

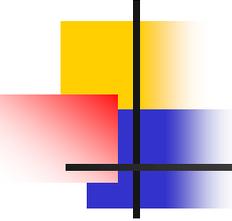
YWCA Greensboro

Healthy Moms Healthy Babies

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NC Institute of Medicine

June 24, 2011



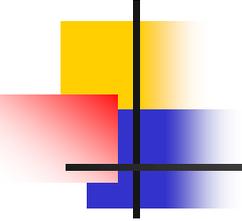
# Healthy Moms Healthy Babies

## Teen Moms

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### 185 Teen Moms

- 139 African American
- 19 Latino
- 9 Caucasian
- 8 Asian
- 4 Biracial
- 3 Native American
- 3 Other

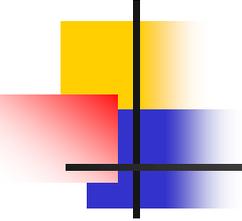


# Healthy Moms Healthy Babies Adult Moms

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## 247 Adult Moms

- 101 African American
- 93 Latino
- 12 Caucasian
- 10 Asian
- 6 Biracial
- 25 Other

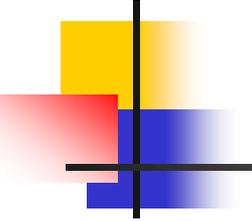


# Healthy Moms Healthy Babies Teen Program Goals

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*YWCA programs for teen moms are open to any pregnant or parenting teen in our community. Typically our participants are low SES, African American young women.*

- Participants will deliver and raise healthy, school ready children.
- Participants will delay subsequent child-bearing to beyond the teen years.
- Participants will increase their self-sufficiency by increasing their educational attainment.

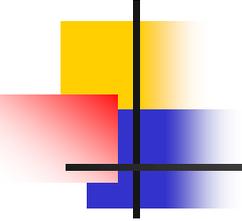


# Healthy Moms Healthy Babies Adult Program Goals

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*The target population of this program is women at risk of poor birth outcomes due to racial disparity, poverty, interpersonal violence, unsafe housing, etc.*

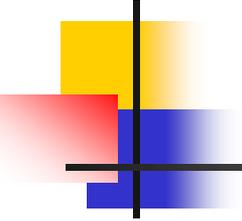
- Participants will deliver full term, healthy birth weight babies, reducing disparities in minority infant mortality and birth outcomes.
- Participants will learn and practice healthy birth spacing.
- Participants will learn and utilize responsive parenting techniques to promote age-appropriate development and learning among their children.



# Healthy Moms Healthy Babies Teen Program Components

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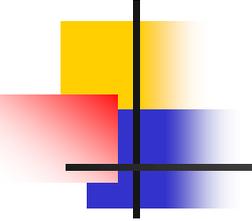
- Teen Parent Mentor Program
- Teens Learning Childbirth
- Teen Families Reading Together
- Adolescent Parenting Program
- Doulas for Teen Moms
- Teen Leadership Program
- Teens and Tots Summer Camp
- Nutrition and Cooking Classes
- Being Your Best Self



# Healthy Moms Healthy Babies Adult Program Components

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- Healthy Beginnings
- Doula Program
- Adult Childbirth Classes
- Learning Together
- Rock 'N Stroll
- Nutrition and Cooking Classes
- Being Your Best Self
- Summer Activities

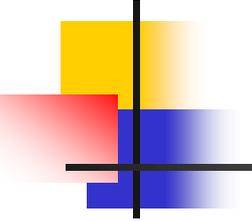


# Healthy Moms Healthy Babies

## Other Areas of Focus

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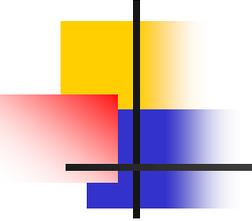
- My Sisters' House
- Mental Health
- Perinatal Substance Abuse
- Early Childhood Interventions
- Preconception and Interconception Health
- SIHLE – Sistering, Informing, Healing, Living, Empowering
- Drop Out Prevention of Teen Parents



# Healthy Moms Healthy Babies Birth Outcomes, 2008-2010

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- 93% (79 of 85) of adult moms delivered full term, healthy birth weight babies vs. 88% minority adult moms in Guilford County.
- 94.8% (127 of 134) of teen moms delivered full term, healthy birth weight babies vs. 87.3% minority teen moms in Guilford County.
- 98% (94 of 96) of our doula supported moms delivered full term and healthy birth weight babies.



