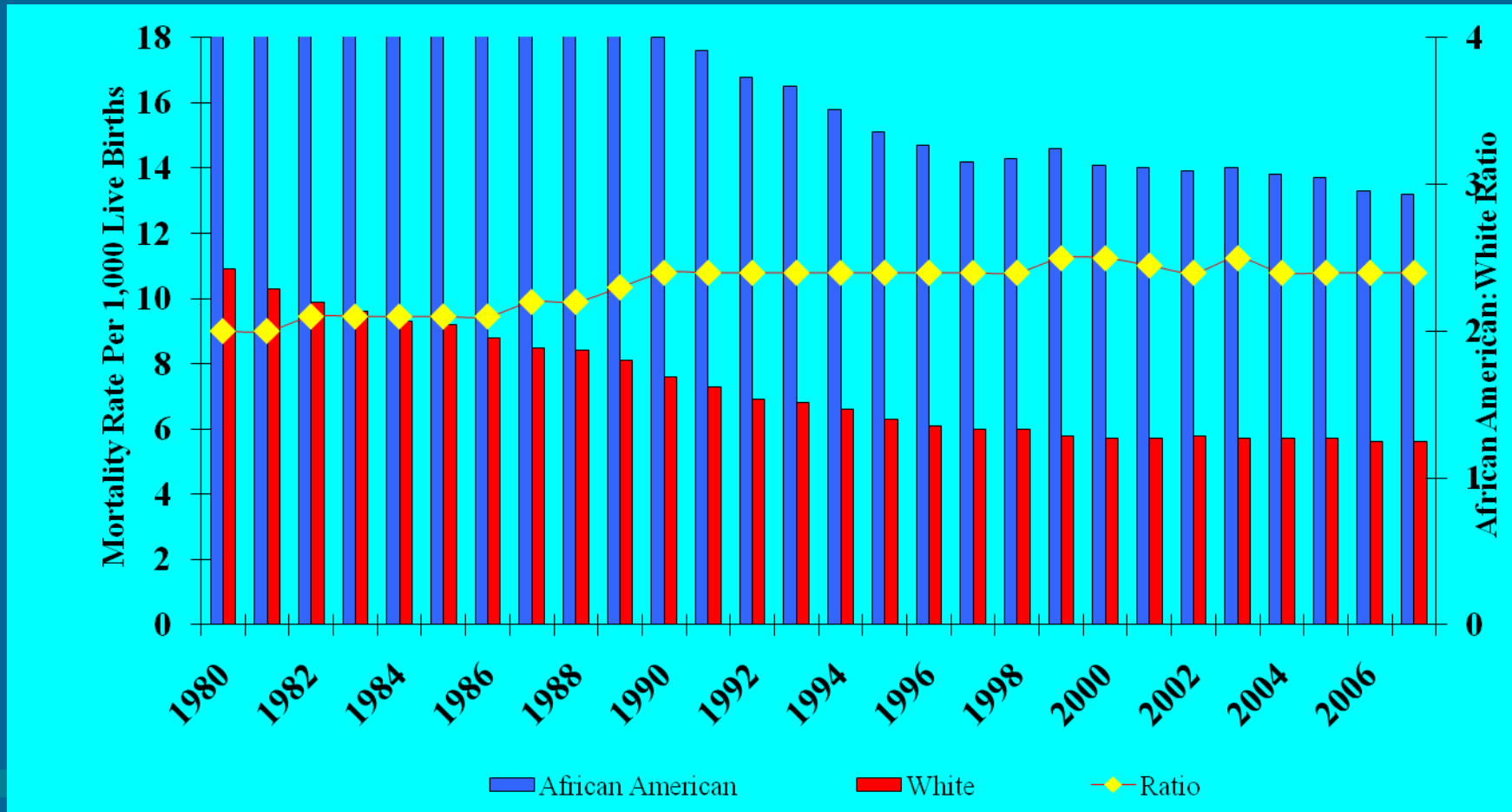
New Opportunities

- Patient Protection and Affordable Care Act
  - **Bans denial of coverage based on preexisting conditions**
  - **Bans lifetime limits on benefits**
  - **Extends dependent coverage until age 26**
  - **Expansion of medicaid eligibility**
  - **Expansion of community health centers**
  - **Expansion of school health centers**
  - **Expands coverage for clinical preventive services for women including preconception and interconception care**

Same Old Gap

You don't get a fair shot if you can't get a healthy start.

