

Summary Report

Kitsap Maternal and Infant Health Forum

July 2023

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KITSAP PUBLIC HEALTH DISTRICT

Acknowledgements

- We want to recognize that gender identities are diverse and not everyone who gives birth may identify as a mother.
- We acknowledge those who passed away during or after pregnancy, the ones they cared for, and those who were close to them.
- We acknowledge, too, that maternal mortality and morbidity is a significant equity concern as these issues do not impact all communities equally. No one person or group of people should bear a greater risk of death because of their socially determined circumstances.



Presentation Overview

- Background on maternal and infant health assessment and data
- July 20 Kitsap Maternal and Infant Health Forum summary
- KPHD Parent-Child Health and Nurse Family Partnership Program



MATERNAL & INFANT HEALTH

The health and well-being of parents and infants is foundational to the health of our Kitsap community. The mental, physical, emotional, and socioeconomic wellbeing of people who give birth can affect pregnancy and birth outcomes as well as the health of their children into adulthood and subsequent generations. Protecting and promoting positive behaviors, such as adequate prenatal care and breastfeeding can impact our community's health for generations.

AVAILABILITY OF OB/GYN CARE



In 2021, Kitsap had **8 OB/GYN providers per 100,000 population**. This rate was decreasing.



In 2021, Washington as a whole had **15 OB/GYN providers per 100,000 population**. This rate was increasing.

ACCESS TO PRENATAL CARE



one out of two Kitsap residents (52%) who gave birth in 2021 received adequate prenatal care.



more than two out of three Washington residents (70%) who gave birth in 2021 received adequate prenatal care.





ACCESS TO CARE

OB/GYN CARE: There are a declining number of OB/GYNs and facilities in Kitsap due to closures of the Naval Hospital Bremerton birthing center, an obstetrics suite at Peninsula Community Health Services, and multiple provider retirements.

MEDICAID COVERAGE: In 2020, 37% of births were paid by Medicaid. Not all providers accept Medicaid.

BIRTHS OUTSIDE COUNTY: In 2020, about 1 in 4 births to people living in Kitsap took place outside Kitsap.

LACTATION SUPPORT: In a 2022 community survey, more half of respondents (54%) who had recently been or currently were pregnant said there was a time in the last two years when they needed lactation and breast- or chestfeeding support and could not get it.



MATERNAL MORTALITY

MATERNAL DEATHS: Fewer than 10 maternal deaths occurred among Kitsap residents from 2012-2021. The mortality rate in Kitsap was similar to the statewide rate.

MATERNAL MORTALITY IS AN EQUITY ISSUE: Equity in the context of maternal mortality means that no person or group of people bears greater risk of death because of their socially determined circumstances. Racism, discrimination, stigma, and other social determinants of health contribute to disproportionate maternal mortality rates, as well as pregnancy complications and barriers to accessing high-quality health care. Source: [Washington State Maternal Mortality Review Panel: Maternal Deaths 2017-2020](#)



To view interactive dashboards displaying data on dozens of Kitsap health topics, go to:
kitsappublichealth.org/data



DOH MMRP Data and Assessment

- The Panel found **80 percent of pregnancy-related deaths were preventable**, meaning there was at least some chance of the death being averted if a factor that contributed to the death had been different.
- The Panel identified **224 pregnancy-associated deaths from 2014–2020**. These are defined as deaths from any cause **during pregnancy or within one year of the end of pregnancy**.
- American Indian/Alaska Native people have the highest ratio of maternal mortality than any other racial/ethnic group in Washington State.

Source: Washington State Maternal Mortality Review Panel, Report to the Legislature, Maternal Deaths 2017-2020, February 2023

Washington
State Maternal
Mortality Review
Panel:
Maternal Deaths
2017–2020

February 2023
RCW 70.54.450



DOH MMRP Data and Assessment

- **Strengthen clinical care**
- **Meet basic human needs**
- **Address and prevent violence**
- **Undo racism and bias**
- **Address mental health and substance use disorder**
- **Enhance health care quality and access**

Source: Washington State Maternal Mortality Review Panel, Report to the Legislature, Maternal Deaths 2017-2020, February 2023

**Washington
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February 2023
RCW 70.54.450



Kitsap Maternal and Infant Health Forum

- KPHD hosted a Maternal & Infant Health Forum in July 2023.
- Local healthcare and mental health professionals, social services providers, policymakers, and parents were in attendance.
- Activities included community gathering time, video storytelling, panel discussion, and tabletop discussions.