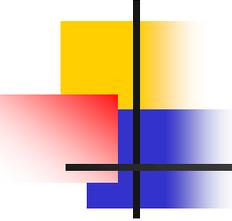
# Healthy Moms Healthy Babies

## Cost Savings to the Community, 2008-10

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- First year medical costs for a baby born too soon or too little are approximately \$50,000 compared to \$4,557 for a full term, healthy birth weight baby.
- Guilford Co. statistics would predict at least 10 additional low birth weight births to minority teens.  
*\$500,000 vs. \$45,570, cost savings of \$454,430*
- Guilford Co. statistics would predict 4 additional low birth weight births to adult participants.  
*\$200,000 vs. \$18,228, cost savings of \$181,772.*

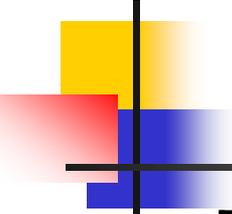
**Total cost savings in first year medical costs alone  
\$636,202.**



# Healthy Moms Healthy Babies Breastfeeding, 2008-2010

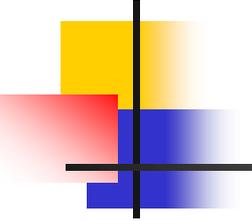
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- 87% (74 of 85, 2008-2010) adult moms breastfed compared to 45% of African American mothers in the Southeast US.
- In 2010, 100% of adult moms initiated breastfeeding.
- 63% (84 of 134) of teen moms breastfed compared to 20% of minority teen moms.



# Healthy Moms Healthy Babies Vaginal Births, 2008-2010

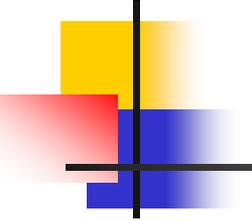
Teens with doulas	84%
Teens without doulas	71%
Adults with doulas	77%
Adults without doulas	71%
Guilford County	68%



# Healthy Moms Healthy Babies Teen Outcomes FY2010

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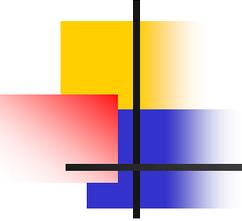
- 99% (183 of 185) teen moms did not have a repeat teen birth compared to a 28% repeat birth rate for teen births in Guilford County.
- 100% (54 of 54) of participating pregnant teens delivered full term, healthy birth weight babies, compared to 86.3% of minority teens in Guilford County.
- 97% (179 of 185) of teen moms had graduated or were in school vs. 70% nationally.



# Healthy Moms Healthy Babies Adult Outcomes FY2010

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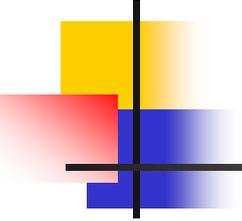
- 97% (33 of 34) of adult participants delivered full term, healthy birth weight babies compared to 87.2% in Guilford County.
- 100% of participants practiced healthy birth spacing.
- 100% of participants increased their knowledge of maternal and child health, nutrition, parenting, and prepared healthy homes for their newborns.

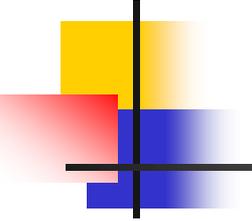


# Healthy Moms Healthy Babies Collaborations

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- APPCNC
- Communities In Schools
- Cone Health Congregational Nurse Program
- Family Service of the Piedmont
- Greensboro Women's Hospital
- Greensboro Children's Museum
- Greensboro Housing Coalition
- Greensboro Parks and Recreation
- Greensboro Public Library
- Guilford County Schools

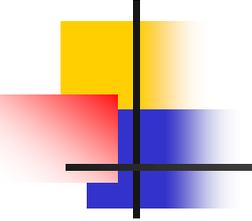
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- GCAPP
  - Family Service of the Piedmont
  - Guilford County Dept. Of Public Health, Women's Health, WIC, Adopt a Mom, Infant Mortality Coalition, Epidemiology, Environmental Health, Center for Youth and Family Services
  - Guilford County Dept. of Social Services
  - UNCG Departments of Architecture, Social Work, Human Development and Family Studies, Psychology, Nutrition, Nursing, Women's Studies, Communication Sciences and Speech Disorders
  - Guilford College, NC A&T, Bennett College
  - Guilford Child Development, Nurse Family Partnership, Learning Together
  - Piedmont Health Services and Sickle Cell
  - Triad Adult and Pediatric Medicine (formerly Guilford Child Health)
  - Youth Focus



# Healthy Moms Healthy Babies Critical Components

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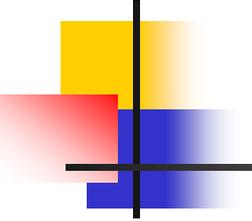
- Empowerment - strengths-based approach to help young women define their own goals and builds participants' competencies and self-efficacy to achieve those goals
- Comprehensive and Interdisciplinary – programs address a broad spectrum of psychosocial issues with best practices and expertise from various disciplines.
- Individual Support - mentors, doulas, tutors and staff to support goal setting and help participants access community resources.
- Peer Support - important health and wellness information presented in a positive peer group setting, building healthy relationships, sharing knowledge, and developing a social network.
- Collaboration - to offer comprehensive programming and meet the needs of participants.
- Welcoming and affirming place where families are valued. The YWCA strives to be a positive, non-stigmatizing setting, and participants know we genuinely want them here and that they are valued as individuals.