The definition of insanity is doing the same thing over and over and expecting different results.

Benjamin Franklin

Healthy Start 3.0

Healthy Start 1.0
1991-1997

- Outreach and case management

- Support services and health education

- Enhancement to clinical services

- Consortia development

- Management Information Systems

- Public information campaigns

- Infant mortality reviews

Healthy Start 2.0
(1996-2012)

- Outreach

- Case management

- Health education

- Screening & referral for maternal depression

- Interconceptional care

- Community consortia

- Local health action plan

- Collaboration & coordination with Title V services

- Sustainability

Healthy Start 3.0

- Assure access
- Promote resilience
- Improve quality
- Enhance system integration
- Drive community transformation

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Assure Access

- Assure access to healthcare across life-course continuum

- Coverage ≠ Access

  - Outreach and care coordination
  - Translation and transportation
  - Cultural and linguistic competency
  - Community engagement and trust

- Healthy Start provides ACA with ready-made infrastructure to increase healthcare access
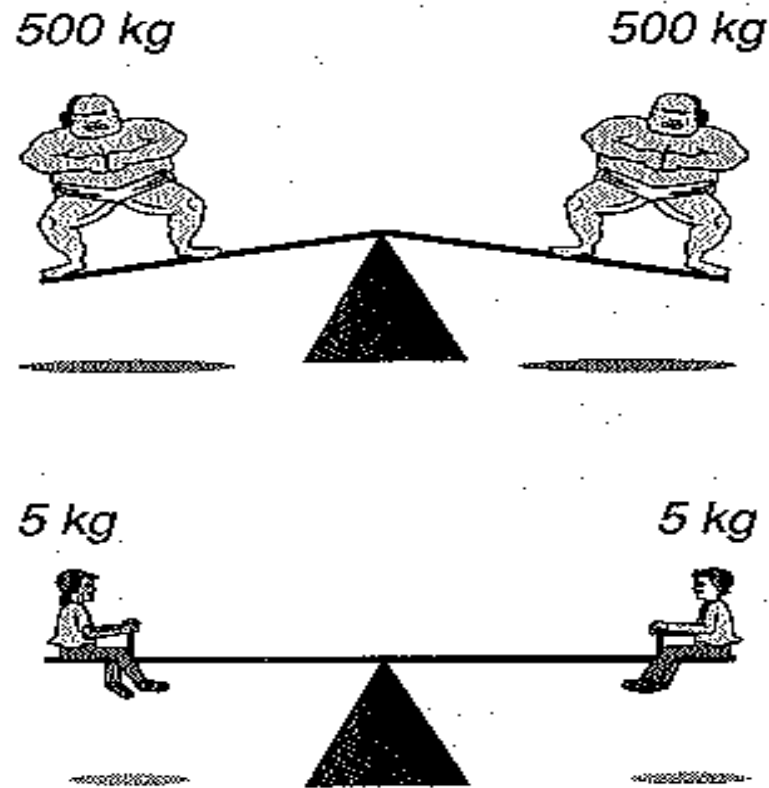
Healthy Start as Gateway to Healthcare

Healthy Start 3.0

- Assure access
- Promote resilience
- Improve quality
- Enhance system integration
- Drive community transformation

Resilience

McEwen BS, Lasley EN. The end of stress: As we know it. Washington DC: John Henry Press. 2002

Allostasis:
Maintain Stability through Change

Allostasis

Stress   Recovery

Shut-off

McEwen BS. Protective and damaging effects of stress mediators. N Eng J Med. 1998;338:171-9.