Kitsap Maternal and Infant Health Forum

“I think that replenishing the workforce here, the labor force and healthcare providers is obviously huge... Knowledge is power and an empowered person will feel more comfortable and will be more likely to seek the care that they need.”

– Amber Winemiller, Community Health Nurse, Suquamish Tribe



Summary of Recommendations and Activities

Collaboration (N = 57, 19%)

- Create a workgroup where providers can build relationships, address challenges, and collaborate
- Utilize different levels of health care to address maternal health gaps including midwives, doulas, and nurses
- Embed additional services in prenatal and postnatal care like mental health, substance use treatment, and support services



Summary of Recommendations and Activities

Holistic, Cultural, and Client-Centered Care (N = 50, 17%)

- Expand maternal health to include additional support for mental health, parenting education, postpartum care, and connections to resources.
- Disrupt the traditional care model by using a client-centered approach to prenatal and postnatal care.



Summary of Recommendations and Activities

Training (N = 34, 12%)

- Conduct implicit bias, racism, cultural competence training with staff.
- Increase knowledge on mental health, substance use disorders including screenings, warning signs, and combating stigma.



Summary of Recommendations and Activities

Accessible Mental Health and Substance Use Disorder Services (N = 32, 11%)

- Create a group therapy program for those planning to or have recently given birth.
- Reduce barriers by embedding mental health services in existing structures in our community.
- Eliminate stigma of the use of mental health and substance use disorder services during and after pregnancy.



Summary of Recommendations and Activities

Cultural Competency (N = 27, 9%)

- Train providers and implement use of plain language.
- Promote the incorporation of traditional/cultural practices into prenatal and postnatal care.



Summary of Recommendations and Activities

- Utilize providers other than OB/GYN to provide maternal care (N = 26, 9%)
- Centralized services (N = 25, 9%)
- Accessible facilities (telehealth, home visits, mobile clinics, etc.) (N = 23, 8%)
- Support health care workforce (N = 20, 7%)
- Recruitment of workers to medical field (N = 19, 6%)
- Increase number of facilities and providers (N = 17, 6%)
- Diverse recruitment (N = 14, 5%)
- Workgroup/community of practice (N = 14, 5%)
- Reimbursement (N = 13, 4%)
- Community outreach (N = 13, 4%)
- Additional data/research (N = 12, 4%)
- Warm hand offs to services (N = 12, 4%)



Solutions Focused Approach

Forum Reflection Form Responses:

- "Community resources sitting in the same room for discussion of how to implement actions/solutions necessary when working with the positive and negative aspects seen in maternal/childcare for our county...excellent!!"
- "Forum was well organized, information shared was important to hear and the location was beautiful. Great to hear the multiple perspectives and share my own. Time went by fast."
- "I was pleased to be gathering with the medical as well as social service communities to discuss the important topic of maternal & infant medical access for community families"



Thank You to All Participants!

Agape Unlimited
Bremerton Housing
Authority
City of Bremerton,
Mayors Office
Community Leadership
Douglas in Kitsap County
Easterseals Washington
Kitsap County Parent
Coalition
Holly Ridge Center
Kitsap Community
Resources
Kitsap County
Breastfeeding Coalition

Kitsap County Mental Health,
Chemical Dependency, and
Therapeutic Drug Court
Community Advisory
Committee
Kitsap Mental Health Services
Kitsap Parent Child Assistance
Program
Kitsap Pediatricians
Kitsap Public Health District
Kitsap OBGYN
Kitsap Strong
League of Women Voters
MultiCare
Navel Hospital Bremerton
Nurse Marine Corps
Nurturing Expressions

