

Childhood hardships among California's maternity population and children

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Overview

- Background
- Childhood hardships among California's maternity population (MIHA)
- Adverse childhood events (ACEs) among California's children (NSCH)
- ACEs among California's adults (BRFSS)
- Current initiatives addressing childhood hardships and adversities



MIHA survey overview

- Annual population-based survey of women with recent live birth
- Addresses maternal and infant social and economic conditions, health behaviors, health status, and access to care before, during and after a recent pregnancy
- Provides information not available from other sources to develop, target and evaluate public health efforts
- Modeled after the Pregnancy Risk Assessment Monitoring System (PRAMS) conducted by the Centers for Disease Control and Prevention in 37 other states
- Collaborative effort of
 - Maternal, Child and Adolescent Health (MCAH) Program
 - California Women, Infants and Children (WIC) Program
 - The University of California, San Francisco
 - Paula Braveman, MD, MPH – Principal Investigator



MIHA methods

- Sample from birth certificates for Feb - May births, excluding:
 - Non-residents
 - Women < 15 years old
 - Multiple births > 3
- Designed to represent all women giving birth in calendar year who meet inclusion criteria
- Questionnaire mailed in English and Spanish with telephone follow-up to non-respondents
- 27,626 women participated in 2011-2014 (about 7,000 per year)
- 70% response rate



What are childhood hardships or adversities?

Events or conditions that occur during childhood that--

- can harm social, cognitive and emotional functioning and upset the nurturing family environments children need to thrive
- may result in trauma or toxic stress
- may lead to lifelong problems in learning, behavior, physical and mental health



Additional key concepts

Trauma:

- Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as overwhelming or life-changing and that has profound effects on the individual's psychological development or well-being, often involving a physiological, social, or spiritual impact. (SAMHSA, 2012)

Toxic stress:

- Prolonged activation of the body's stress response system that can disrupt brain architecture and other organ systems

Resilience:

- Ability to adapt well to stress, adversity, trauma or tragedy



Adverse Childhood Events (ACE) Study

- Two types of ACEs: child abuse and household dysfunction
- Studied relationship to adult risk behavior, health status, disease
- Results:
 - ACEs are very common.
 - ACEs co-occur, and those with multiple ACEs likely to have multiple adult risk factors.
 - As the number of ACEs increased, so did risk behaviors and disease.



Economic and other hardships

The ACEs study did not include all childhood events or circumstances that could lead to trauma and toxic stress. Additional sources include:

- Poverty and material deprivation
- Community violence
- Racism and discrimination
- Historical trauma



Childhood hardship and adversity measures

MIHA CH Measures	NSCH ACE Measures	BRFSS ACE Measures
<p><u>Childhood Abuse</u></p> <ul style="list-style-type: none"> Foster Care Placement <p><u>Economic Hardship</u></p> <ul style="list-style-type: none"> Problems paying rent / mortgage Hunger Basic needs <p><u>Household Dysfunction</u></p> <ul style="list-style-type: none"> Substance use Parent imprisoned Parental separation / divorce 	<p><u>Childhood Violence</u></p> <ul style="list-style-type: none"> Neighborhood violence <p><u>Economic Hardship / Discrimination</u></p> <ul style="list-style-type: none"> Extreme economic hardship Experienced racial / ethnic discrimination <p><u>Household Dysfunction</u></p> <ul style="list-style-type: none"> Substance abuse Parent imprisoned Parental separation / divorce Mental illness Adult violence Death of parent 	<p><u>Childhood Abuse</u></p> <ul style="list-style-type: none"> Physical Abuse Psychological abuse Sexual abuse <p><u>Household Dysfunction</u></p> <ul style="list-style-type: none"> Substance abuse Member imprisoned Parental separation / divorce Mental illness Adult violence



MIHA questions on childhood hardships

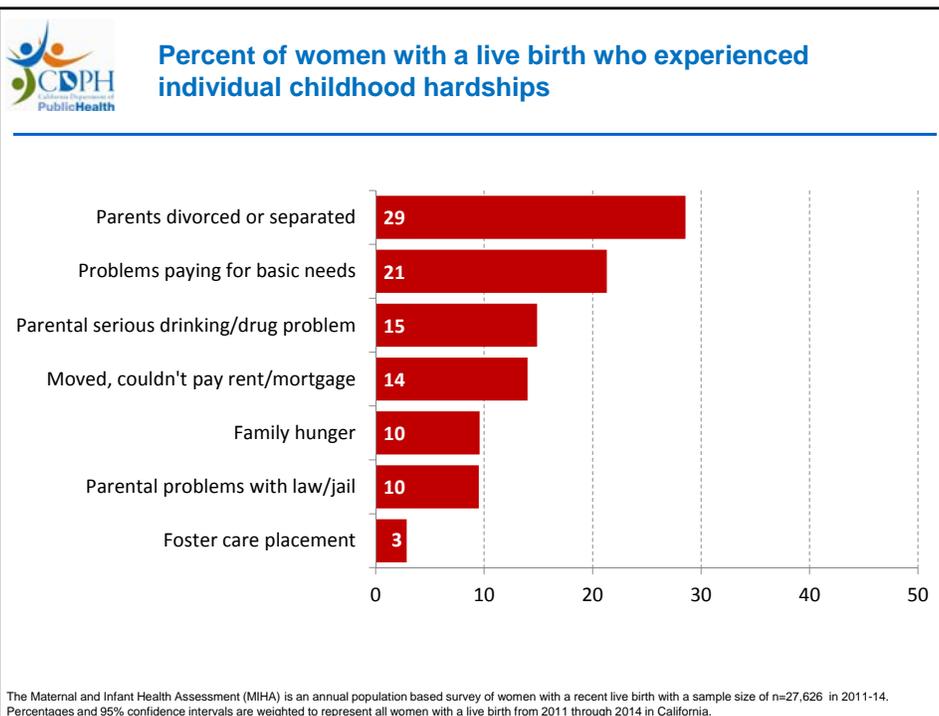
....Please tell us if these things ever happened to you from the time you were born through age 13.

