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St. Joseph County Department of Health-Fetal Infant Mortality Review Program August 1, 2019



- Welcome & Introductions
- Infant Mortality Rate Comparisons
- FIMR Data 2015 2018 Telling the Story
- Recommendations and Community Action
- Questions and Discussions



Infant mortality

is an internationally recognized measure of a society's ability to provide food, housing, income, education, employment and healthcare to citizens.



Infant mortality is measured by the:

Number of Deaths of infants up to 1 year old

Per 1000 Births

Afghanistan

Infant Mortality Rate - 110/1000

- Decades of armed conflict
- Among lowest living standards in the world.
- Shortages of housing, water, electricity and jobs.
- 34.9 million people.
- 54.5% Poverty
- 80% speak Afghan Persian or Dari
- 99.7% are Muslim
- 25% Urban
- 38.2% Literacy Rate.
- No universal health care



Finland

Infant Mortality Rate – 2.5/1000

- Peace
- Highly industrialized, largely free market economy.
- 5.5 million people
- 6.5% Poverty
- 87.9% speak Finnish
- 71.9% Lutheran, 26% unspecified
- 85% Urban
- Universal Health Care
- Paid Family Leave

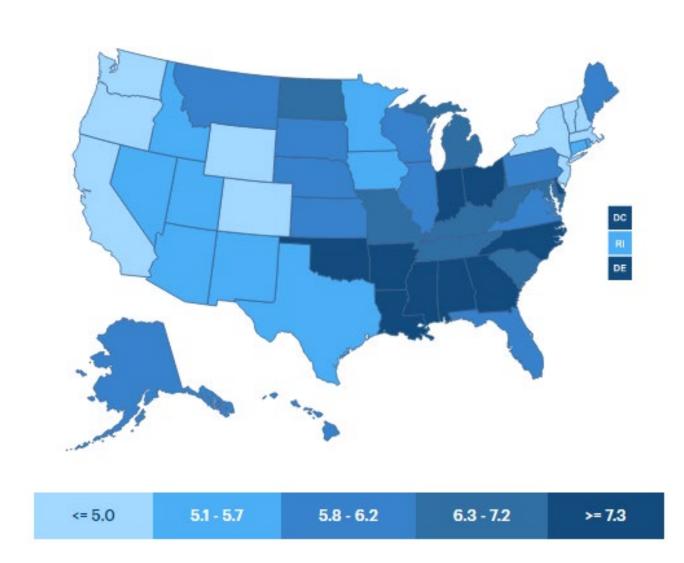


United States

Infant Mortality Rate - 5.8/1000

- Remains the most technical, powerful economy in the world, but falling behind China as investment in infrastructure, science, industry and human capital lags.
- 329.3 million people
- 15.1% Poverty
- 72.4% white, 12.6% black
- 78.2% English, 13.1% Spanish
- 46.5% Protestant, 20.8% Catholic, 22.8% unaffiliated.
- 82.3% Urban.
- No universal healthcare
- No universal paid leave

Number of infant deaths (before age 1) per 1,000 live births (2-year average)



Indiana

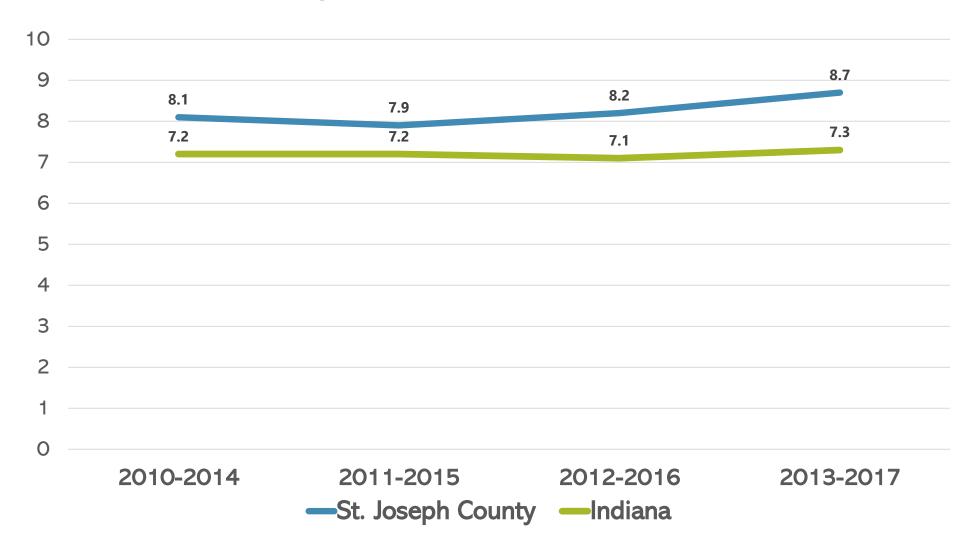
Infant Mortality Rate - 7.3/1000

| NYC | 4.6 |
|-----------|-----|
| Minnesota | 5.1 |
| lowa | 5.1 |
| Illinois | 6.2 |
| Wisconsin | 6.0 |
| Michigan | 6.5 |
| Ohio | 7.3 |



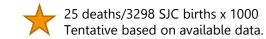
Goal to be Best in the Midwest by 2024 Governor Holcomb

Infant Mortality Rate in St. Joseph County and Indiana using 5 year periods of time Source – Indiana State Department of Health

