

Integrating Interconception Care within WIC

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PHFE-WIC Program

Los Angeles & Orange Counties, CA

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Today I will...

- Provide a brief overview of the WIC Program
- Share about PHFE-WIC's prematurity prevention project also known as the "WOW Program"



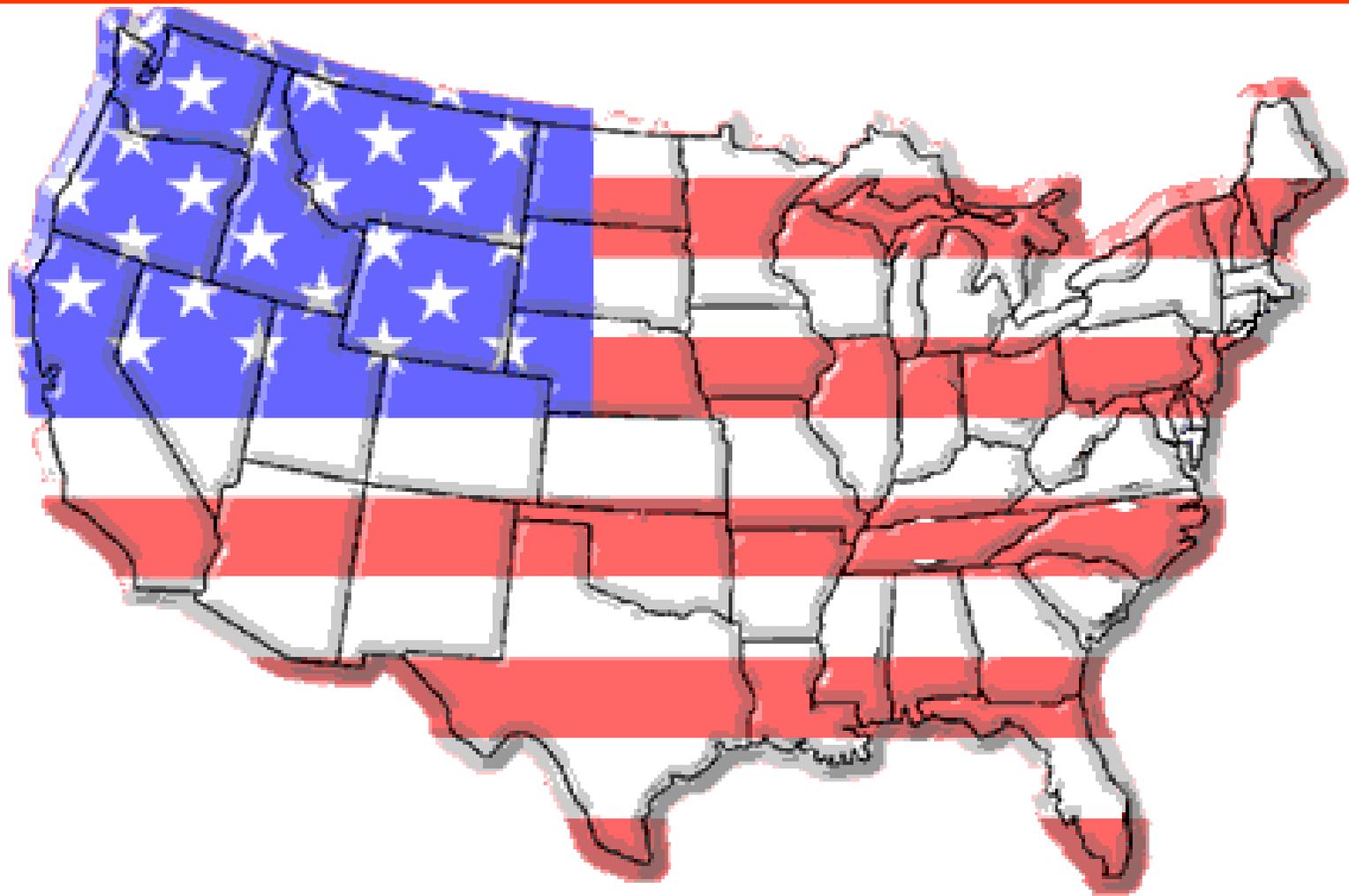
About WIC...

