

Encouraging Birth Spacing Project: A Community Canvassing & Faith-based Approach

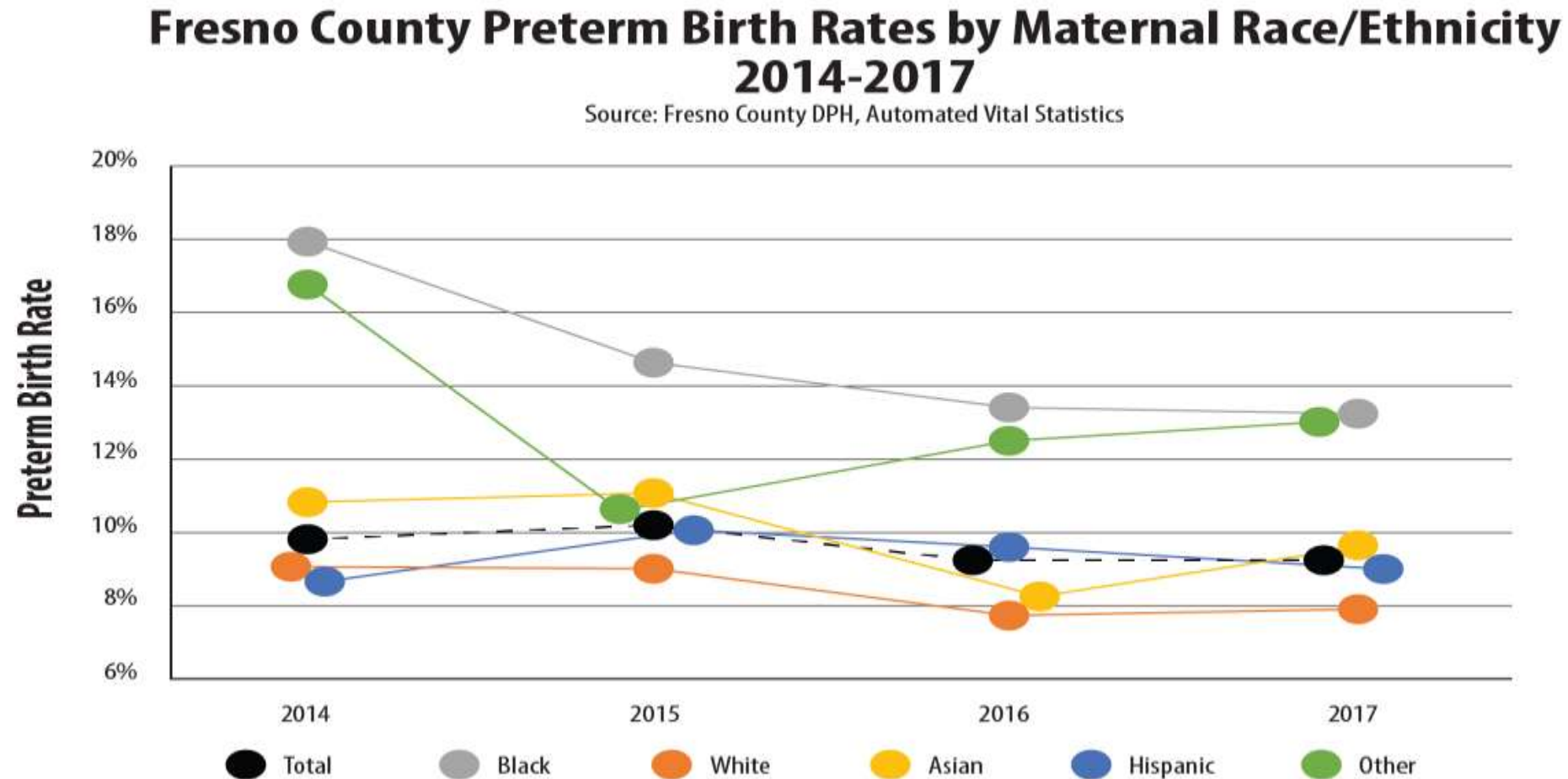
Infant Mortality Concern in Fresno County