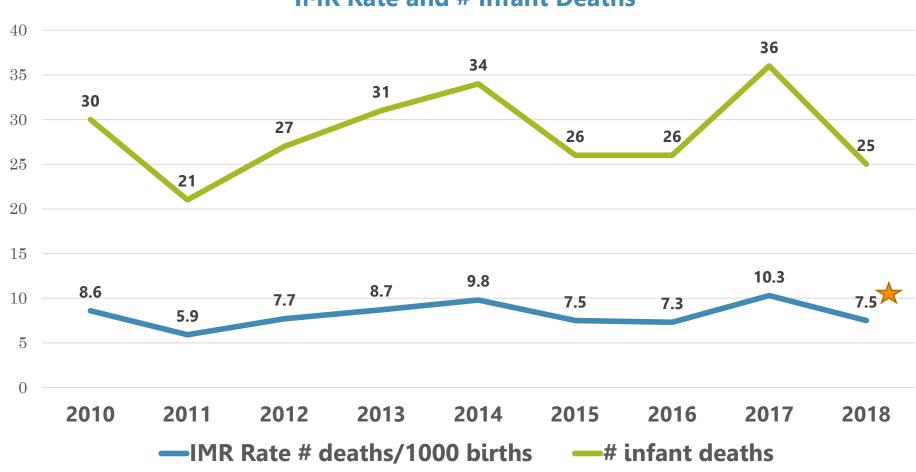


St. Joseph County 2010 -2018

ISDH Mortality Data



IMR Rate and # Infant Deaths

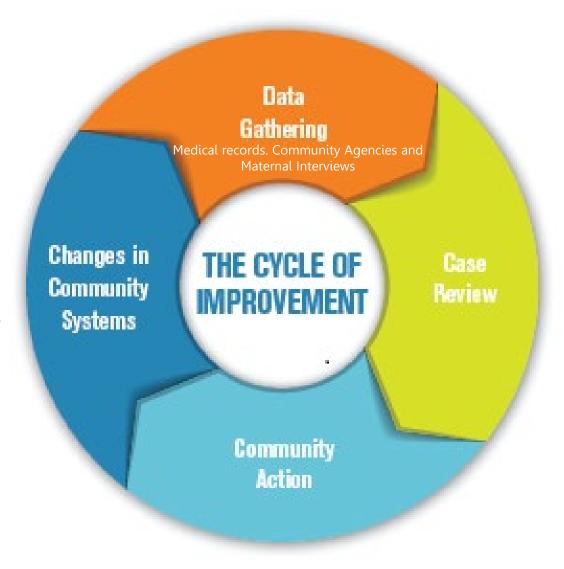


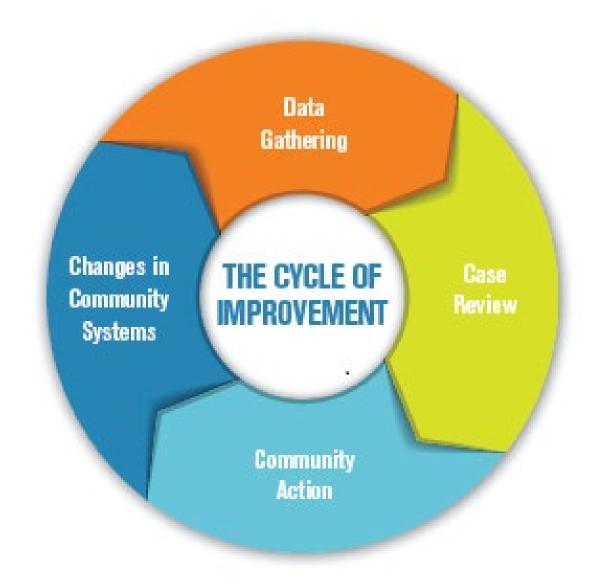


The FIMR Process

Brings together key members of the community to:

- 1. Review information from individual cases of fetal and infant death
- 2. To identify factors associated with those deaths.
- 3. Establish if they represent system-level problems or gaps in care that require change.
- 4. Develop recommendations for change.
- 5. Assist in the implementation of change.
- 6. Determine community effects.





Nationwide evidence demonstrates that FIMR is an effective perinatal systems intervention.

The presence of FIMR appears to significantly improve a community's performance of public health functions as well as enhance the existing perinatal care system's goals, components and communication mechanisms.

Association of Maternal and Child Health Programs - 2008 http://www.amchp.org/AboutAMCHP/Newsletters/Pulse/Archive/2008/Sept08/Pages/feature1.aspx

Neonatology Obstetrics Pediatrics Maternal Fetal Medicine Nursing Social Work Community Health Home Visiting Navigators Education Bereavement Community Resources Government



























































Definitions

Perinatal

Generally refers to 20 weeks of completed pregnancy to 7 days after birth

Perinatal Risk

Chronic maternal illness, certain maternal infections, toxin exposures and nutritional deficiencies. Risk factors in the perinatal period include pregnancy related complications, prematurity and low birthweight and infection exposure during pregnancy and at the time of birth.

Sudden Unexpected Infant Death

is the unexpected death of an infant less than one year of age and includes Sudden Infant Death Syndrome, Accidental Asphyxia or Strangulation and Undetermined causes.

Congenital Anomaly

or birth defect. Can be structural or functional anomalies that occur during intrauterine development and are identified prenatally, at birth or later in life.