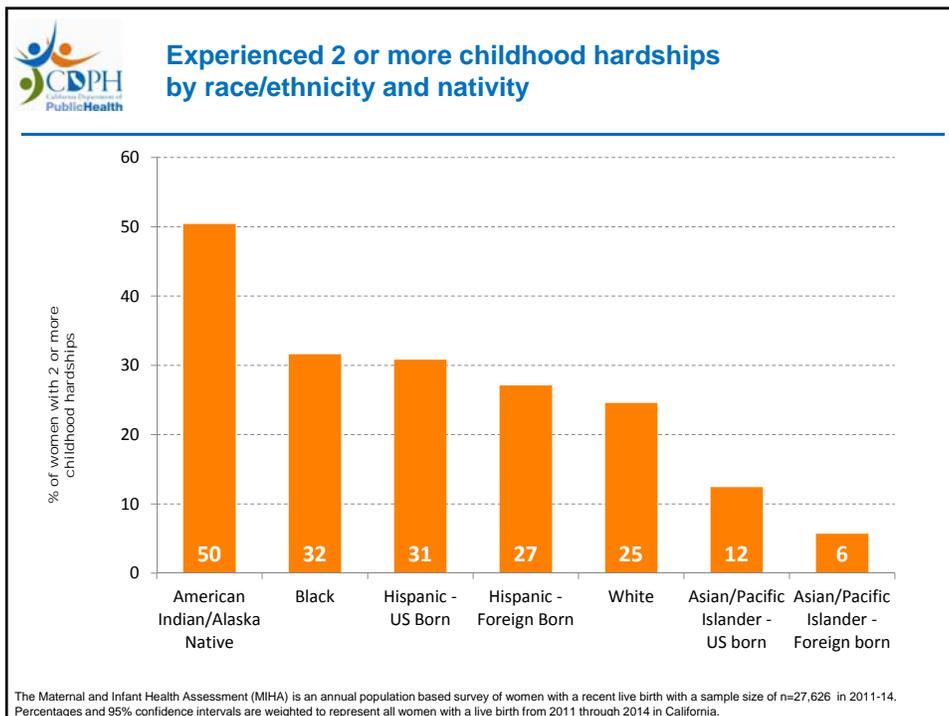
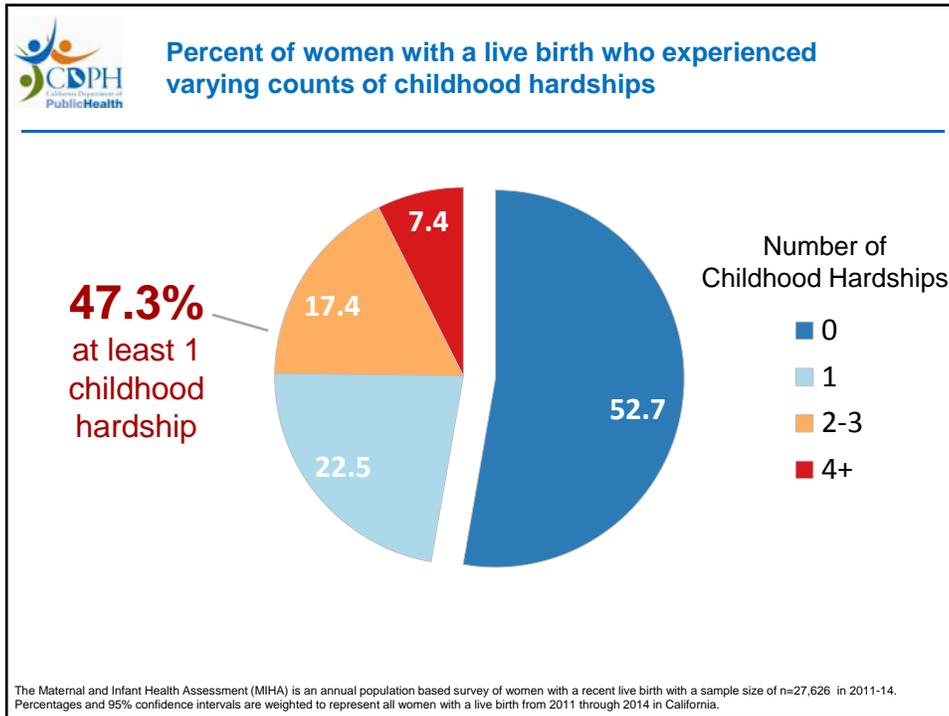
- A parent or guardian I lived with got **divorced or separated**.
- We had to move because of **problems paying the rent or mortgage**.
- Someone in my family or I **went hungry** because we could not afford enough food.
- A parent or guardian got in **trouble with the law or went to jail**.
- A parent or guardian I lived with had a **serious drinking or drug problem**.
- I was in **foster care** (removed from home by the court or child welfare agency).