- WIC is the Federally funded Special Supplemental Nutrition Program for Women, Infants and Children
- WIC provides food checks, nutrition education, breastfeeding support and referral services to low-income (up to 185% FPL):
 - **Women** (pregnant and up to one year postpartum)
 - **Infants** (0-12 months)
 - **Children** (1-5 years)





Over 8.5 million served each month!



*Jan08 Participation. Data reported as of April 24, 2008. <http://www.fns.usda.gov/pd/27wilatest.htm>

WIC Participation - California

California serves an average of 1.4 million*
~16.5% of the nation's total



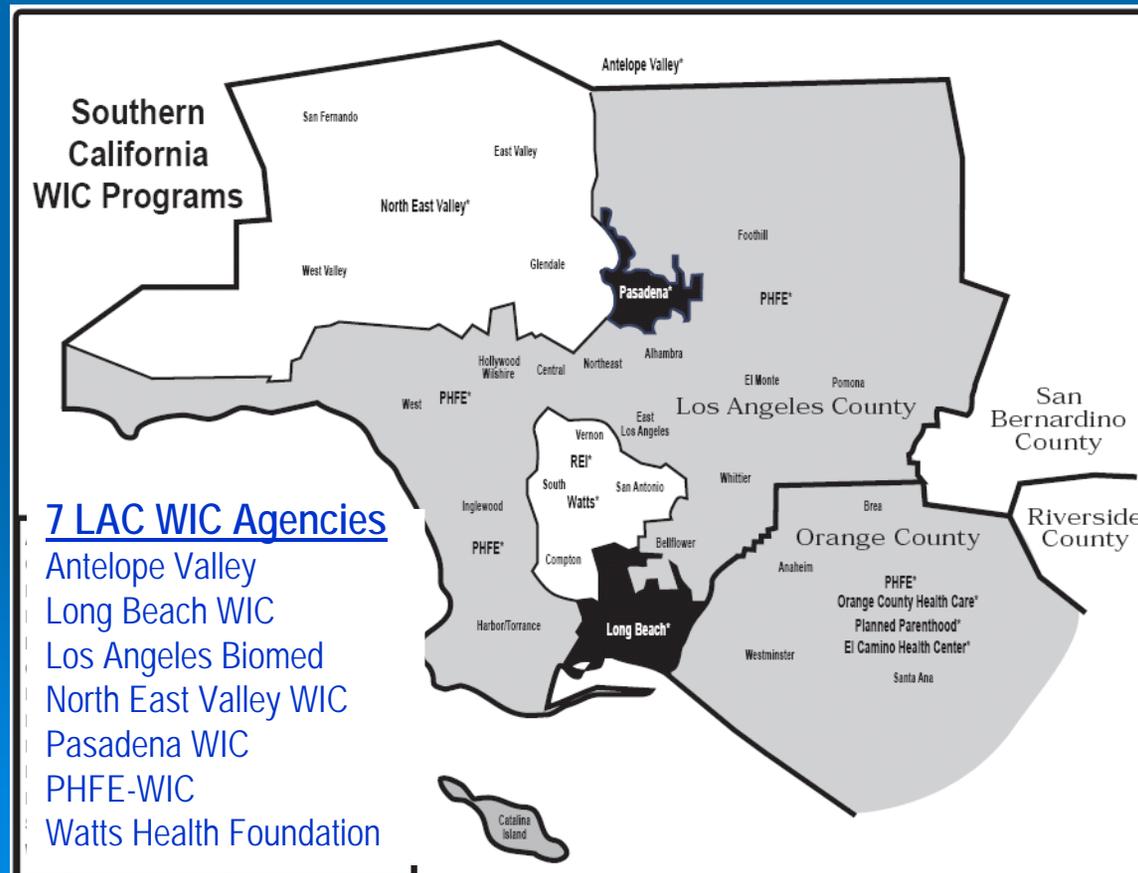
*Monthly rate. Jan08 Participation. Data reported as of April 24, 2008.
<http://www.fns.usda.gov/pd/27wilatest.htm>

WIC Participation - LA County

Los Angeles County serves over 550,000

~ 6.4% of the Nation's total

~ 38.8% of the State's total



About WIC in Los Angeles County

- WIC services in LAC are provided by 7 local WIC agencies.
- Over 90% of all low income infants born in LA County are served by WIC
- WIC Participants:
 - 23% Women (n= ~125,000)
 - 77% Infants and Children (n= ~425,000)