Nurturing Expressions
Office of the Governor,
Public Health
Olympic College Nursing
Faculty
Olympic Community of Health
Olympic Education School
District
Local Kitsap Parents
Peninsula Community Health
Services
Peninsula Early Childhood
Coalition
Representative Derek Kilmer
Office
Senator Emily Randall Office
Suquamish Tribe
True North Birth Center
University of Washington

VMFH Leadership
VM-FH Community Health
VM-FHS Family Medicine
Residency Program SW
VM-FH Maternal Child Social
Workers
Washington Department of
Children, Youth, and Families
Washington Department of
Health
Washington Health Care
Authority
Washington State Parent
Ambassadors
YWCA Kitsap



KPHD Parent-Child Health and Nurse Family Partnership Program

Program overview

- Children & Youth With Special Health Care Needs
- Lactation Resources
- Childcare Consultation
- Nurse Family Partnership
- Community Health Worker Support
- Support for Families with Elevated Blood Lead Levels
- Work First Assessments
- Mama Moves Kitsap



KPHD Parent-Child Health and Nurse Family Partnership Program

Spotlight: Mama Moves Kitsap

Nurse-led postpartum group incorporating mindfulness, movement outdoors, and support.

Facilitators are certified by Perinatal Support of Washington.

Walking trails are selected based on the following criteria:

1. Paved trails suitable for strollers;
2. Safety, proximity;
3. Accessibility in Kitsap County.



The flyer for 'Mama Moves Kitsap' features a warm color palette of yellow, orange, and pink. At the top left is the Kitsap Public Health District logo. The main title 'MAMA MOVES KITSAP' is written in large, bold, pink letters. To the right is a line-art illustration of a woman holding a baby. The text 'Join us!' is written in a cursive font above the title. Below the title, there is a description of the program in English and Spanish. A section titled 'DETAILS ON OUR NEXT WALKS:' lists dates and locations for walks from July to September. Contact information for Janet and Maritha is provided at the bottom left, along with a QR code and a call to action to follow the program on Instagram.

KITSAP PUBLIC HEALTH DISTRICT

Join us!

MAMA MOVES KITSAP

a nurse-led postpartum group incorporating mindfulness and movement in Kitsap County's beautiful parks
un grupo posparto dirigido por enfermeras que incorpora conciencia y movimiento en los hermosos parques de Kitsap

DETAILS ON OUR NEXT WALKS:

- July 14 • Evergreen Park, Bremerton
- July 28 • Island Lake Park, Silverdale
- August 11 • Evergreen Park, Bremerton
- August 25 • Clear Creek Trail, Silverdale
- September 1 • Evergreen Park, Bremerton
- September 8 • McCormick Village Park, Port Orchard
- September 15 • Evergreen Park, Bremerton
- September 22 • Evergreen Park, Bremerton

Meet at 11:00 am.

FOR MORE INFORMATION ABOUT OUR PROGRAM AND INFORMATION AROUND OUR EVENTS, SCAN THE QR CODE AND FOLLOW US ON INSTAGRAM!

Janet: (360) 265-0990
Maritha: (360) 621-3462



KPHD Parent-Child Health and Nurse Family Partnership Program

Spotlight: Mama Moves Kitsap

- Supports new parents with movement in an outdoor group setting.
- Provides a venue for social support and health of new parents.
- Supports both physical and mental health.
- Nurse support through education, resources, and referrals.
- Utilizes the Group Peer Support (GPS) model from Perinatal Support of Washington.



KPHD Parent-Child Health and Nurse Family Partnership Program

Spotlight: Mama Moves Kitsap

- Social support is well documented in increasing resilience to PMADs.
- Evidence supports movement interventions for parents at risk of perinatal mood and anxiety disorders (PMADs).
- Emerging evidence may show that physical activity has benefits in reducing depressive symptoms (Ghaedrahmati, 2017).



KPHD Parent-Child Health and Nurse Family Partnership Program

Have questions or want to join?

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Thank you.