# Healthy Moms Healthy Babies Research

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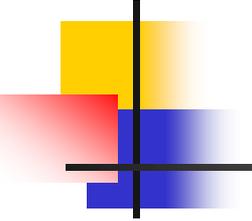
- Dr. Ken Gruber, School of Human and Environmental Sciences, UNCG
- Project: Comparative assessment of the impact of the YWCA's Adolescent Parenting Program on participants as compared to non-participating peers.
- Findings: Program participants were more likely to be following a more positive life course: higher education enrollment, more job stability, greater living independence from parents and family, and greater focus on career goals.
- Status: Article under review.



# Healthy Moms Healthy Babies Research

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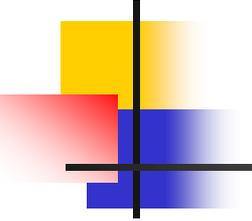
- Dr. Ken Gruber, School of Human and Environmental Sciences, UNCG
- Project: The impact of doula assistance vs. non doula assistance was assessed for a sample of 226 mothers who participated in at least 3 of the YWCA's childbirth classes.
- Findings: Doula assisted mothers were 4 times less likely to have a lbw baby, 2 times less likely to experience a birth complication involving themselves or their baby, and significantly more likely to initiate breastfeeding.
- Status: Manuscript in preparation.



# Healthy Moms Healthy Babies Research

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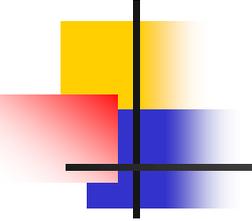
- Dr. Tracy Nichols, School of Public Health Education, UNCG
- Project: How to increase utilization of the Doula Program and Teen Parent Mentor Program (TPMP) by teens participating in the Teens Learning Childbirth (TLC) classes.
- Findings: Some teen participants did not fully understand the role of a doula or feel connected to TPMP. YWCA staff has made adjustments, and already more TLC teens are participating in TPMP activities.
- Status: Project is ongoing.



# Healthy Moms Healthy Babies Research

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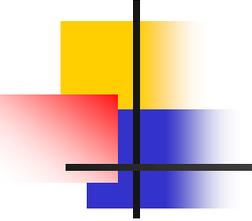
- Dr. Jacalyn Claes, Department of Social Work, UNCG  
Dr. Martha Taylor, Department of Nutrition, UNCG  
Jayne Lutz, MS, PHCNS-BC, RN, School of Nursing, UNCG  
Dr. Joi Bulls, Dept. of Human Development and Family Studies, UNCG
- Project: Examine the impact of an interdisciplinary collaboration among graduate and undergraduate students to provide support to YWCA Healthy Moms Healthy Babies program participants.
- Findings: Students working on an interdisciplinary team were better able to provide support for program participants and gained a greater understanding of complementary areas of expertise.
- Status: Project is ongoing.



# Healthy Moms Healthy Babies Research

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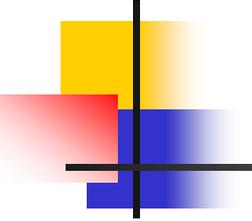
- Dr. Stephanie Coard, Dept. of Human Development and Family Studies, UNCG
- Project: Teen Empowerment Project will provide a formal evaluation of the YWCA Teen Parent Mentor Program. 40 participants will be followed for 1 year, and data will be collected on a) change in key competencies, b) psychosocial functioning, and c) life status indicators.
- Findings: None at this point.
- Status: First round of evaluations is completed.



# Healthy Moms Healthy Babies Research

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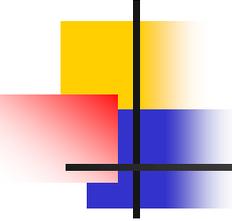
- Dr. Stephanie Coard, Dept. of Human Development and Family Studies, UNCG
- Project: Strategically incorporate Positive Youth Development principles into the Teen Parent Mentor Program, and recruit paid community mentors, train them in PYD principles and practices, and assess their impact on participants.
- Findings: None at this point.
- Status: Early stages of mentor recruitment.



# Healthy Moms Healthy Babies Research

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- Ioana Scripa, PhD Candidate, Department. of Nutrition, UNCG
- Project: Self-Efficacy of Adolescent and Young Adult Mothers Regarding Healthy Eating and Meal Preparation
- Findings: None at this point.
- Status: Pretests of knowledge and behavior and 24 hour recall of all foods consumed have been completed, and 5 out of 7 cooking classes and nutrition lessons have been conducted.



# UNCG Psychology Clinic

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- Graduate Students in Clinical Psychology provide individual and group therapy and assessments at the YWCA and UNCG Psychology Clinic