PHFE-WIC Program

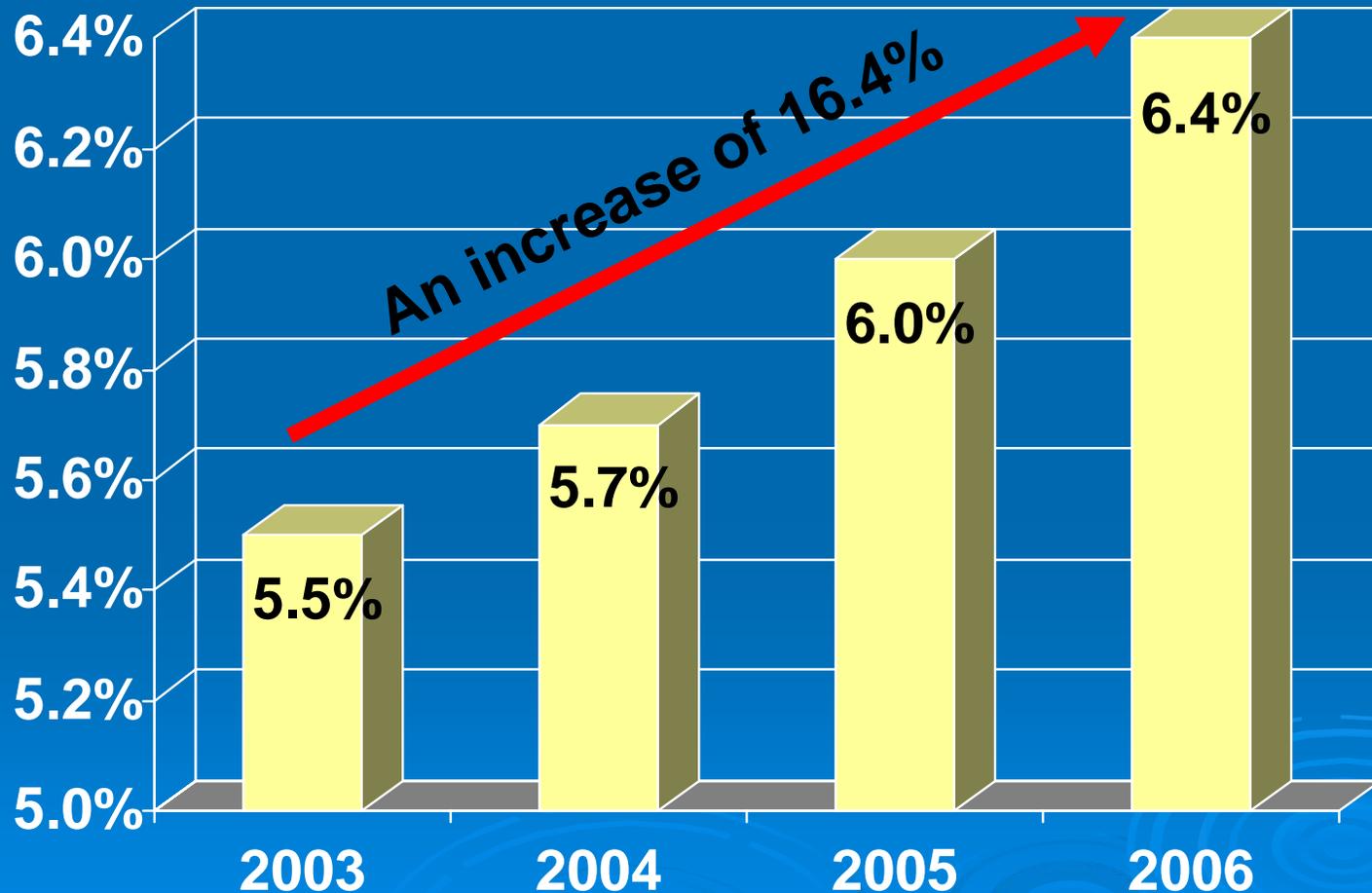


- Largest local WIC agency in the US
- Serves families in Los Angeles and Orange Counties
- Serves approximately 55% of all LA County WIC participants (n=316,850)
- WIC Participants:
 - 17% Women (n= ~52,000)
 - 83% Infants and Children (n= ~264,000)

What birth outcome
patterns and trends are
we seeing with our
Los Angeles County
WIC families ?