Definitions

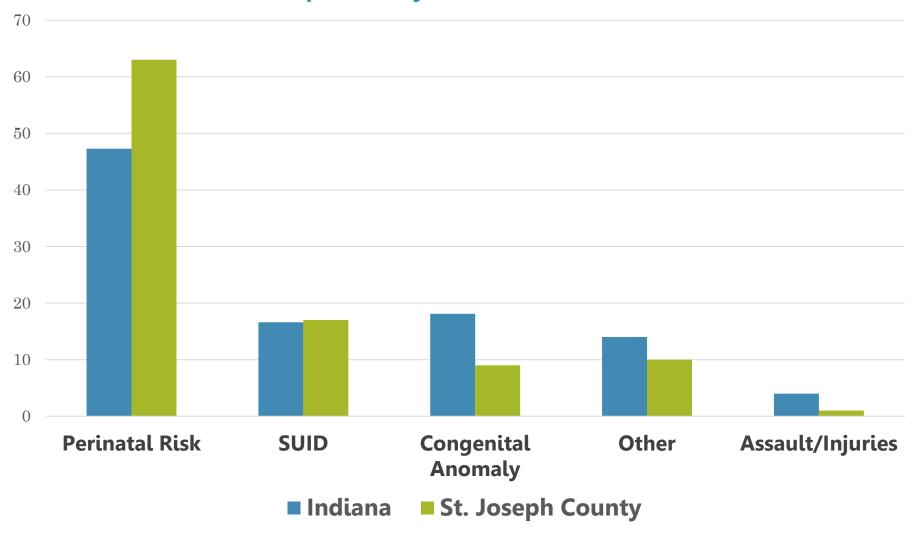
Infant

Live birth at any gestation through 1 year of age

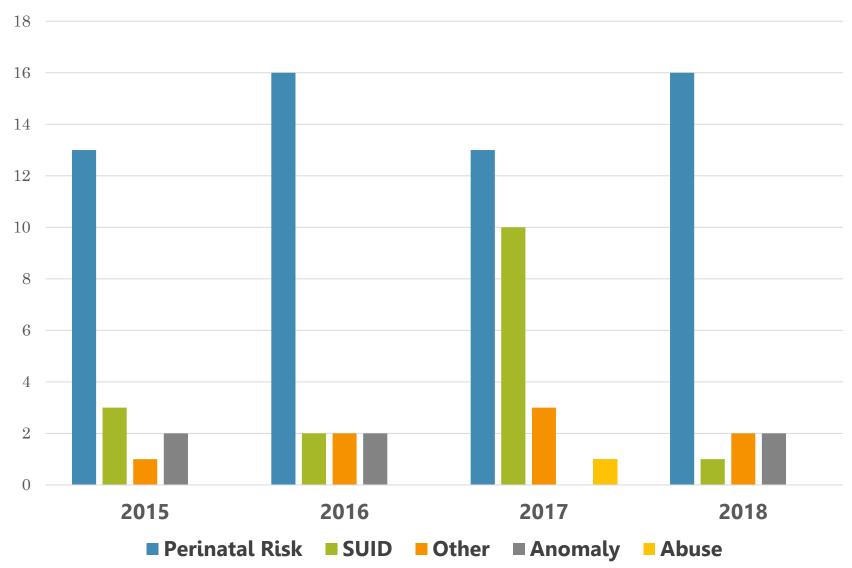
Fetal

A stillbirth after 20 weeks

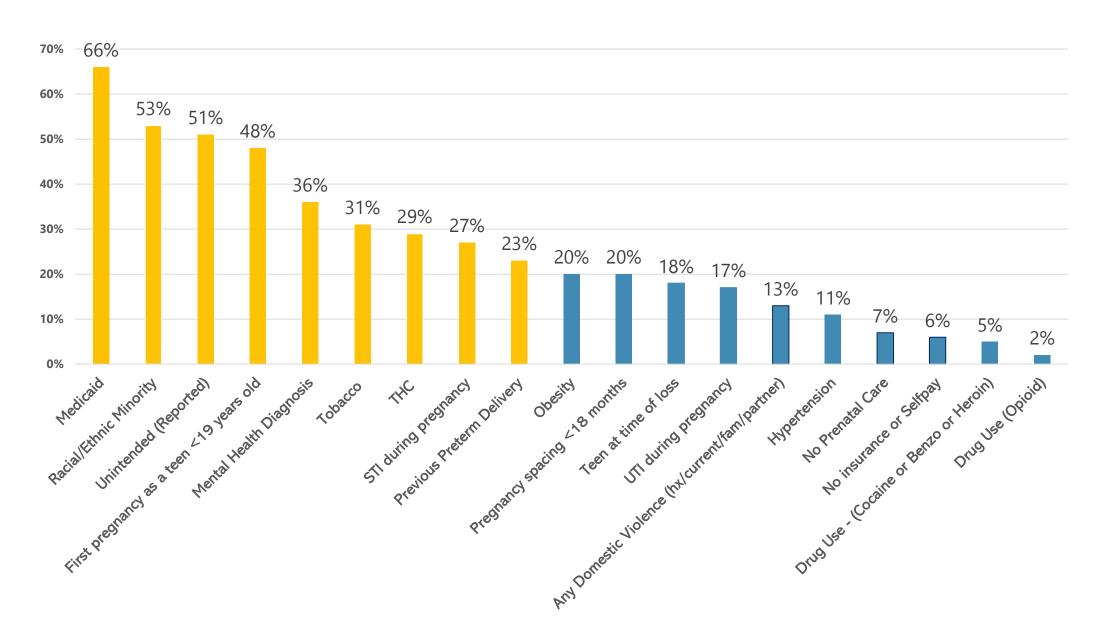
Comparison of Main Causes of Infant Mortality St. Joseph County and Indiana 2015-2018



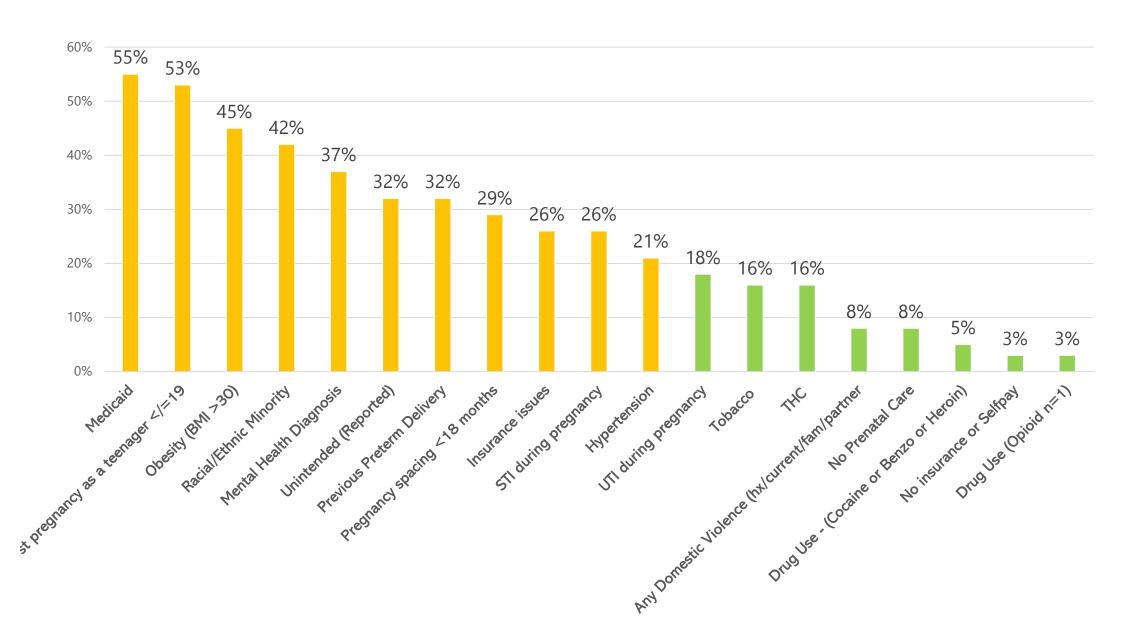
2015 -2018 St. Joseph County – Reviewed Cases by Category and Year



2015 – 2018- 84 Reviewed Infant Cases: Factors Present



2017 – 2018 Reviewed Fetal Cases: Factors Present







Each year in Indiana, 600 babies die before their first birthday



3 reasons 600+ Indiana babies die each year and how to stop it IndyStar.

INDIANAPOLIS -- Every year, roughly 600 Hoosier babies die before they get to celebrate their first birthday.





88%

of infants were born before 37 weeks

29%

were born before the age of viability (23 weeks)

42%

survived less than one day

71%

never went home from the hospital



Since 2015, 84 babies died in St. Joseph County.