Numbers don't lie

- 2015 study by Central Valley Health Policy Institute found infant mortality within the African American population in Fresno County increased by 87% between 2007-2014.
- Fresno County 2nd highest Infant Mortality Rate
- Why such high rates?
 - Birth Spacing shorter than 33 months
 - Preterm Birth
 - Low-income and insured by Medi-Cal

Target population

- African American women of child-bearing age



Recognizing the problem

- 2016 an African American Infant Mortality Community Advisory Council (AAIM-CAC) was formed by the Central California Children's Institute Fresno State to develop strategies to reduce African American infant mortality in Fresno.
- Recommendations:
 - Reproductive health education (Birth Spacing)
 - Resources & support to address grief & trauma including maternal depression
 - Utilizing faith-based approaches in infant mortality reduction initiatives

The Birth Spacing Project, responding to the AAIM-CAC's recommendations

GOAL: Increasing knowledge of healthy birth spacing among 500 African American and Hispanic women of child-bearing age over a 9-month period (Aug. 2018 – May 2019) for improving birth outcomes.

Funding for this project by Anthem Blue Cross Foundation in partnership with March of Dimes. The following are partners also committed to improving birth outcomes for African American and disadvantaged families:



West Fresno Family Resource Center



Accomplished through the following:

Objective #1: Increase knowledge of the benefits of birth spacing among 250 African American women in southwest Fresno by canvassing households and providing one-to-one education.

Objective #2: Provide birth spacing and Long-acting reversible contraceptive (LARC) education and resources to 200 Latina women in west Fresno at community events.

Objective #3: Increasing resources and support to 50 Black women to address consequences of grief and trauma from infant loss.

Objective #4: Provide one private mental health counseling session and/or referral for 50 Black women that attend the birth spacing presentations and restorative talking sessions in trusted faith-based settings.

Objective #1: Increase knowledge of healthy birth spacing among 250 African American women in southwest Fresno by canvassing households and providing one-to-one education

RESULTS:

Provided education on the benefit of healthy birth spacing, Long Acting Reversible Contraception (LARC) interventions, where to access LARC, community resource, etc.



Table 1	Pre-Test (N=282)	Post-Test (N=160)	Percentage Point Change
SURVEY ITEM			
Awareness of high AA infant mortality rate in Fresno	41.4%	60.3%	+18.9
Prior premature baby	29.4%	25.6%	-3.8
Things SHOULD do: Take folic acid	14.7%	31.5%	16.8%
Things to AVOID: Getting pregnant too soon	1.4%	6.8%	+5.4
Things to AVOID: Stress	14.7%	17.9%	+3.2
Knowledge of healthy birth spacing of 18 months or more	75.0%	81%	+6.0
Knowledge of most effective birth control as LARC	15.4%	14.4%	-1.0
Reports most effective as birth control pills or depo shot	37.8%	45.0%	+7.2
LARC use (IUD or implant) currently	4.0%	9.0%	+5.0
Felt sad or depressed during or after pregnancy	32.5%	60%	+27.5
Sought help for sadness or depression	4.7%	40%	+35.3

Objective #2

Provide birth spacing and LARC education and resources to 200 Latina women in West Fresno to at least six community events

Results: Over 200 Latina reached at community events:

- Block parties
- Community Resource Fair
- Faith-based block parties
- Multicultural Awareness Event
- Earth Day Celebration/Black Maternal Health Week
- Fresno Housing Authority Block Party
- Job Fair

Objective #3:

Increase resources and support to 50 Black women to address consequences of grief and trauma from infant loss.