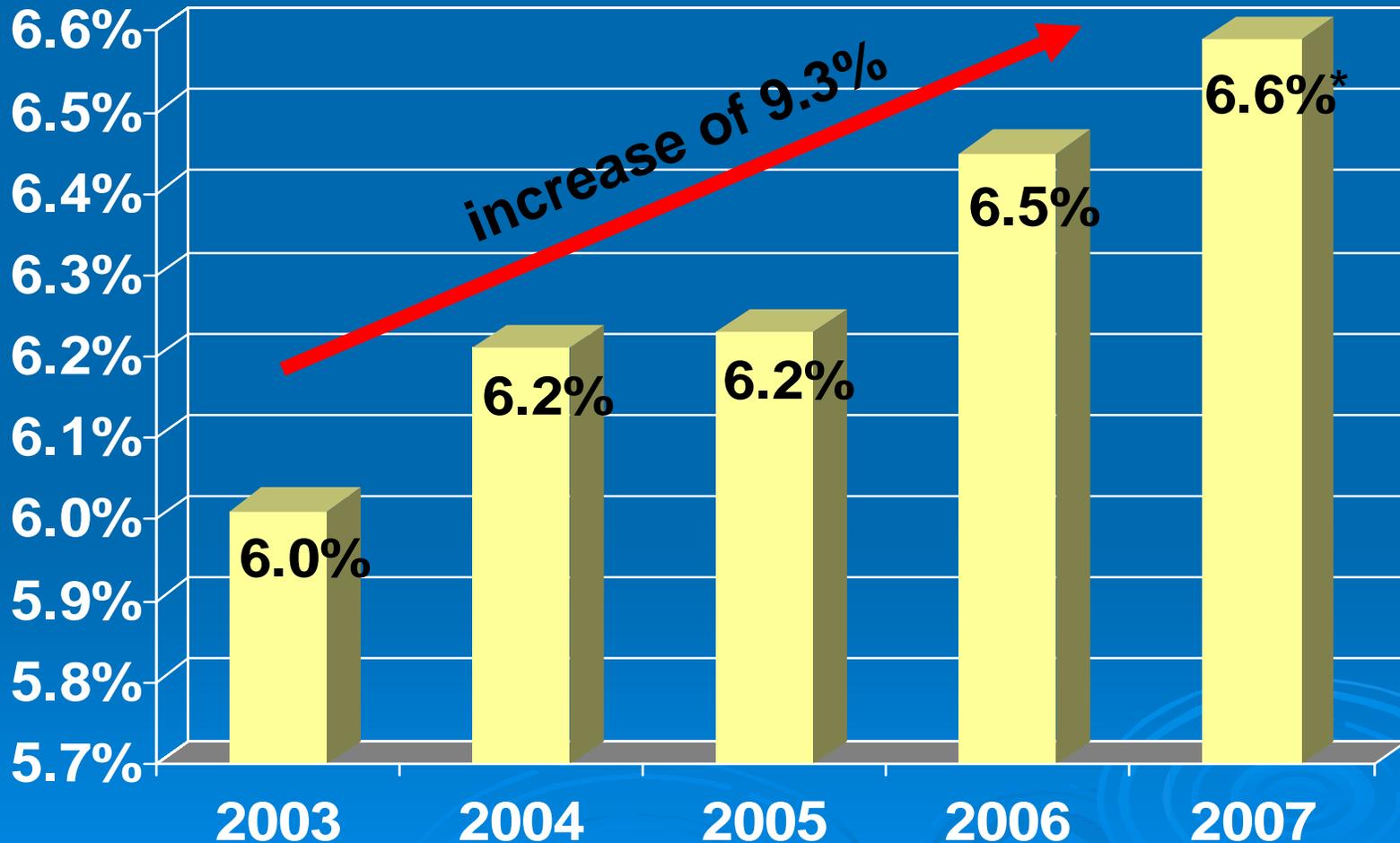


LAC WIC Prematurity Birth Rates on the rise!



* Represents 6,346 babies; Preterm: ≤ 37 weeks gestation

LAC WIC Low Birthweight Rates also on the rise!



* Represents 6,551 babies; LBW \leq 5 lbs. 8 oz.