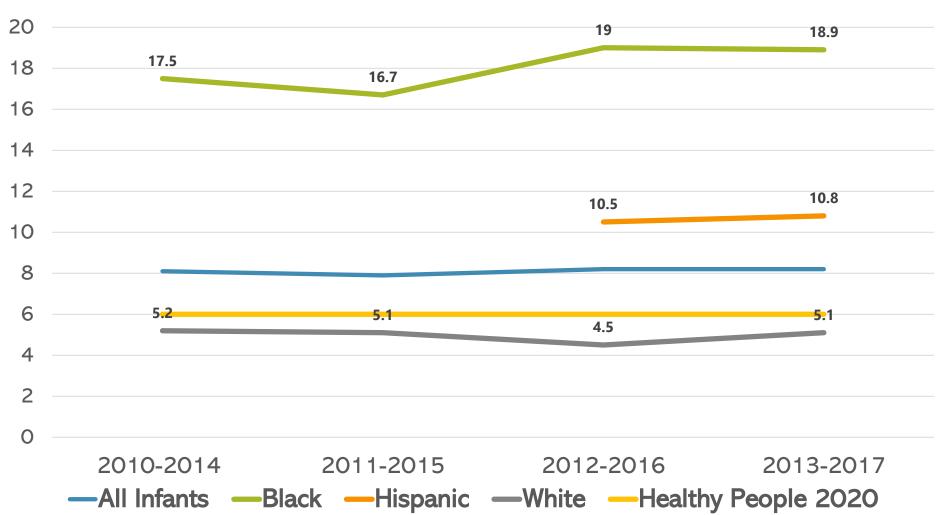
Most of these babies were born prematurely and never went home from the hospital.



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Infant Mortality Rate by Race in St. Joseph County Over last 9 years using 5 year time frames.











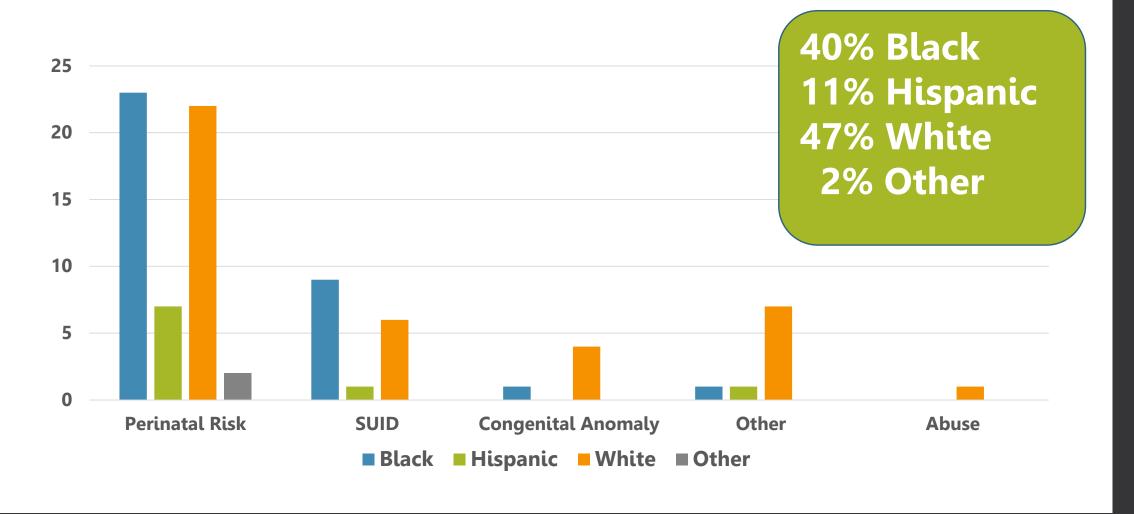
Racism-induced stress linked with high black infant mortality rates

https://www.hsph.harvard.edu/news/hsph-in-the-news/racism-induced-stress-black-infant-mortality/



https://www.npr.org/sections/health-shots/2017/12/20/570777510/how-racism-may-cause-black-mothers-to-suffer-the-death-of-their-infants





Infant Mortality Reviewed Cases 2015 – 2018 by Categories and Maternal Race

https://www.nytimes.com/2018/04/1 1/magazine/black-mothers-babiesdeath-maternal-mortality.html

- Nationally, the infant mortality rate for black infants is two times the rate of white infants. (4.8 vs 11.7) A wider disparity than in 1850.
- Majority of premature births are to black mothers.
- Growing consensus that racial discrimination over a lifetime is a root cause.
- Previously thought to be poverty & lack of education.
- St. Joe County, Medicaid infant mortality rate is
 7.1
- But, a college educated black woman is more likely than a white woman with a high school degree to delivery prematurely.





https://www.nytimes.com/2018/04/11/mag azine/black-mothers-babies-death-maternal-mortality.html

 One theory was genetics, but if that were true, then immigrant women from West Africa would have similar outcomes, but their rates but are more like white babies.

 What's different growing up black in the US is discrimination.





Disparities and Stressors

https://www.npr.org/sections/healthshots/2017/12/20/570777510/how-racismmay-cause-black-mothers-to-suffer-thedeath-of-their-infants

- Employment
- Buying a home or a car
- Finding housing
- Getting an education
- With same education, tend to get less pay.
- 2004 Study in American Journal of Public Health found housing/income/health habits and discrimination was a better predictor of very low birthweight outcome than smoking cigarettes.





Disparities and Stressors

https://www.npr.org/sections/health-shots/2017/12/20/570777510/how-racism-may-cause-black-mothers-to-suffer-the-death-of-their-infants

Being called names.

Followed in stores.

High incarceration rates for men.

Disparities in sentencing, especially for drugs.

High unemployment for men.

Elevated stress hormones increase likelihood of premature labor

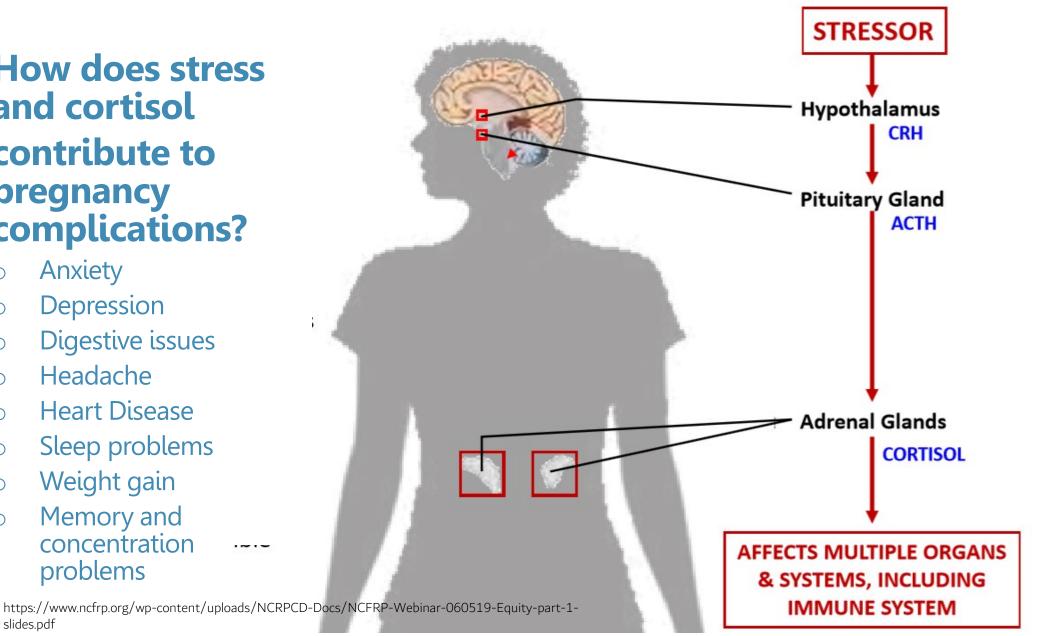


How does stress and cortisol contribute to pregnancy complications?