Promote Resilience

- Promote positive coping skills
    - Relaxation exercises
    - Mindfulness
    - Transcendental meditation
    - Positive psychology
- Promote financial literacy
- Promote interpersonal communication
- Promote parenting skills
- Promote father involvement
- Faith and social capital as sources of community resilience

Healthy Start as Cradle of Resilience

Healthy Start 3.0

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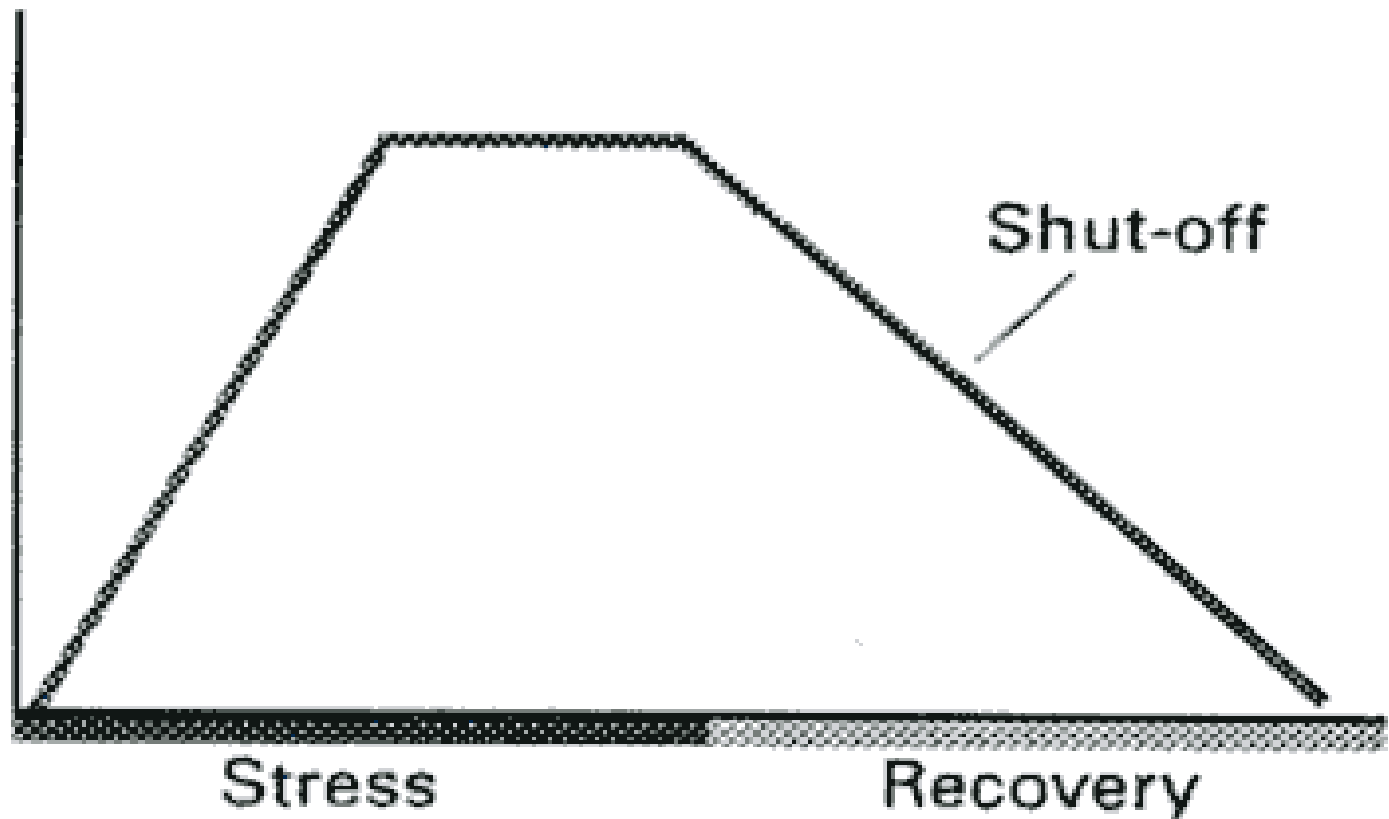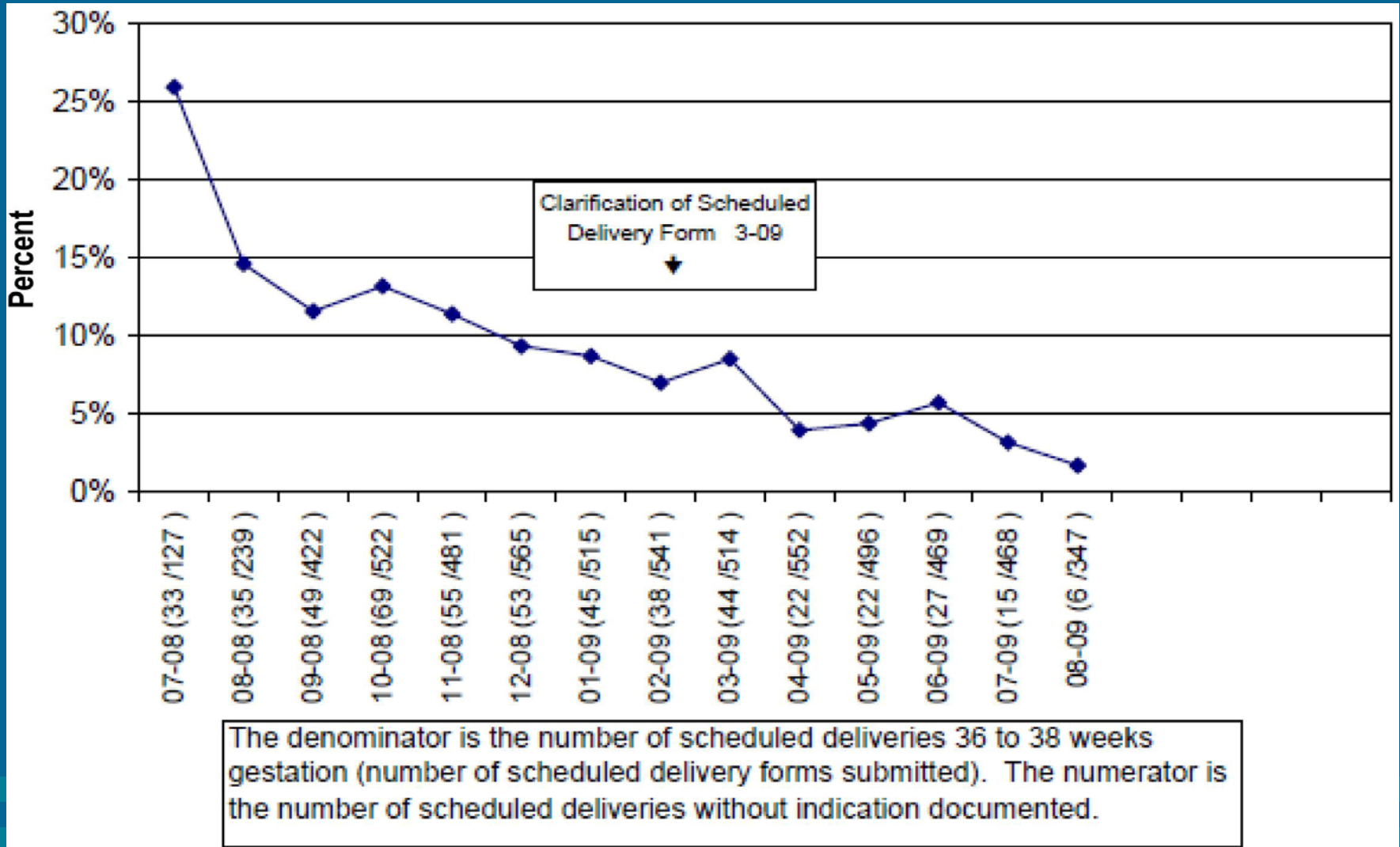# Ohio Perinatal Quality Collaborative

The denominator is the number of scheduled deliveries 36 to 38 weeks gestation (number of scheduled delivery forms submitted). The numerator is the number of scheduled deliveries without indication documented.