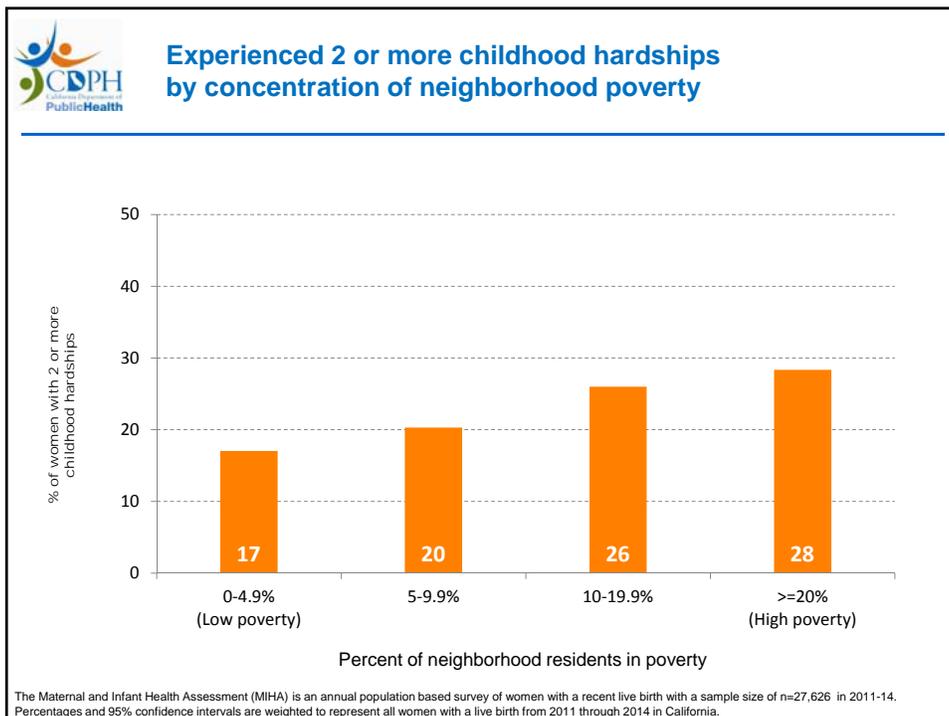
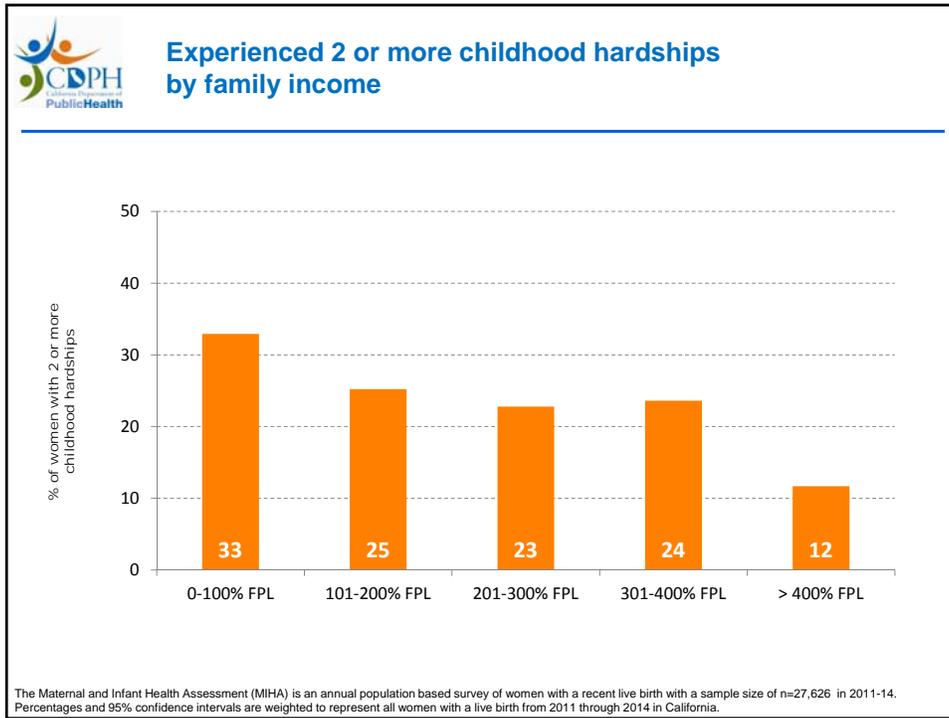
Thinking back to your childhood through age 13, how often was it hard for your family to pay for **basic needs** like food or housing?

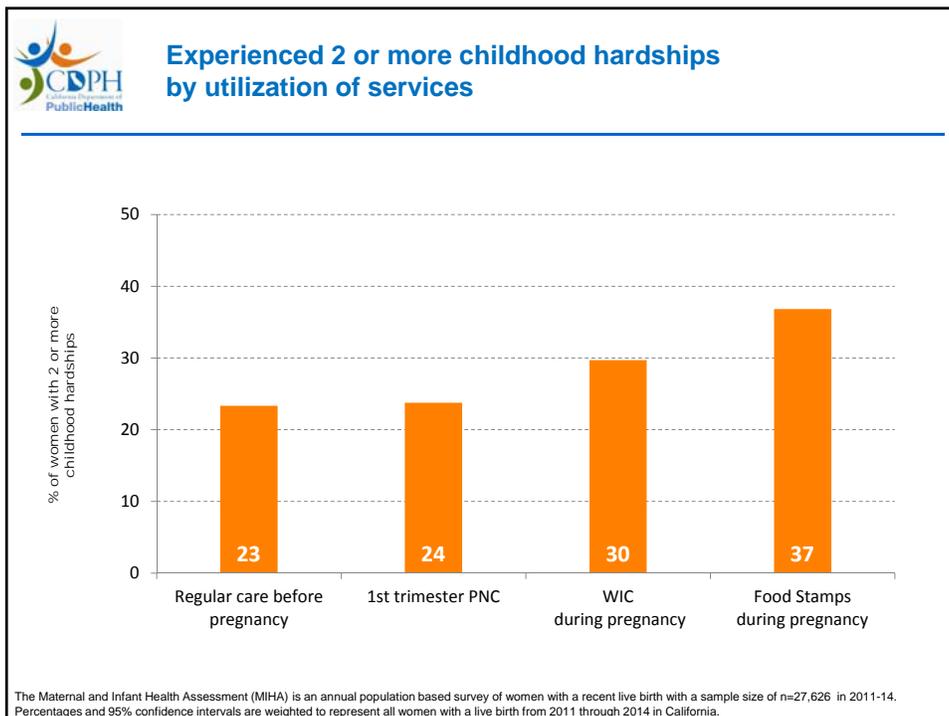
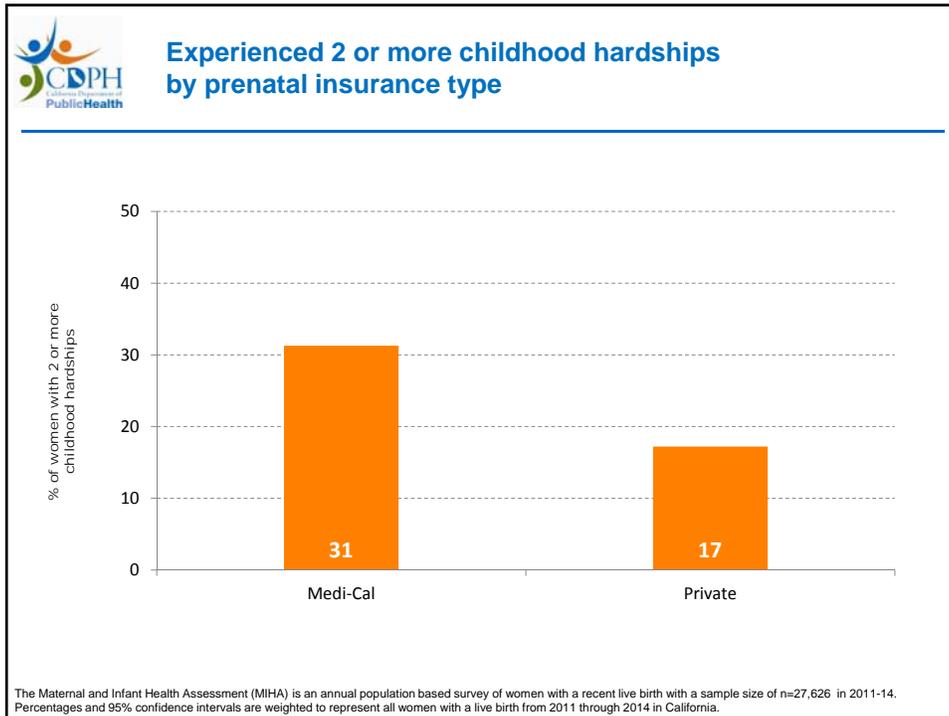
-- Very often, somewhat often, not very often, never