- Anxiety
- Depression
- Digestive issues
- Headache
- **Heart Disease**
- Sleep problems
- Weight gain

slides.pdf

Memory and concentration problems



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Prenatal Care Start* by Race in Infant Mortality Cases

*Known prenatal care start.

| | Black | Hispanic | White |
|--|---------|----------|---------|
| First Trimester | 63% | 70% | 64% |
| By 14 Weeks | 78% | 77% | 72% |
| By 23 weeks | 92% | 85% | 87% |
| Began during the 3 rd trimester | 7% | 0 | 4% |
| None/Presented at Delivery | 0 | 15% | 9% |
| Unknown | 3 cases | 0 case | 4 cases |

Impact of Public Policy

Redlining – public policy explicitly segregated every metropolitan area in the US and the effects endure today.

Prenatal Care is important but it won't be enough.

We have to purposefully address Social Determinants of Health.

Health.....is more like a web of overlapping, constantly shifting influences, which include our environment, income, education, and social identity.

Because we see health through a curative lens, when we think we are talking about health, we are often actually talking about healthcare, and when we think we are investing in health, we are actually investing in doctors and medicines, rather than in improving the socioeconomic conditions that truly shape health.



We have to purposefully address Social Determinants of Health.

Health.....is more like a web of overlapping, constantly shifting influences, which include our environment, income, education, and social identity.

Infant mortality

is an internationally recognized measure of a society's ability to provide food, housing, income, education, employment and healthcare to citizens.

Resources for Health





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Resources for Health































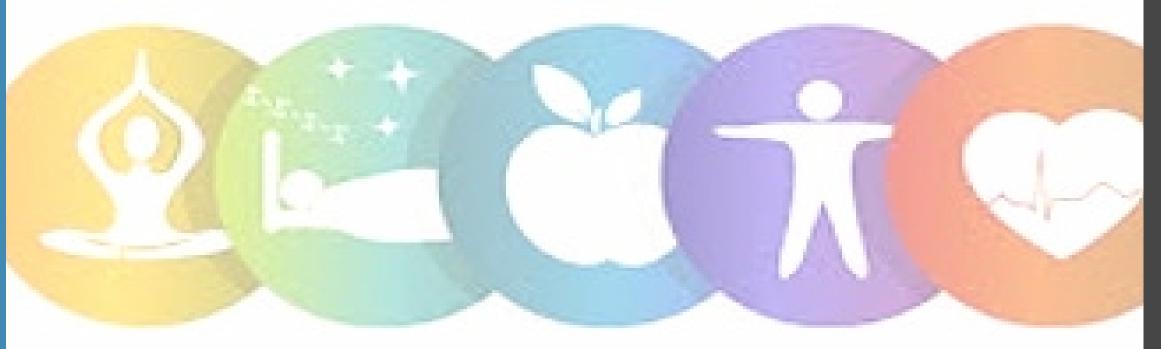








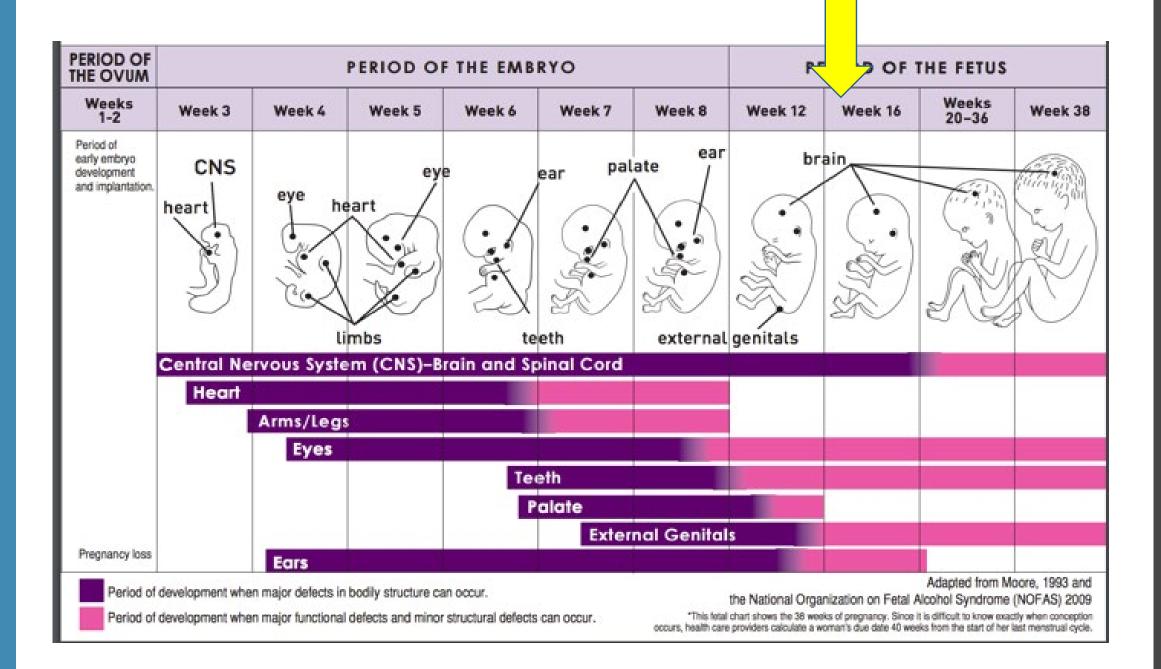




"States with the lowest infant mortality rates simply start out with healthier mothers."

Indiana Perinatal Quality Improvement Collaborative

Preconception and Interconception Health



Pregnancy pushes the body nearly as much as extreme endurance sports

W No

https://qz.com/1635811/pregnancy-pushes-the-body-nearly-as-much-as-endurance-sports/

Physiological Changes:

- Increase plasma volume by 50%
- Iron need increases 2-3x
- 10-20x need for folate
- 2x for Vitamin B12
- Alteration of balance of coagulation system in favor of clotting
- Increased cardiac output
- Changes to kidneys
- Increased oxygen demand.