Donovan EF, Lannon C, Bailit J, Rose B, Iams JD, Byczkowski T; Ohio Perinatal Quality Collaborative Writing Committee. A statewide initiative to reduce inappropriate scheduled births at 36(0/7)-38(6/7) weeks' gestation.Am J Obstet Gynecol. 2010 Mar;202(3):243.e1-8.

Improve Quality

- Quality gaps
- Take QI from bedside to curbside
  - Not only hospital systems QI, but community systems QI

Model for Improvement

What are we trying to accomplish? → **Aims**

How will we know that a change is an improvement? → **Measures**

What change can we make that will result in improvement? → **Changes**

Act | Plan
Study | Do

Tests of Change (PDSA)

Langley et al. *The Improvement Guide, 1996.*

Healthy Start as Driver of Quality Improvement

Healthy Start 3.0

- Assure access
- Promote resilience
- Improve quality
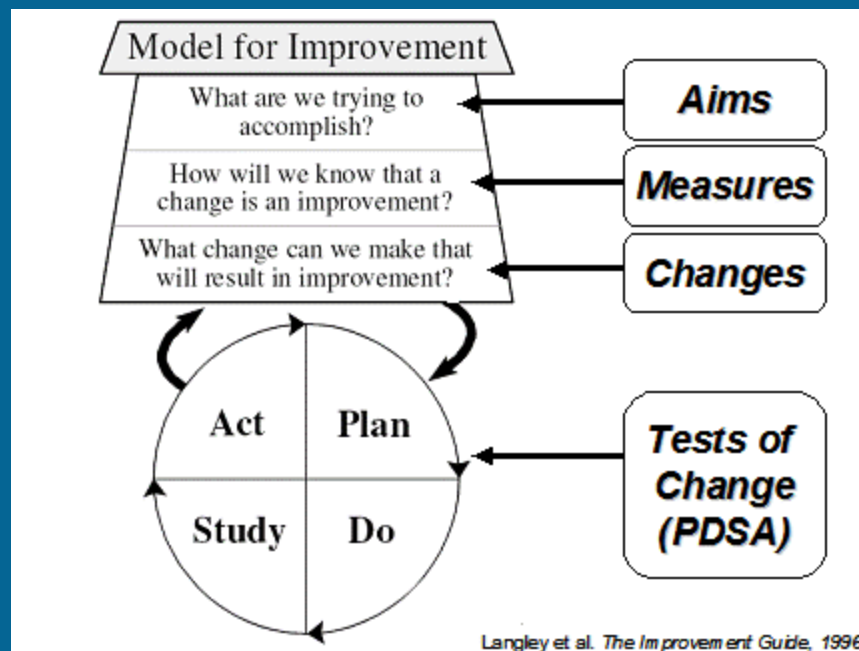- Enhance system integration
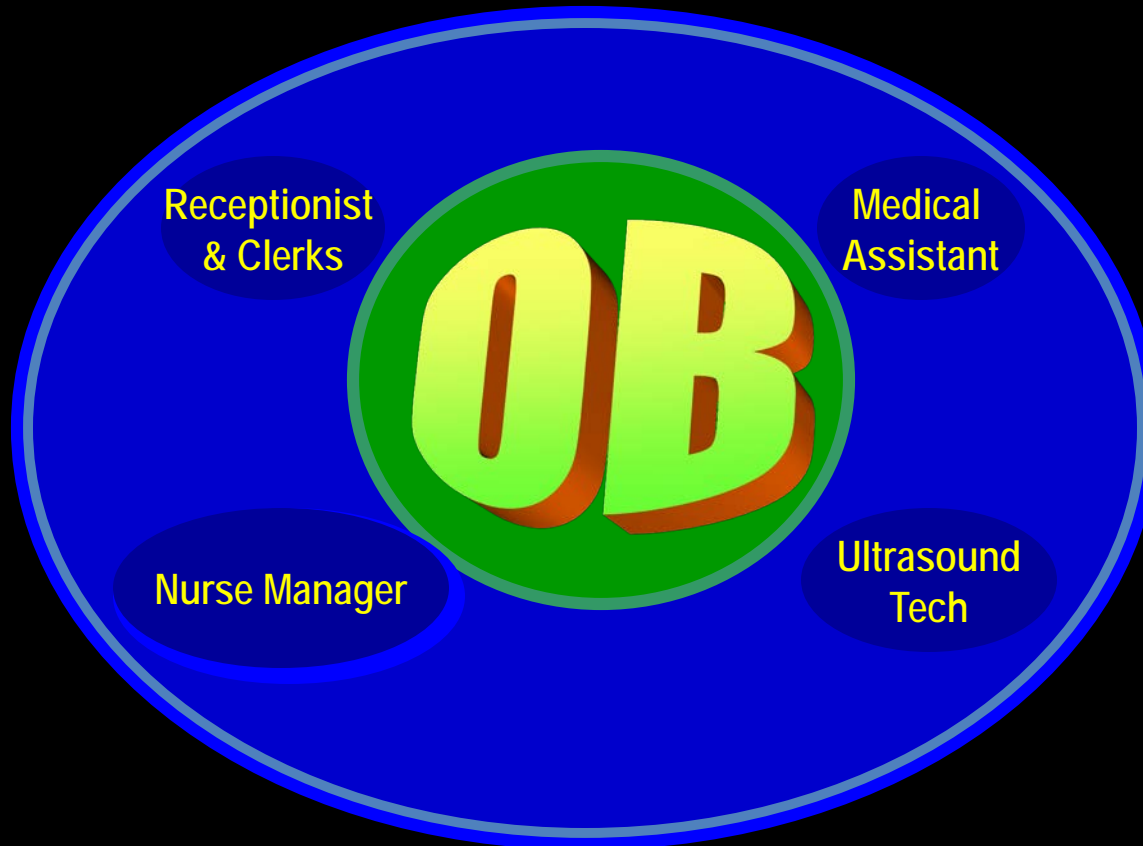- Drive community transformation