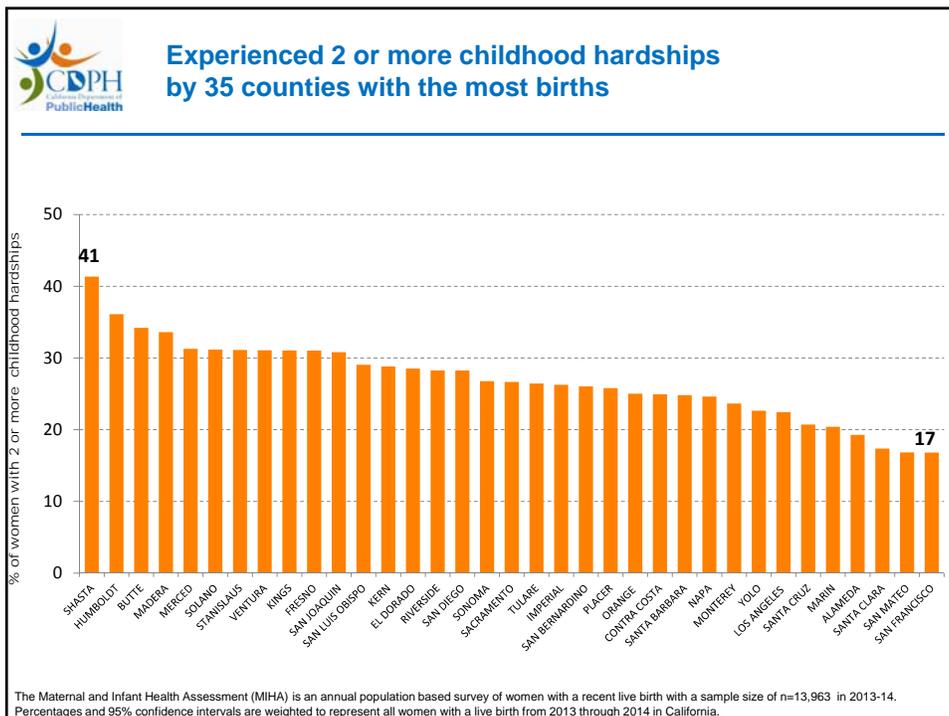
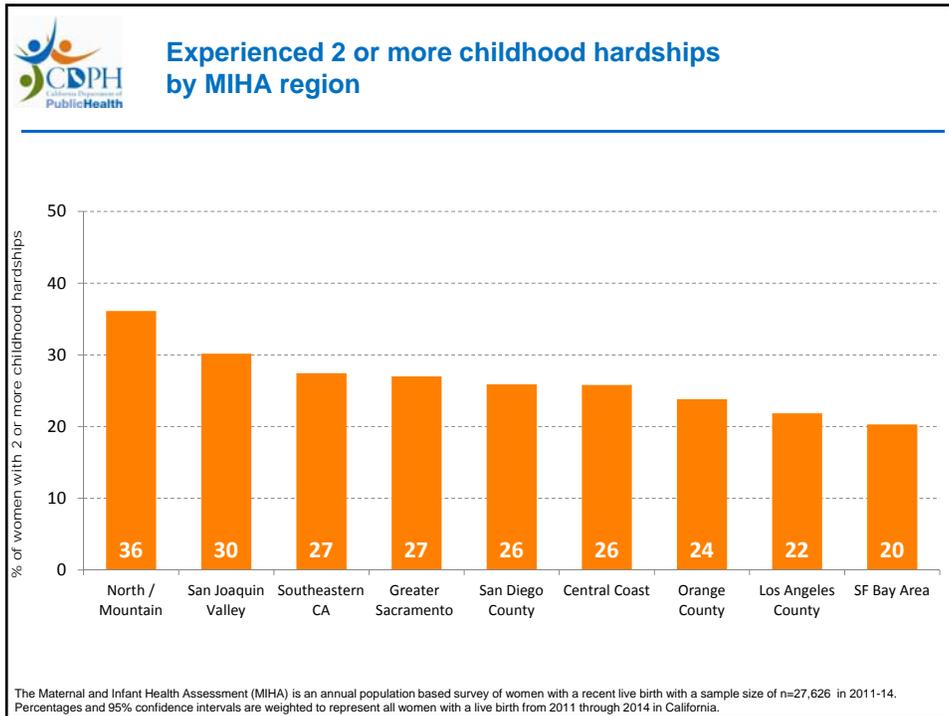
Prevalence of childhood hardships overall and by maternal characteristics