What does health prior to pregnancy look like:

- Pregnancy Intention***
- Access to Care***
- Preconception Use of Folic Acid
- Tobacco Avoidance***

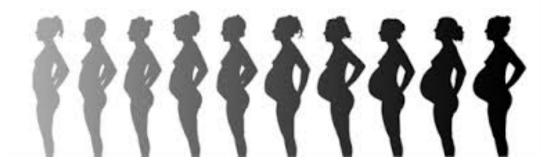


- Absence of uncontrolled depression at first prenatal care assessment***
- Healthy pre-pregnancy BMI***
- Absence of STD at first prenatal assessment***
- Optimal glycemic control
- Avoidance of known teratogens before conception



Prenatal Care Goals

- To ensure the birth of a healthy baby while minimizing the risk to the mother.
- Early, accurate estimation of gestational age.
- Identify pregnancies at risk for maternal or fetal morbidity and mortality.
- Ongoing assessment of health status.
- Includes: Weight check, urine sample, blood tests, ultrasounds, education, prescriptions.
- Typically recommend visits every 4 weeks till 28 weeks, then every 2 weeks till 36 weeks and then every week until delivery.





Primary Care

Increase intended pregnancies. Increase preconception health. The One Key Question ®

Pregnancy Intention Screening

Would you like to become pregnant in the next year?



OKQ logarithm

Yes

OK Either Way or Unsure

No

Women with ambivalent attitudes toward pregnancy use contraceptives less consistently and effectively than those with clear, firm motivation to avoid pregnancy.

95% of unintended pregnancies are attributable to the 1/3 of women who don't use contraception or use it inconsistently.

Guttmacher 2007-2008







Working through primary care providers to facilitate a conversation with women about their pregnancy intentions.

August 8, 2019







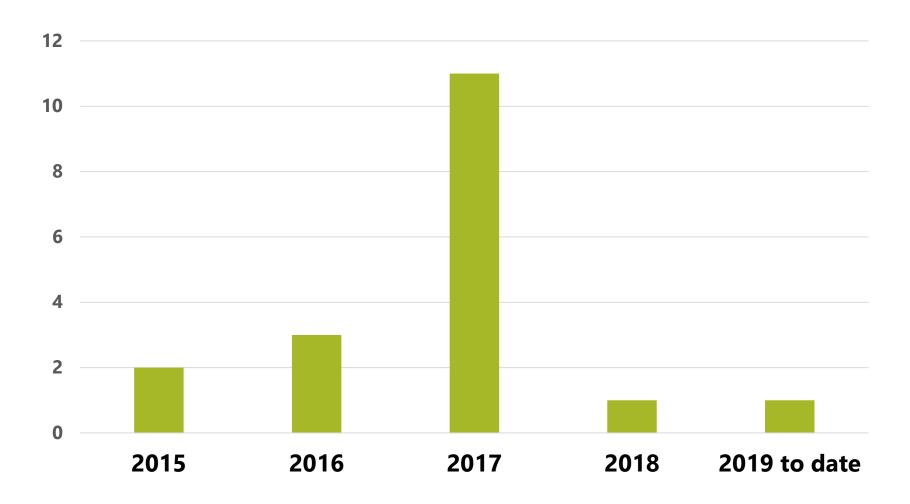
the campaign to prevent unplanned pregnancy

Teens need evidence-based reproductive health education based on a life course model.

- Despite declining rates, teen pregnancies and births remain a public health issue.
- Reducing teen fertility further will be difficult to achieve as long as the United States rejects evidence-based policies (medically accurate sexual health education and low-cost, confidential contraception) that are common in countries with low teen birth rates.
- Preventing teen births also requires mitigating high rates of US poverty that lead to disadvantaged and disaffected youth to "drift" into parenting in search of meaning and fulfillment.



SUID Cases by year, St. Joseph County.



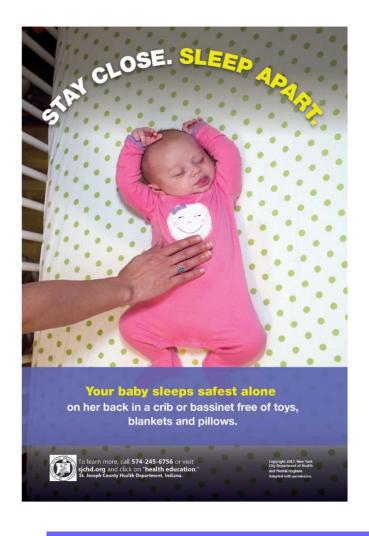
2015 - 2018: n-16

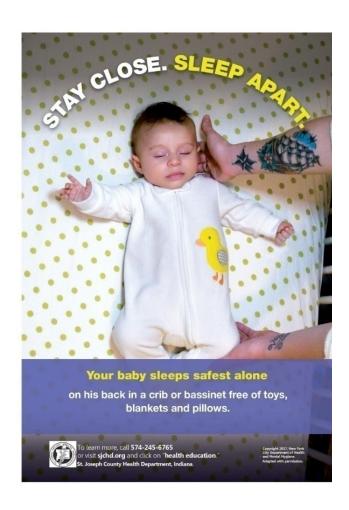
The main factors present in cases of SUID in St. Joseph County were:

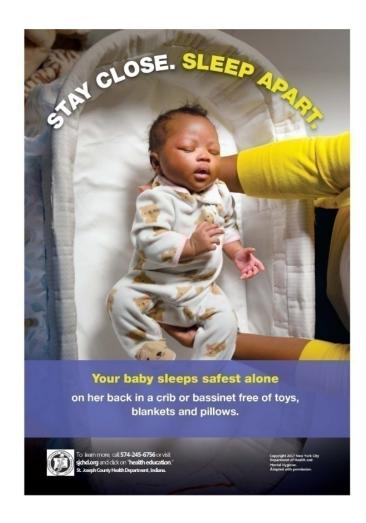
- Sharing an adult bed with a one or both parents or a sibling.
- The presence of pillows, blankets, or other items including boppy positioners.
- Nearly 50% of infants were exposed to tobacco during pregnancy.
- In half of the cases, the infant had one or more medical complications at the time of delivery including prematurity, small for gestational age, infection or hypoxic injury.
- Parental drug use at the time of the infant death was not a factor in St. Joseph County cases. And no infant was sharing a bed with a non-parent adult.

FIMR Community Action Beginning in July 2017

- A goal of having all providers and agencies share a common message.
- Contract with New York City Department of Health to adopt the Stay Close. Sleep Apart. message.
- FIMR Coordinator shared over 30 presentations with hospital staff, providers, first responders, families, church about safe sleep guidelines and what we learned from our cases and families.
- Identify and explain the increased risk low birthweight, prematurity, babies with illness, overtired parents.







Stay Close. Sleep Apart.

Partnership with the New York City Health Department. SUMMER 2017 - ongoing



The FIMR team recognizes that opinions about infant sleep are personal and cultural, however, any decisions about infant sleep must follow the guidelines of placing a baby on their back, on a firm, flat surface without blankets, toys, or pillows, for the first year; for every sleep.