Enhance Systems Integration

- Vertical integration
  - **Appropriate levels of care**
- Horizontal integration
  - **Systems navigation & integration**
- Longitudinal integration
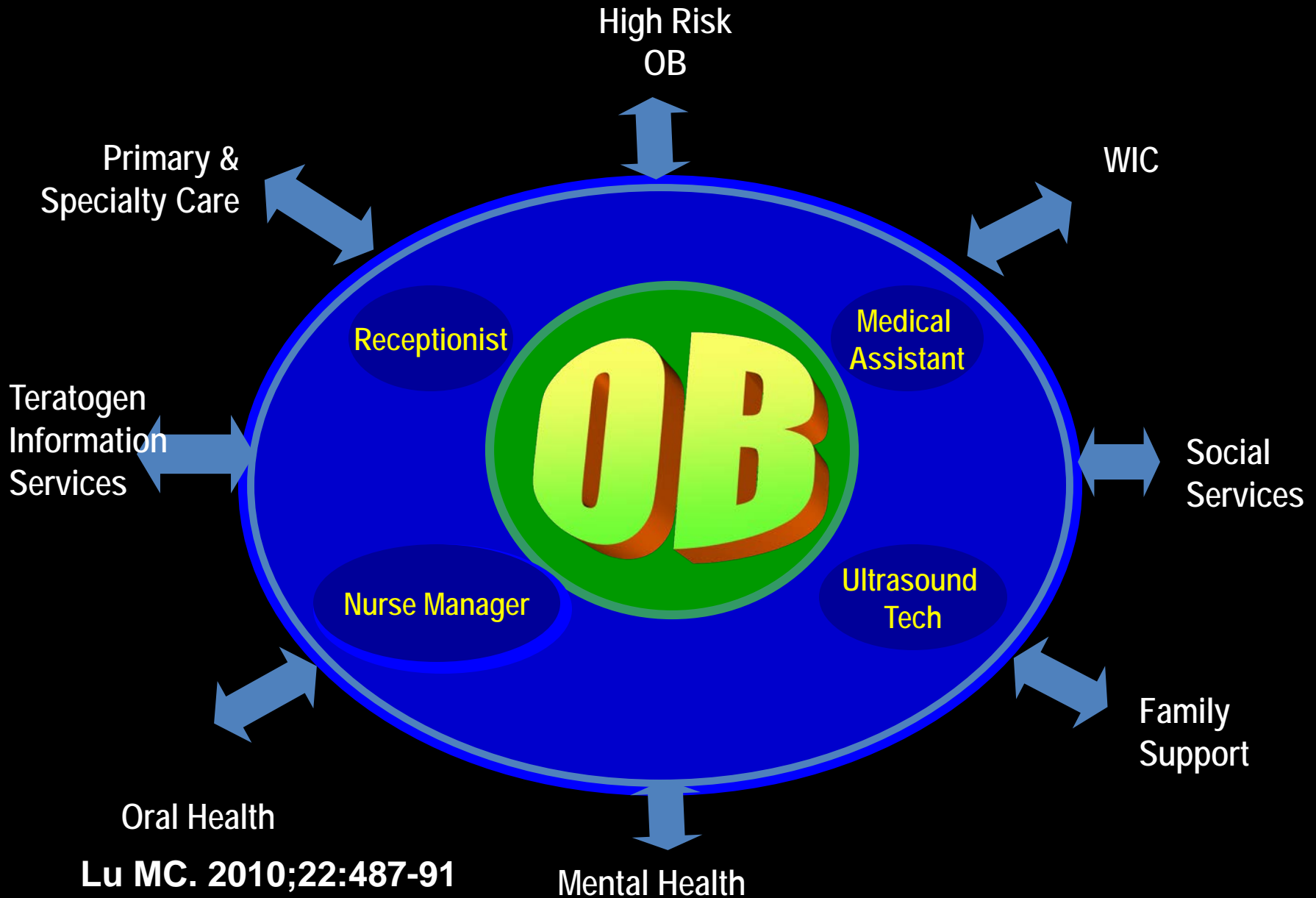 - **Care continuum across the life course**