Closely Spaced Pregnancies* (Conception <16 months postpartum)



**Rates hover
around 19% or
5,000 births
per year**

*WIC ISIS Risk Code C44

Integrating Interconception Care at PHFE-WIC

- Interventions needed to address the rising poor birth outcomes of our WIC families
- WIC's incredible opportunity to improve birth outcomes
- Moms continue to be seen on a regular, ongoing basis AND long-term



WIC Offers Wellness “WOW” Program



The WOW Program is a...

- Prematurity prevention,
- Interconception care,
- MOD funded demonstration project



➤ The project is based at the Avenue 43 WIC Center in Los Angeles

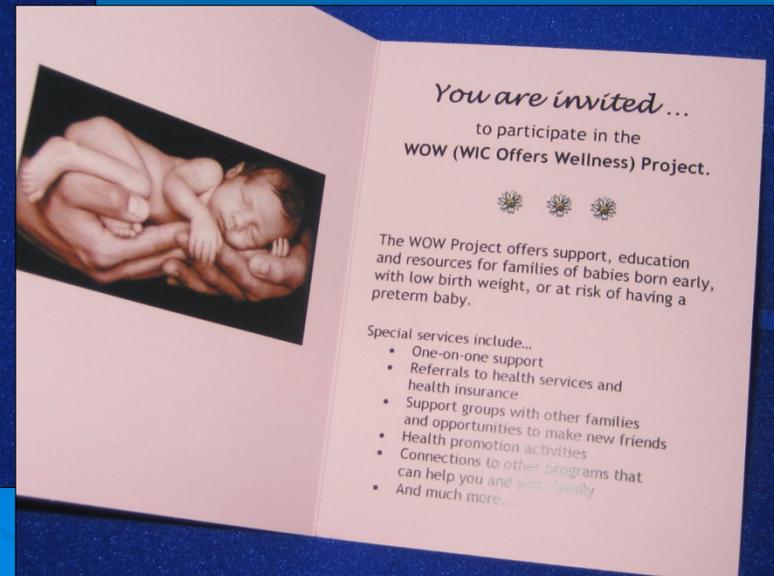
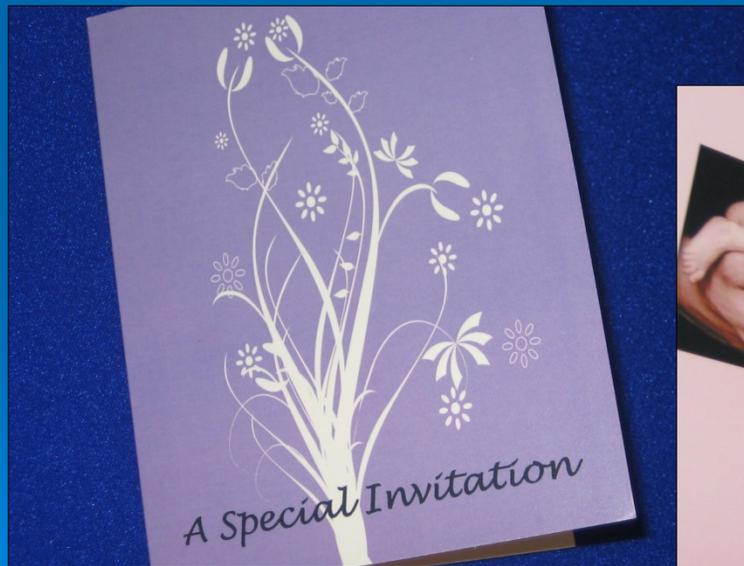
➤ WOW project activities are integrated directly into WIC services



WOW Participants



- Moms who have recently delivered a premature or low birth weight baby are invited to participate in the program



WOW Participants



- 52 WOW Moms
- Excludes teen moms (4)
- High participation rate of 96.6%
- Refusal rate of 3.4% (n=2)
- Retention rate of 91.2%
 - Loss of 5 WOW moms

WOW Project Objectives

- To improve the health status of high-risk women who recently delivered a preterm and/or low birthweight baby
- To increase pregnancy intervals
- To increase the rates of planned/intended pregnancies
- And overall reduce the incidence of repeat premature/LBW births to low-income women



The WOW Program

The project is designed to reduce the risk of a subsequent poor birth outcome through...

- Screening and assessment
- Health education and promotion
- Referrals for psychosocial intervention services

The image shows a stack of three overlapping forms. The top form is titled "WOW Project Questionnaire" and includes sections for "MY BABYCHILD" and "MY HEALTH & HEALTH CARE". The middle form is titled "Encuesta del Proyecto WOW" and includes sections for "MI BEBÉ" and "MI SALUD Y CUIDADO DE LA SALUD". The bottom form is partially visible and appears to be a continuation of the questionnaire.