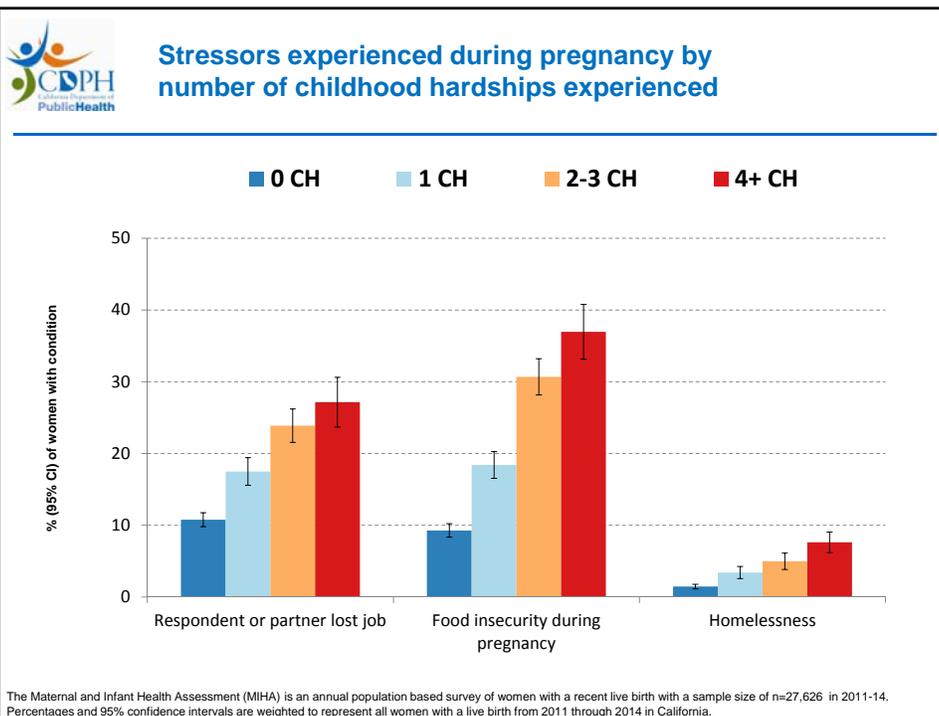


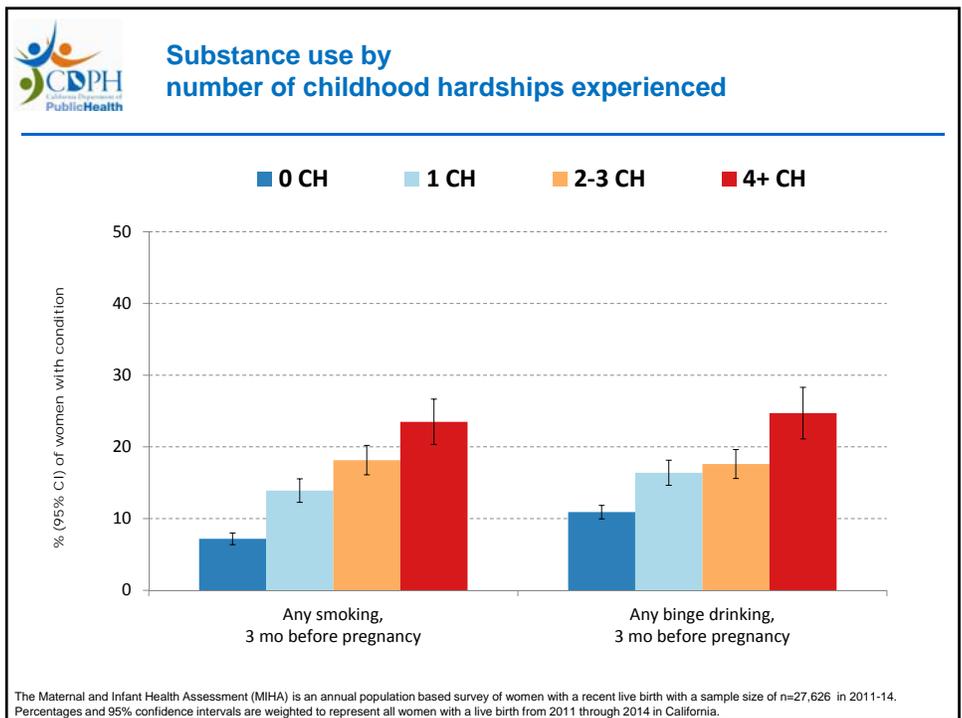
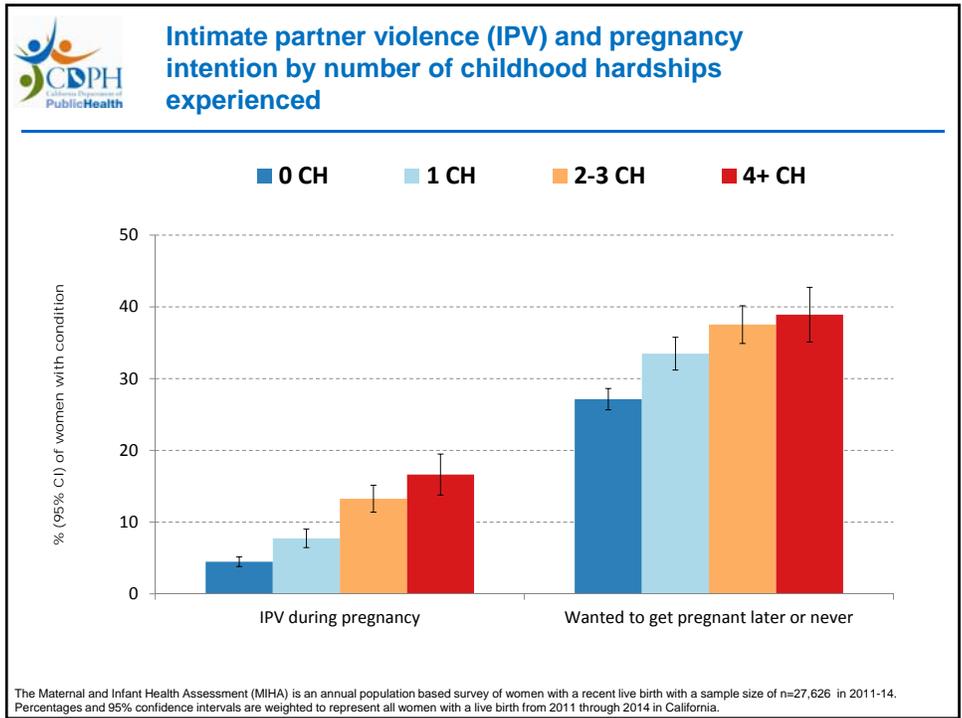