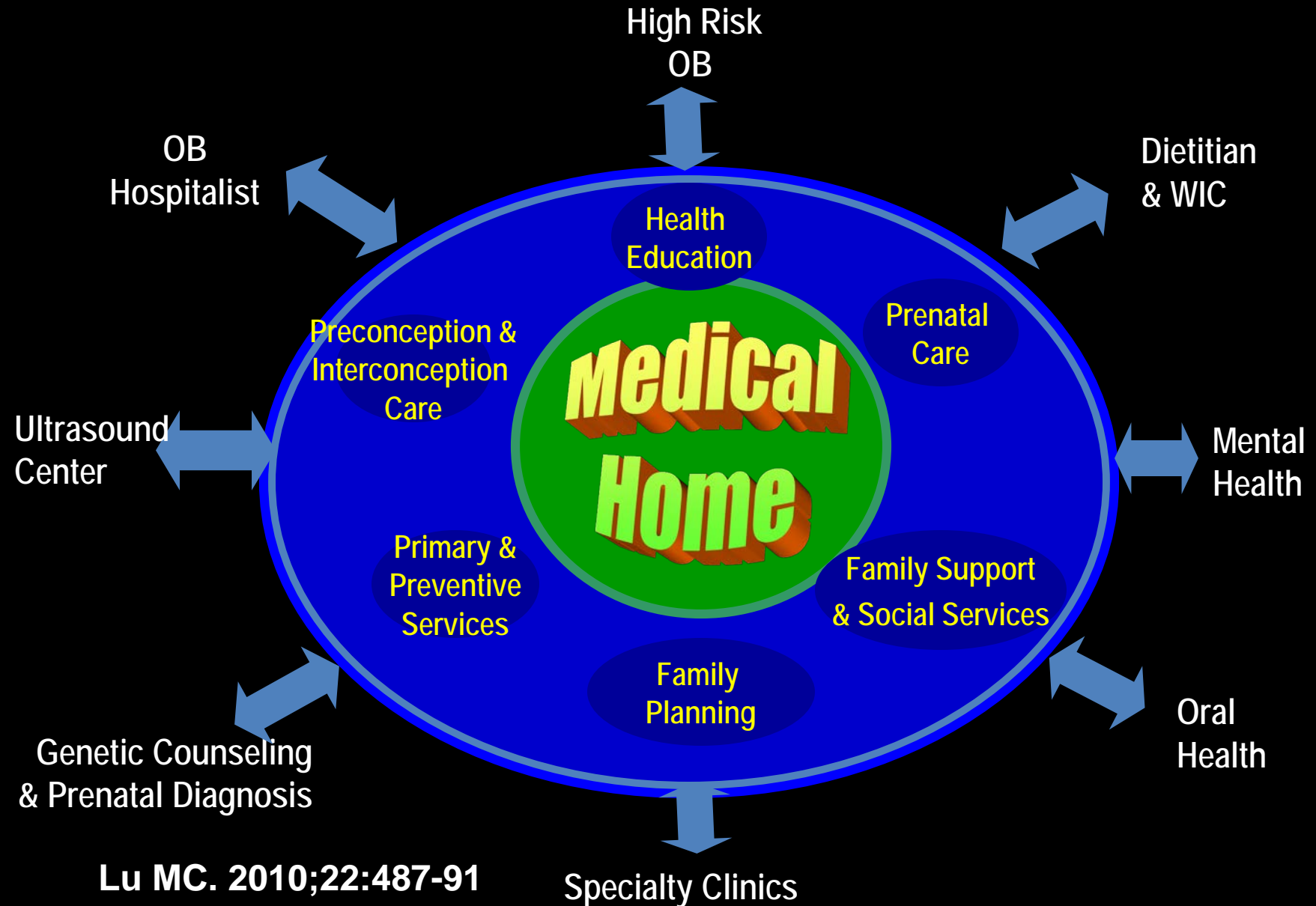U.S. Department of Health and Human Services
HRSA
Health Resources and Services Administration

Prenatal Care 1.0

Lu MC. Healthcare reform and women's health: A life-course perspective. Curr Opin Obstet Gynecol 2010;22:487-91

Prenatal Care 2.0

High Risk OB

Primary & Specialty Care

WIC

Teratogen Information Services

Social Services

Receptionist

Medical Assistant

OB

Nurse Manager

Ultrasound Tech

Family Support

Oral Health

Lu MC. 2010;22:487-91

Mental Health

Prenatal Care 3.0

High Risk OB

OB Hospitalist

Dietitian & WIC

Ultrasound Center

Mental Health

Genetic Counseling & Prenatal Diagnosis

Oral Health

Specialty Clinics

Medical Home

Health Education

Preconception & Interconception Care

Prenatal Care

Primary & Preventive Services

Family Support & Social Services

Family Planning

Lu MC. 2010;22:487-91

Shared Resource

Healthy Start as Systems Navigator, Integrator, and Shared Resource

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Place-Based, Systems Approach

- <u>Health system</u>
  - A "medical home" for women's health that offers pre- and interconception care, quality prenatal and intrapartum care, systems navigation and integration, and cost-control platform;

- <u>Educational system</u>:
  - A "pipeline to success" that begins early with "baby college" and quality early childhood education, "promise academy" and youth development programs;

- <u>Economic system</u>:
  - An "opportunity incubator" that combines macroeconomic policies (e.g. empowerment or enterprise zones) with capital development (e.g. microfinance), business incubation and job training, financial literacy and asset development for families, and high-functioning safety net programs; and

- <u>Community system</u>:
  - A "healthy community" that promotes environmental justice, healthy foods and physical activities, strong fatherhood and families, and racial equity.

Healthy Start as Community Transformer

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