

# Healthy Women Healthy Babies Roundtable April 22, 2008

## MCPN Healthy Start Project

Debbie Kunkel, LCSW  
Healthy Start Project, Project Manager  
(303) 695-1670 x111  
dkunkel@mcpn.org



# Healthy Start Background

- A federal program under the Maternal Child Health Bureau began in 1991 to reduce rates of infant mortality in 22 communities and currently in 100 sites.
- Due to rates of infant mortality in the 1990's as high as 19 in NW Aurora, Healthy Start Project was established in 1999 through Metro Community Provider Network (MCPN) and Tri-County Health Department



# Eliminating Disparities in Perinatal Health

- Funding focus since 2001
- African American families and disparate rates of preterm, LBW and infant mortality
- Our outreach focus for participant recruitment and health education



# Core Systems Change Efforts

- Collaboration with Title V (CDPHE and Tri-County Health Department)
- Local Health System Action Plan
- Healthy Start Project Consortium (community advisory group)

# Core Services

- Outreach
- Care coordination
- Health education
- Interconceptional care
- Perinatal depression screening and referral



# Project Requirements

- Residence in Aurora, Englewood or Sheridan, Colorado.
- Begin work with Care Coordinator any time during pregnancy or parenting child under age 2
- Risks for infant mortality, score of 4 or higher (Risk Screen Instrument, Florida State University, Center for Prevention and Early Intervention)



# Care Coordination Services

- Home visits
- Health education curriculum
- Goal planning
- Resource and referral
- Advocacy
- Crisis of the day

# Outcomes

- 2000 maternal death – suicide with postpartum depression suspected
- 2002 infant death – family in homeless shelter, mother and siblings sleeping in one bed, cause undetermined
- All other years for project participants - mortality rates of 0



# LBW Rates

## Healthy Start Project

- 2007 - 6/32, 18.75
  - 2006 - 2/31, 6.45
  - 2005 - 1/48, 2.2
  - 2004 - 1/52, 1.92
  - 2003 - 3/48, 6.25
- 2004 -2006 – Arapahoe County 9.4, State 9.1
  - 2003 -2005 – Arapahoe County 9.4, State 9.1
  - 2002 – 2004 – Arapahoe County 9.3, State– 9

# VLBW Rates

- 2007 – 1/34, 2.94
- 2006 – 0/31, 0
- 2005 – 0/48, 0
- 2004 – 0/52, 0
- 2003 – 0/46, 0
- 2004-2006 - Arapahoe County, 1.4, State 1.3
- 2003-2005 – Arapahoe County, 1.4, State, 1.3
- 2002 – 2004 – Arapahoe County, 1.4, State 1.3

# National Healthy Start

## US LBW%

- 1998 – 7.6
- 2004 – 8.1

## Healthy Start LBW%

- 1998 – 12.1
- 2004 – 9.3



# Challenges

- Cultural differences with new immigrants as well as between middle class and poverty cultures
- Cultural competence and the historical response of the health care system toward African Americans
- Care coordinators are often paraprofessionals this is a strength and a weakness

# North Aurora Family Health Services opening June 2008