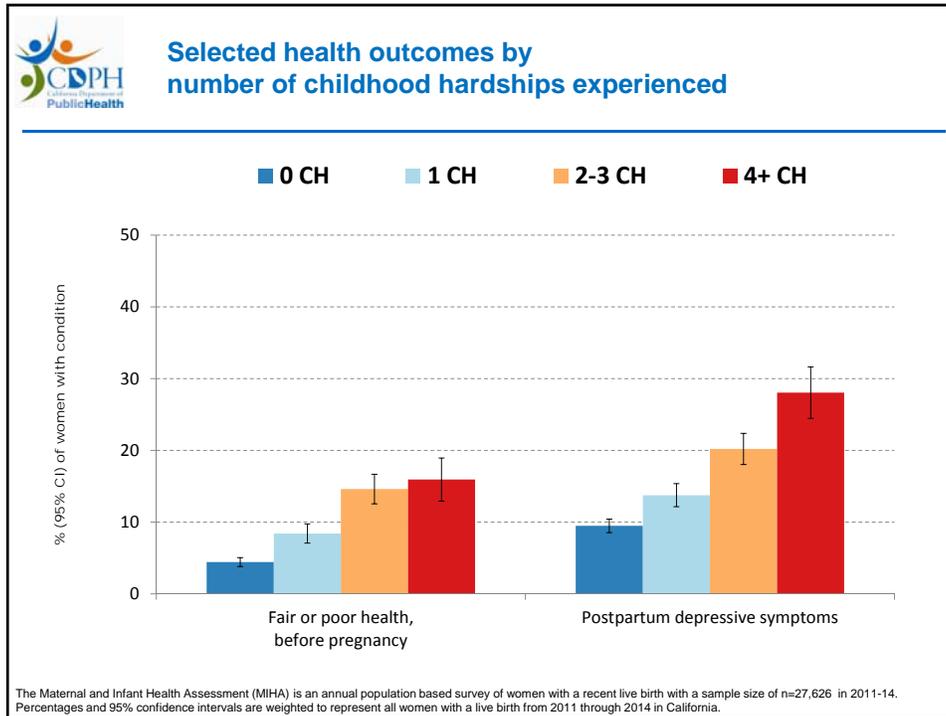




Association of childhood hardships with risk factors and outcomes



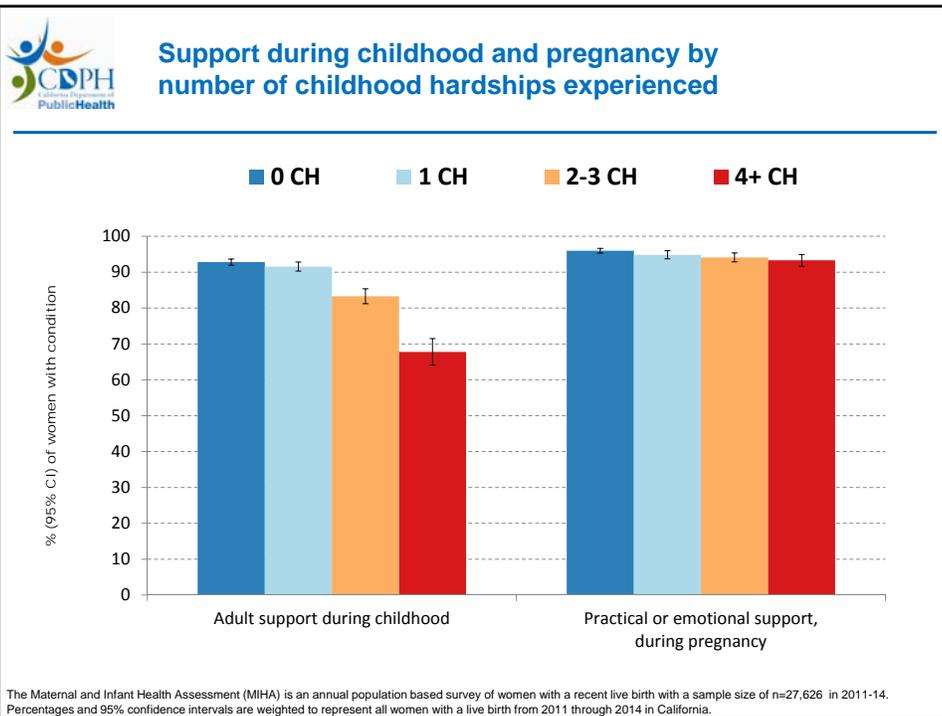




Association of childhood hardships to health status or outcome measures

- Childhood hardships are associated with selected health conditions
 - Fair/poor health before pregnancy
 - Asthma before pregnancy
 - Prenatal and postpartum depressive symptoms
- No association is observed with other health conditions
 - Inadequate gestational weight gain, diabetes or hypertension before pregnancy
 - Low birth weight, preterm birth
- Lack of pattern may result from lack of effect, early time point at which we measured outcomes, measurement of childhood hardships or health status

Prevalence of social support among women with childhood hardships





Summary

- Childhood hardships are common among California's maternity population
- More prevalent among women who:
 - Are American Indian, Black and Hispanic
 - Have income below poverty or live in a high poverty neighborhood
 - Participate in Medi-Cal, WIC or CalFresh
 - Live in the North/Mountain Region or San Joaquin Valley
- Many women accessing health services have a history of childhood hardships



Summary (continued)