Care coordination services are provided to WIC moms with a previous poor birth outcome.



Mom & Baby Galilea



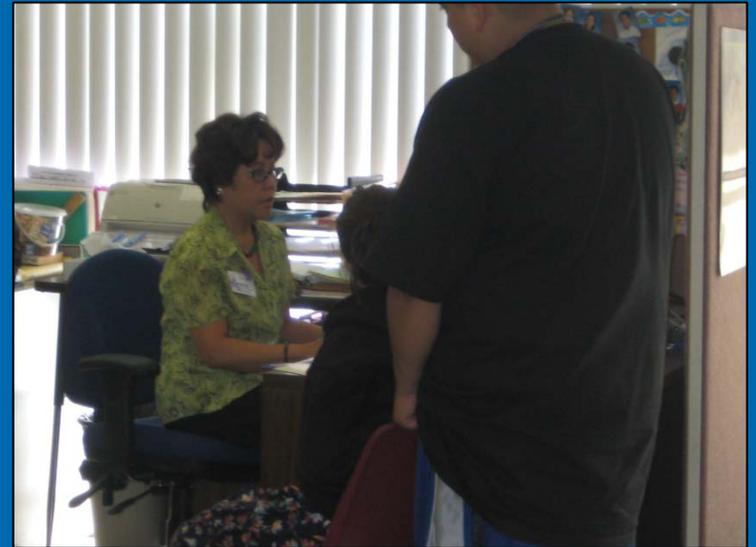
Mom & Baby Kiana



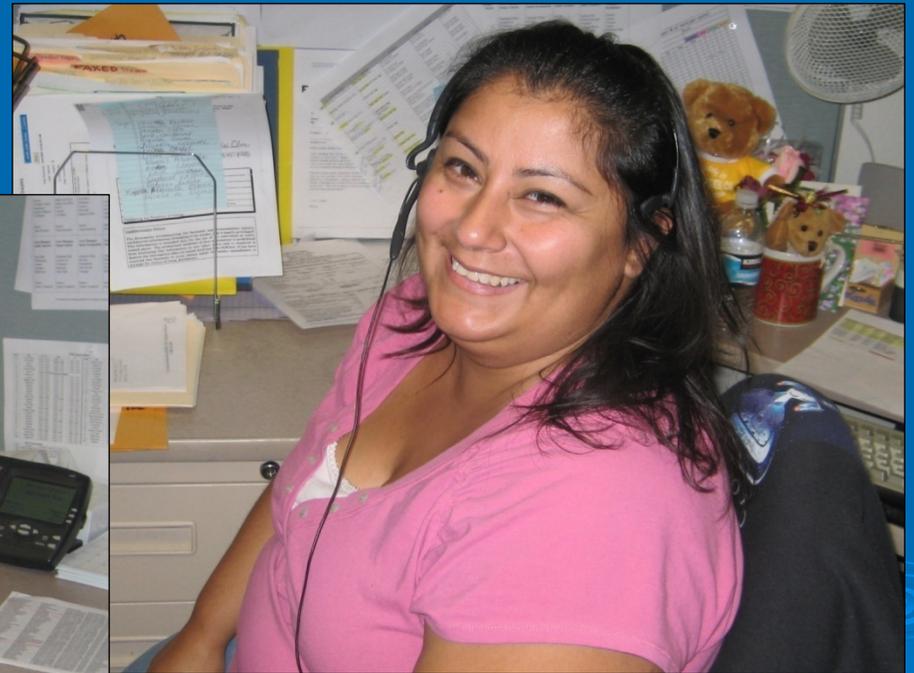
Mom & Dad with Baby Gabriel

Care Coordination Services: Individual Counseling

- Moms receive 1:1 counseling with a Registered Dietitian or Nutritionist every time they come to WIC
- Moms complete an assessment form. Family planning, in addition to other topics, are discussed.



Care Coordination Services: Ongoing Phone Contacts



Care Coordination Services: WOW Support Groups

Unique to the WOW Program is a peer support component.

Support groups occur in the languages preferred by WOW moms.