Families should ask their baby's doctor about safe sleep.

"Babies **will choke** if they lay on their backs."

Babies who
sleep on their
stomachs are
more likely to
choke than babies
who sleep on
their backs.



"I don't move in my sleep.

I'm a light sleeper."

TRUTH

The weight of an adult arm on a baby's chest is enough to prevent the infant from getting enough air.







What about breastfeeding?

- Breastfeeding is protective against SIDS not accidental suffocation or asphyxia.
- No baby was placed to sleep observing safe sleep guidelines
- In several cases the mother was exclusively breastfeeding but also bedsharing with a combination of blankets/pillows/boppy pillow present, additional family members or propping the baby's head.
- One case appeared to be breastfeeding mother without risk factors.

Safe Sleep is about Safety



Working Towards Screening

For Risk of Sudden Unexpected Infant Death

Prenatal
Postpartum
Well baby care
Referral to home visiting

- ✓ History of maternal smoking and/or 2nd hand smoke exposure following delivery.
- ✓ History of prematurity or other birth complications requiring a NICU admission.
- ✓ Later or no prenatal care.
- ✓ History of substance or alcohol abuse.
- √ Age < 20
- ✓ Low birth weight
- √ History of placental abnormalities
- √ Lack of family support
- ✓ Examples of unsafe sleep practices during hospital stay after redirection.





Smoking is one of the most important modifiable causes of poor pregnancy outcomes in the United States.

American College of Obstetricians & Gynecologists Committee Opinion October 2017

Smoking & Pregnancy





62% of mothers with a documented mental health diagnosis used one or more substances

- 17% used tobacco only.
- 14% used THC only.
- 17% used tobacco and THC.
- 14% used different combinations of substances including heroin, opioids, benzodiazepine and/or cocaine, plus tobacco and/or THC.





71% white 29% black

All have mental health diagnosis: Bipolar, ADD, Depression.

And Social complexity.

1 - 2018

3 - 2017

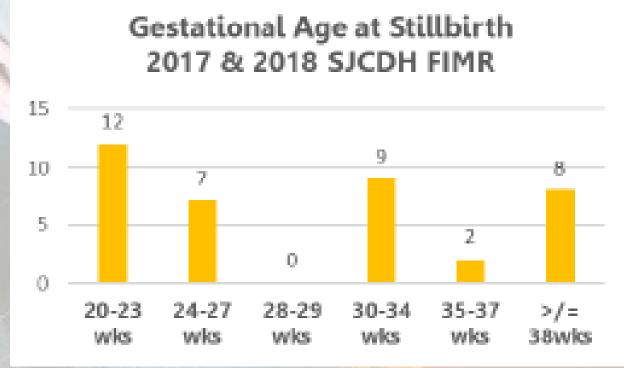
1 - 2016

2 – 2015.

Maternal Mental Health Diagnosis and Substance Use

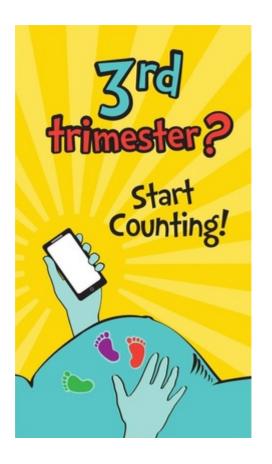
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Reducing Third Trimester Stillbirths



11 of 19 mothers
who had a stillbirth in the 3rd trimester
experienced decreased fetal movement
ranging from a few hours to a few days
leading up to the identification of the fetal loss.





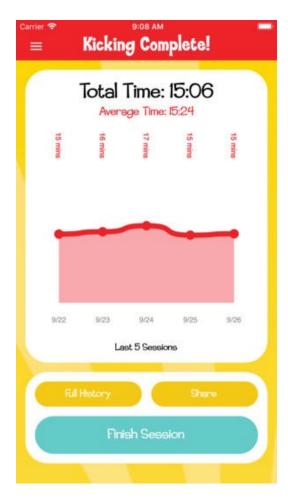


Benefits:

- Establishes a baseline
- Gives mothers confidence in their intuition
- Objective data.
- Normal is 10 kicks in 2 hours

https://www.countthekicks.org/founders-story/https://www.countthekicks.org/state/indiana/https://www.countthekicks.org/app-

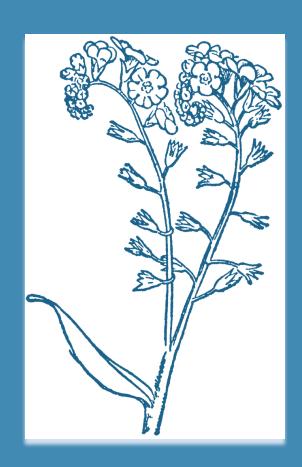




The Count the Kicks App

• In the First Five Years of use in Iowa – the stillbirth rate decreased by 29% and went from 33rd worst to 3rd best stillbirth rate in the country.

Amplify mothers' voices from maternal interviews



Appreciation of bereavement care at both hospitals and grief support

Wanting to help other mothers with loss. Finding meaning.

NOTRE DAME
Maternal Interview
Study

Honoring memory.

Believing that their concerns or symptoms were ignored

Regret for not following instincts.
Feeling responsible.

Supportive family and friends but they move on with their lives.

Not understanding why interventions were taken or not taken





We need more than a referral or pamphlet, website or app. "We have the opportunity to rethink how local organizations work together to allocate resources and follow the lead of their communities."

www.healthleadsusa.org

Our system is designed around us, not them.

Let
Start asking
what people
actually need.





Home Visiting to address Social Determinants of Health



Using Home Visiting to -

- Bridge Social Services and Medical Care
- In person navigation –websites aren't enough.
- Make Connections where mothers present for care:

Emergency Department

Women's Care Center

OB unit

Primary Care

Ob/Gyn Providers

School

Community Locations



















Social Determinants of Health: Overcoming the Greatest Barriers to Patient Care.

Healthcare leaders and front-line clinicians have long understood the connection between essential needs- such as food, housing and transportation — and the health of their patients. Leading studies indicate social and environmental factors account for nearly 70 percent of all health outcomes.