RESULTS

A total of 51 participants attended 5 Informational sessions, facilitated by collaborative partner, Wanda McIntosh, LCSW, in faith settings with 5 partner churches:

- Bethesda Church

“Cultivating Emotional Well Being During and After Pregnancy.” (October 23, 2018)

- Fellowship Missionary Baptist Church

“Overcoming Issues Associated with Grief and Loss.” (November 13, 2018)

- Greater Faith Church

“Reproductive Justice and Long Acting Reversible Contraception.” (December 5, 2018)

- Rising Star Missionary Baptist Church

*“Managing Depression and Anxiety Symptoms Maternally and After Pregnancy.”
(January 8, 2019)*

- Westside Church of God

“Addressing Family and Generational Issues.” (January 12, 2019)



"There is no foot too small that it cannot leave an imprint on this world"

ARE YOU SOMEONE INTERESTED OR IN NEED OF EMOTIONAL SUPPORT AND/OR COUNSELING FOR THE LOSS OF AN INFANT?

FREE SEMINARS ADDRESSING GRIEF AND TRAUMA BEGINNING, FALL 2018

Led by licensed mental health clinician, Wanda McIntosh, LCSW and Javier Ochoa, each seminar is designed for developing resiliency in managing family relationships and stresses during and after pregnancy.

Refreshments and some child care provided.

Funding for this project provided by Anthem Blue Cross Foundation in partnership with March of Dimes. The following partners are committed to improving birth outcomes for African American families:



Anthem Blue Cross Foundation



Join us for one or more of the following seminars:

Cultivating Emotional Well Being During and After Pregnancy

DATE: Tue., Oct. 23, 2018; 1-3p.m.

Bethesda Church

3723 E. Dakota Ave. • Fresno, CA 93726

Overcoming Issues Associated with Grief and Loss

DATE: Tue., Nov. 13, 2018; 6-8p.m.

Fellowship Missionary Baptist Church

2529 E. Belmont Ave. • Fresno, CA 93701

Reproductive Justice and Long Acting Reversible Contraception

DATE: Wed., Dec. 5, 2018; 6-8p.m.

Greater Faith Church

260 "E" St. • Fresno, CA 93706

Managing Depression and Anxiety Symptoms Maternally and After Pregnancy

DATE: Tue., Jan. 8, 2019; 6-8p.m.

Rising Star Missionary Baptist Church

1104 Collins Ave. • Fresno, CA 93706

Addressing Family and Generational Issues

DATE: Sat., Jan. 12, 2019; 9-11a.m.

Westside Church of God

1424 W. California Ave. • Fresno, CA 93706

WEST FRESNO FAMILY RESOURCE CENTER

To register or for more information contact Anne Gaston, Program Coord.
Ph 559-374-5750 • mrsamrg@aol.com

Objective #4:

Provide one private mental health counseling session and/or referral for 50 Black women that attended the birth spacing presentations and restorative talking sessions in trusted faith-based settings.

Results:

- 13 individuals completed mental health assessments over the 5 sessions.
- Of the 13, three individuals were identified as needing one-on-one counseling support.
- Overall, this service was underutilized by the participants.
- One client did participate in 4 counseling sessions regarding birth spacing – this client was also connected to additional resources for which she expressed need for herself and her 3-month old baby.

Next Steps...Southwest Fresno, Cohort 4, Best Babies Zone designation (Fresno GROWS)

- Birth Spacing project participants identified mental health services, food security, and economic opportunities as critical areas of change for the Southwest Fresno community.
- Fresno GROWS BBZ team includes the following multisector collaborators committed to equity-focused, place-based (**4 census tracts – 2, 7, 9.02, 10 with the highest infant mortality rates in Southwest Fresno**) effort for reducing exposures to the risk factors that increase poor birth outcomes, through community developed strategies:
 - Fresno County Department of Public Health
 - UCSF PTBI-CA
 - March of Dimes
 - Fresno Economic Opportunities Commission
 - West Fresno Family Resource Center
 - First Five Fresno County
 - Venise Curry, M.D., *Local Champion*
 - West Fresno Parent Advisory Council



THANK YOU!

QUESTIONS?

CONTACT INFORMATION:

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