WOW moms were asked... *“What does the WOW Program mean to you?”*

Responses included:

- “I learn about what to feed my baby”
- “I like receiving support from other families with premature babies and giving support and advice”
- “It’s about meeting and making friends with other moms with preemies”
- “Having support groups and getting referrals”



A Review of WIC Practices

*If you continue to do what you always did,
You will continue to get what you always got.*

-- Anonymous

*“The definition of insanity is doing what you’ve
always done and expecting different results”*

--Albert Einstein

The background of the slide is a solid blue color. In the lower half, there are several decorative elements consisting of concentric circles, resembling ripples in water. These circles are centered at various points across the bottom of the slide, with some overlapping.

A Review of WIC Practices

6 week Postpartum Check-up Guide

HEALTH MATTERS: Your Six-week Post-partum Check-up



A Health Care Guide for New Mothers

You have spent nine months preparing for your baby's birth. You've probably read every book, article, and Web site to make sure you're eating right, exercising at the appropriate level, and taking the necessary vitamins and supplements. Your effort has paid off... **CONGRATULATIONS.**

After giving birth, it's important for you to keep up the healthy habits you practiced while you were pregnant. Your health care provider is your best resource for making sure you're on track. To get ready for your six-week postpartum visit, review this planner and bring it with you to your check-up.

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DIET, NUTRITION, & EXERCISE	GOALS
<p>Weight Loss Returning to pre-pregnancy weight is a common goal. Combining a healthy diet with exercise will help you lose weight safely after delivery. Because dieting after pregnancy can decrease bone mineral density, it's important to get enough calcium and do weight-bearing activities.</p>	<p>GOAL: Lose weight gradually—4.0 pounds maximum after first month post-delivery (unless you had a high pre-pregnancy weight):</p> <ul style="list-style-type: none"> Be patient. Consume at least 1,600 calories per day (an additional 500 calories per day is recommended if you're breastfeeding). Drink plenty of fluids (moderate caffeine intake, such as 1 cup of coffee per day, and occasional alcohol consumption is okay).
<p>Nutrition A well-balanced diet is essential for women before, during, and after pregnancy. Most multivitamins and prenatal vitamins don't supply enough calcium. Also, breastfeeding mothers transfer 250-300 mg of calcium to their baby through breast milk when they're nursing. Vitamin and mineral supplements can help ensure that you get the nutrients you need.</p>	<p>GOAL: 1,000 mg of calcium daily for adult women (1,000 mg for adolescents):</p> <ul style="list-style-type: none"> Eat foods such as low-fat and fat-free dairy products and leafy vegetables (e.g., broccoli, kale, and collards). If food choices don't supply the recommended calcium, take a calcium supplement (e.g., Calcium Soft Chews, Caltrate®, O-Cal®, Turb®, or Vactiv® with meals. Note: 400-600 IU of vitamin D helps your body absorb calcium). <p>GOAL: 45 mg of iron daily:</p> <ul style="list-style-type: none"> Eat foods such as fortified cereals, lean beef, dried fruits, tofu, oysters, and spinach. If the time between pregnancies is short, talk to your health care provider to see if you should take an iron supplement as well.
<p>Exercise Regular physical activity after delivery should be a part of every new mother's daily life. A gradual return to exercise is recommended. Some women may be able to start exercising within days of delivery; others may need to wait four to six weeks. Talk to your health care provider about what exercise schedule and level are right for you.</p>	<p>GOAL: Strengthen the pelvic floor and abdominal muscles; reduce the risk of urinary stress incontinence (urine leakage):</p> <ul style="list-style-type: none"> Do Kegel exercises: Contract the pelvic muscle for 10 seconds and then relax them for 10 seconds. Do this for 15 minutes, four times/day. <p>GOAL: Keep bones strong, tone and shape your body:</p> <ul style="list-style-type: none"> Do weight-bearing exercises (e.g., walking or cycling), which help maintain strong, dense bones. If you're nursing, breastfeed before exercising to minimize breast discomfort.

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Evaluation

- Integral part of the program
- Tracking outcomes
- Collecting fabulous data
- Thus far... Year 1 data show that the WOW site and Control site are well-matched

More exciting results to report!

- Year 2 data will begin to show the impact of the project.
- Results will inform us of the best strategies and interventions to achieve our project objectives and improve birth outcomes.
- Our hope is to integrate interconception care services within WIC by working smarter and improving quality of services.

Thank you!



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