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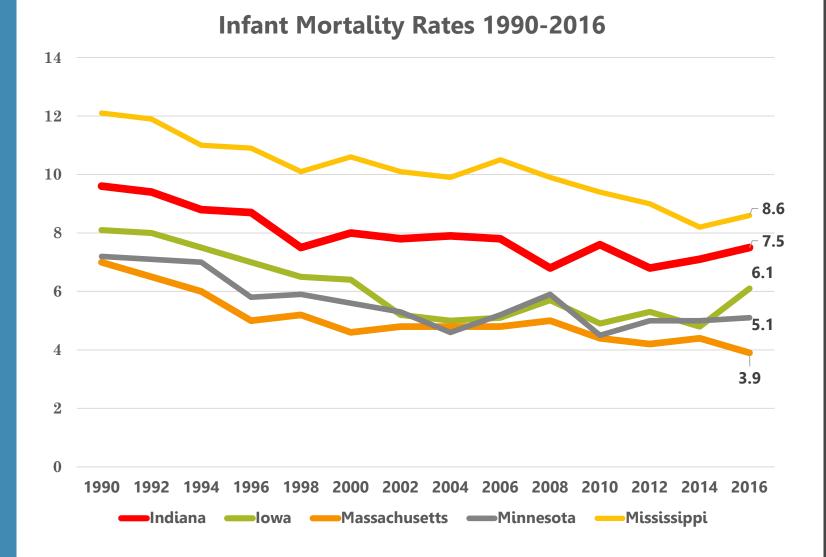
Comparison of Access to Health System and First Prenatal Visit

| | Access System by 12 weeks | First Prenatal Visit by 12 weeks | Access system by 14 weeks | First prenatal visit by 14 weeks | Access system by 19 weeks | First prenatal visit by 19 weeks | No prenatal care (Presents at delivery) | Unknown prenatal care start |
|--|---------------------------------|---|---------------------------------|--|---------------------------------|---|---|-----------------------------------|
| Perinatal risk(Preterm Labor or Maternal Health n=53 | 92% | 84% | 92% | 90% | 93% | 92% | 4% | 4% |
| Sudden Unexpected Infant Death n=16 | 60% | 47% | 73% | 53% | 87% | 73% ((7% -3 rd trimester) | 13% | 7% |
| Other (neonatal sepsis, other medical) n=10 | 88% | 43% | 86% | 75% | 100% | 88% | 12% | 0 |
| Congenital Anomaly n=7 | 71% | 43% | 86% | 62.5% | 86% | 86.5% (12.5% - 3 rd trimester) | 0 | 0 |

Care beginning after 12 weeks.

- When appointment was available.
- Home test positive. Had only missed one period. Made appointment but US showed was 16 weeks.
- Social issues: moving a lot, homeless, marital separation, unsafe home.
- Lack of understanding of what prenatal care is and includes.
- Unstable home. Living with relative out of state.
- Unaware of pregnancy.
- Problems with insurance, couldn't get an appointment.
- Accessed system out of county with primary care, Parents would not consent to care.
- Not understanding the system.

Governor Holcomb's Goal Best in the Midwest by 2024



Infant Mortality March of Dimes Data.

2019 Indiana General Assembly – Bills Passed

- **OB Navigation**
- Substance Use Universal Verbal Screening
- FIMR Program Authority
- Teen Consent for Care
- Medicaid Coverage for Doulas

Governor Holcomb's Goal: Best in the Midwest by 2024

Not Passed

Increase smoking age to 21

Increase tax by \$2 with funds raised to go to tobacco prevention and cessation.

Increase tax by \$1 and increase smoking age to 21.

Pregnancy Accommodations in the Workplace

Paid Family Leave

Minimum Wage

Governor Holcomb's Goal: Best in the Midwest by 2024

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PEDIATRICS

OFFICIAL JOURNAL OF THE AMERICAN ACADEMY OF PEDIATRICS

Tobacco Policy Tax on Cigarettes

- Higher taxes and prices for cigarettes are strongly associated with lower infant mortality rates in the United States, according to a study from Vanderbilt University and the University of Michigan released in December, 2015 in the journal *Pediatrics*.
- Researchers found that for every \$1 tax increase per pack of cigarettes, about two infant deaths were averted each day.
- Overall, there was an estimated 3.2 percent decrease in annual infant mortality rates, or 750 fewer infant deaths per year, associated with the tax increase, the study revealed.

- National data shows that about 95 percent of adult smokers begin smoking before they turn 21.
- The ages of 18 to 21 are also a critical period when many smokers move from experimental smoking to regular, daily use.
- While less than half of adult smokers (46 percent) become daily smokers before age 18, four out of five do so before they turn 21.

https://www.tobaccofreekids.org/what-we-do/us/sale-age-21

Tobacco Policy Raise the Smoking Age



Age of smokers in infant loss cases

| 15-19y | 2 |
|--------|----|
| 20-24y | 13 |
| 25-29y | 7 |
| 30-35y | 2 |



Iome » AIPH » August 2016

The Effect of an Increased Minimum Wage on Infant Mortality and Birth Weight

Kelli A. Komro PhD, MPH, Melvin D. Livingston PhD, Sara Markowitz PhD, and Alexander C. Wagenaar PhD

[+] Author affiliations, information, and correspondence details

Accepted: May 14, 2016 Published Online: July 11, 2016

Results. Across all models, a dollar increase in the minimum wage above the federal level was associated with a 1% to 2% decrease in low birth weight births and a 4% decrease in postneonatal mortality.

Conclusions. If all states in 2014 had increased their minimum wages by 1 dollar, there would likely have been 2790 fewer low birth weight births and 518 fewer postneonatal deaths for the year.

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State Comparisons:

Infant Mortality, Cigarette Tax, Public Health Investment and Minimum Wage.

| State | 2018 Infant Mortality | Tax per pack of cigarettes | Smoking Age | Public Health Rank - \$ per capita | Pregnancy Smoking rate % | Household smoking rate % | Minimum Wage \$/hour |
|---------------|-----------------------------|----------------------------------|-----------------|--|--------------------------|--------------------------|---|
| Massachusetts | 4.1 | \$3.51 | 21 | #12 - \$112.00 | 5.7 | 14.1 | 12 (15 by 2023) |
| California | 4.3 | \$2.97 | 21 | #16 - \$108.00 | 1.7 | 10.9 | 12 (15 by 2022) |
| New York | 4.5 | \$4.35 | 75%/21 | #4 - \$149.00 | 5 | 14.5 | 11.10 (index to inflation till hits 15) |
| Minnesota | 5.1 | \$3.04 | 18 | #19 - \$ 99.00 | 9.4 | 14.5 | 9.86 Index to inflation |
| Illinois | 6.2 | \$1.98 | 21 | #37 -\$ 68.00 | 6.6 | 18.2 | 8.25 (15 by 2025) |
| Michigan | 6.5 | \$2.00 | 18 | #41 - \$58.00 | 12.3 | 18.6 | 9.25 (12 by 2030) |
| Ohio | 7.3 | \$1.60 | 16 cities/21 | #46 - \$ 53.00 | 15.2 | 21.6 | 8.55 (indexed) |
| Indiana | 7.4 | \$ 0.995 | 18 | #48 - \$ 51.00 | 14.3 | 22.2 | 7.25 (no planned increase) |

Questions

Comments