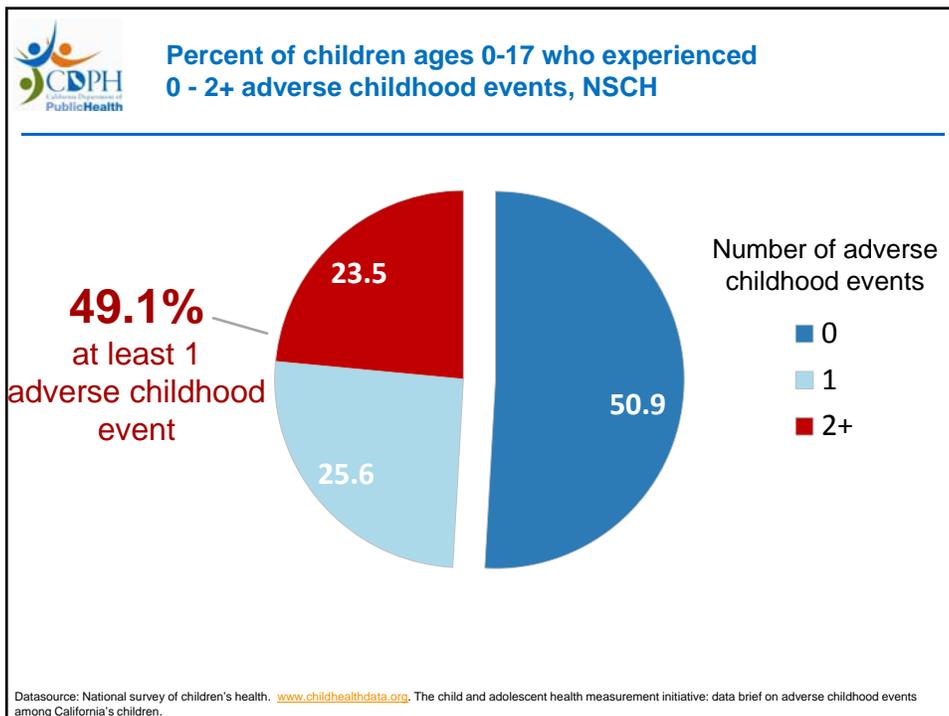
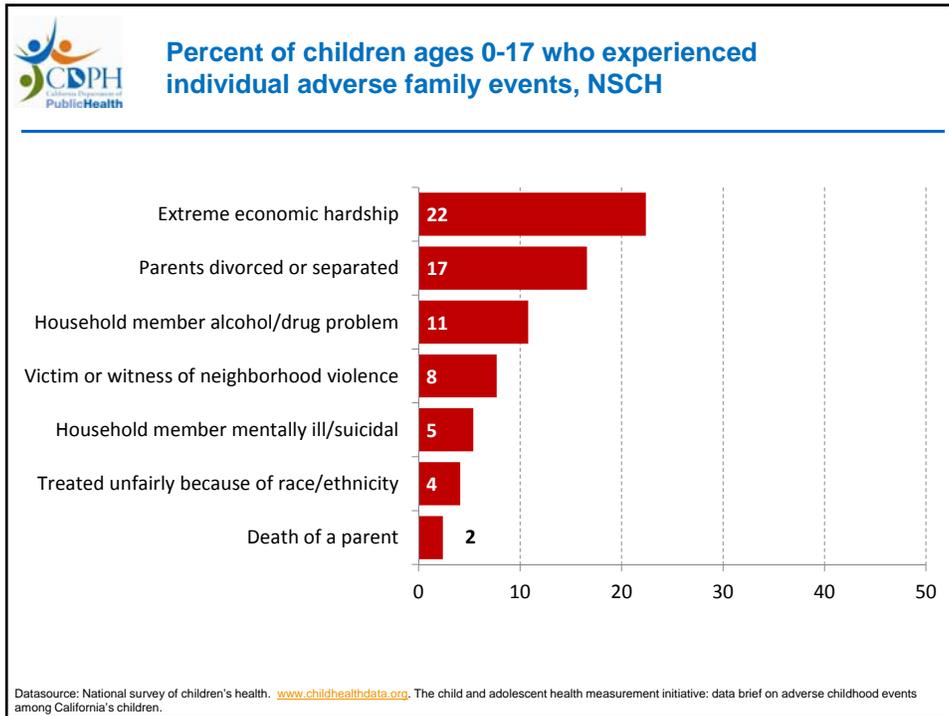
- Childhood hardships are associated with:
 - Stressors during pregnancy
 - Health behaviors and substance use
- Childhood hardships are associated with some, but not all, health status and outcome measures
- Most women have access to social support, regardless of history of childhood hardships

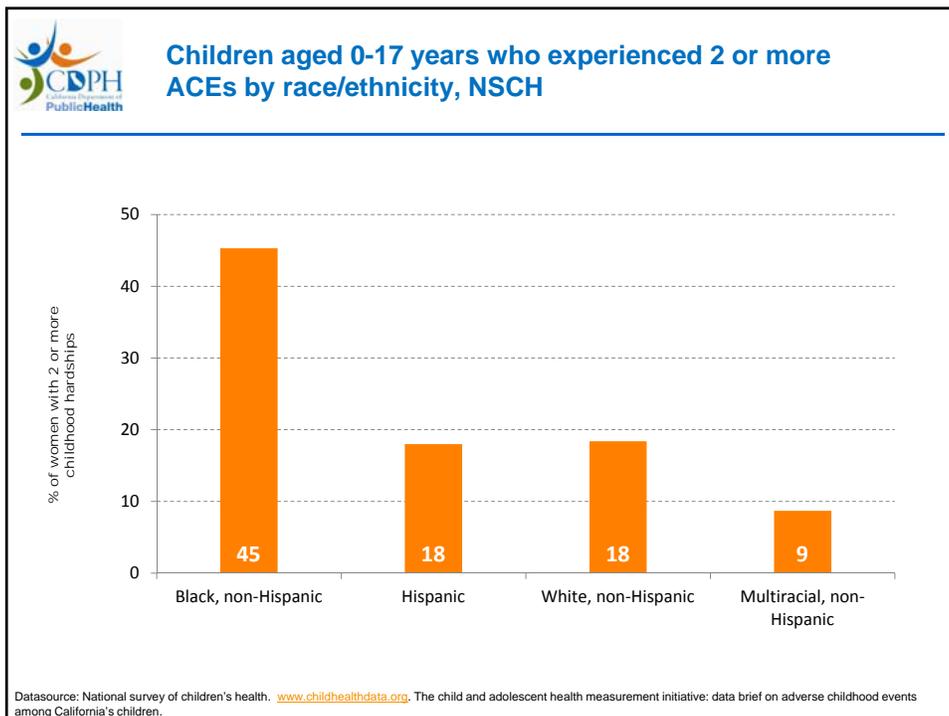
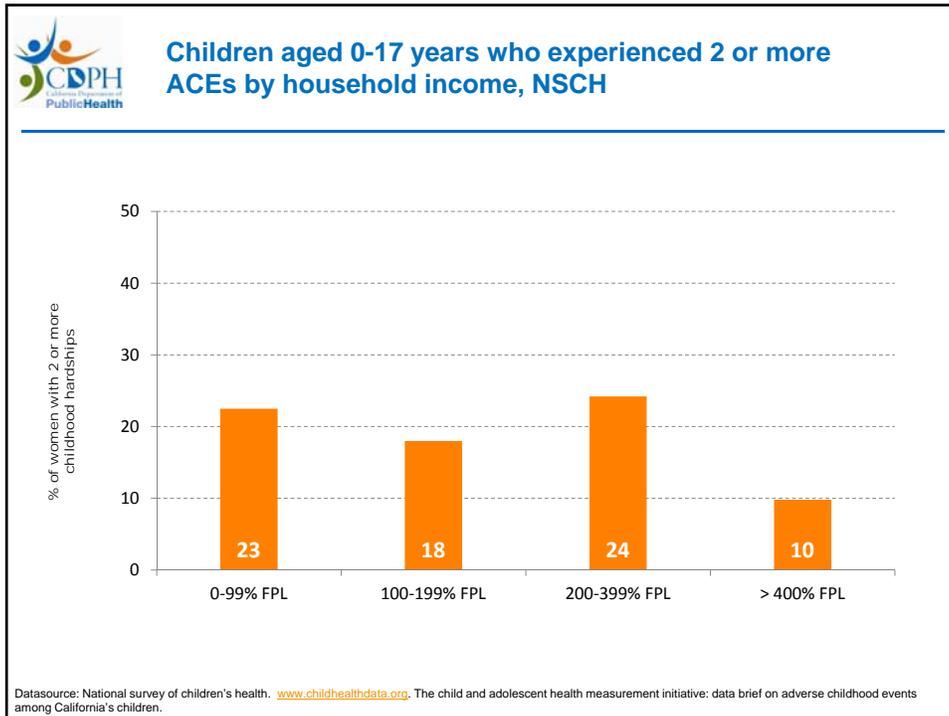
ACES among California's children

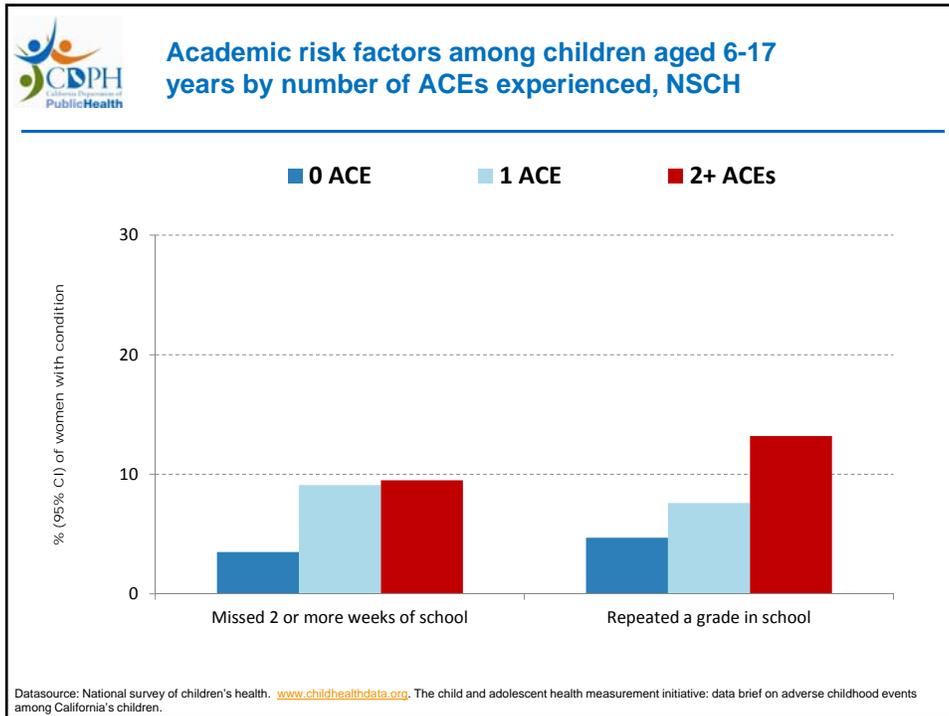


National Survey of Children's Health Overview

- Telephone survey of non-institutionalized children ages 0-17
- Telephone numbers are randomly selected, one child in household is randomly selected to be the subject
- Telephone interview completed by adult who knows the most about the selected child's health and health care
- Addresses physical and emotional health and associated factors, including: medical home, family interactions, parental health, school experiences, and neighborhood conditions
- Nationwide sample, with state sample size ~ 1,800-2,200
- Sponsored by HRSA MCHB, implemented by NCHS at CDC







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- Summary**
- ACEs are common among California's children
 - More common among children who:
 - Are Black or Hispanic
 - Have lower income
 - ACEs are associated with academic risk factors



ACEs data for children in California: Resources

- Data briefs on ACEs among children for selected California cities
 - Daly City, Fresno, Long Beach, Los Angeles, Merced, Oakland, Richmond, Riverside, Sacramento, Salinas, San Bernardino, San Francisco, and San Rosa
 - Download at: <http://www.acesconnection.com/g/california-aces-action/blog/briefs-on-current-adverse-childhood-experiences-in-children-in-selected-california-cities>
- More data from National Survey of Children's Health at www.childhealthdata.org



Implications

- Childhood hardships are unequally distributed across social groups
- Many participants in MCAH programs have a history of hardship
 - Increases women's and children's needs for services
 - Complicates participants' ability to successfully engage
 - Families carry multi-generational exposure to hardship
- Early life events have impacts on many risk factors and selected health outcomes



Questions?

More information about MIHA and our publications is available on the website:
www.cdph.ca.gov/MIHA

To be added to the MIHA distribution list or to contact the MIHA Team, email us at
MIHA@cdph.ca.gov



MIHA website

MATERNAL AND INFANT HEALTH ASSESSMENT (MIHA)
www.cdph.ca.gov/MIHA ← **Go to the MIHA website**

Snapshots	Comparison Maps	Charts	Annual Reports	Presentations and Publications
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MIHA Snapshots

MIHA Snapshots are data tables for multiple indicators at the statewide, county and MIHA regional levels. Select the "Annual Reports" tab above to find all Snapshots, Comparison Maps and technical information in one document.

Please choose from the pull down menus to search for a specific MIHA Snapshot.

County ↓ ← **Select geography**

Alameda County ↓ ← **Select location**

- MIHA Snapshot, Alameda County, 2010
- MIHA Snapshot, Alameda County, 2011
- MIHA Snapshot, Alameda County, 2012
- MIHA Snapshot, Alameda County by Maternal Characteristics, 2010-2012 ← **Click any link to open PDF**