

# OFFICE OF THE CALIFORNIA SURGEON:



## Opportunities for Cross-Collaboration to Improve Tribal Health

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California Surgeon General

California Area Indian Health Services: California  
Healthcare Best Practices Education Series  
May 24, 2023

# DISCLOSURES

**None**



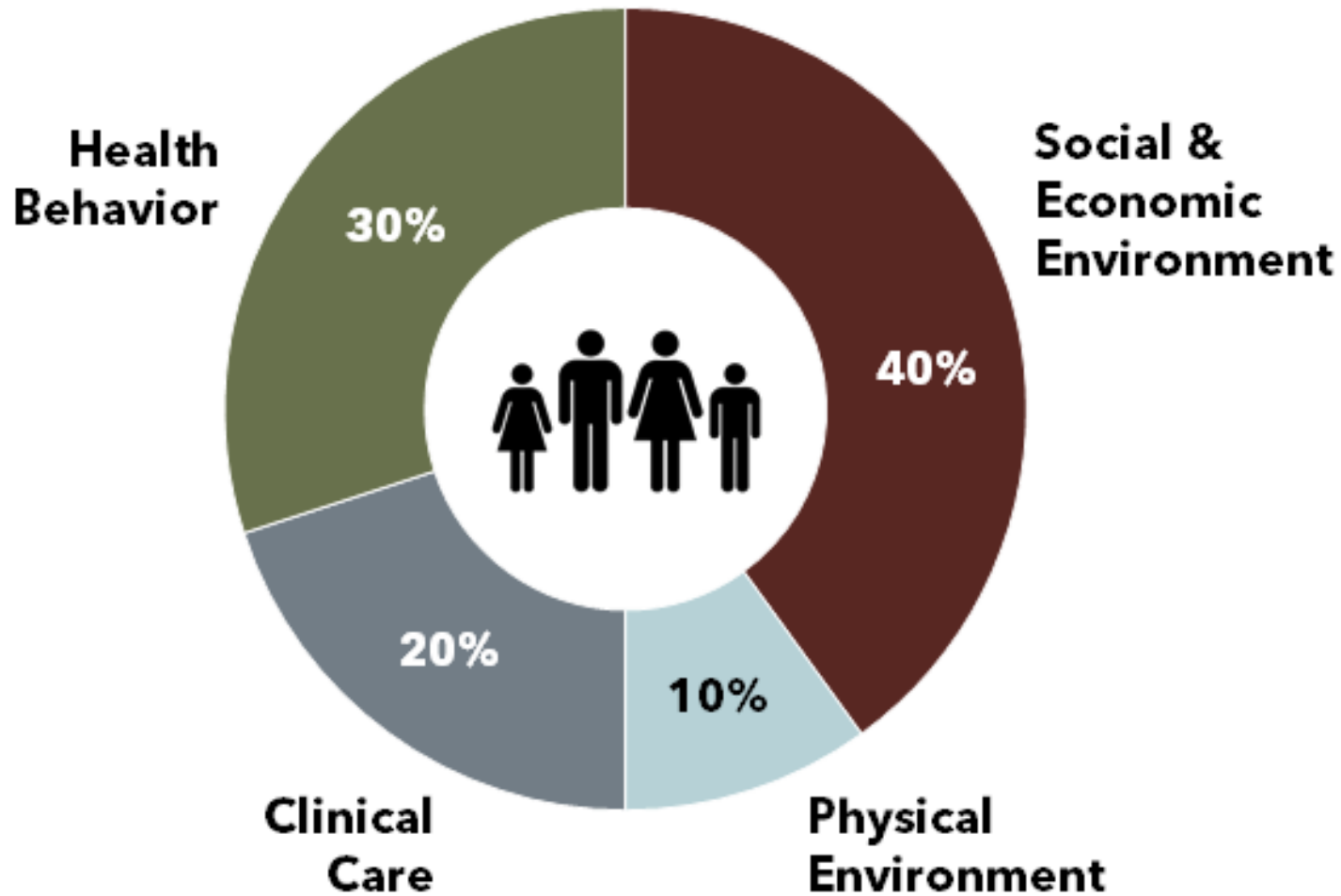
## **Case Study**

**28 y.o. postpartum 2 weeks  
s/p vaginal delivery, complicated  
by hypertension and diabetes**

**The newborn is scheduled for  
the 2 week check.**

**Patient missed her 1 week  
postpartum follow up  
appointment**

# THE DRIVERS OF HEALTH



## SOCIAL DETERMINANTS OF HEALTH

“Conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life..... include economic policies and systems, development agendas, social norms, social policies, racism, climate change, and political systems.”

**Centers for Disease Control & Prevention**

# OBJECTIVES

- Summarize ACEs (Adverse Childhood Experiences) and utilize the supports available to address them.
- Discuss California data related to mental health and reproductive health.
- Review some resources to support patients' mental health and reproductive health.




# MY PRIORITIES

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# ADVERSE CHILDHOOD EXPERIENCES AND TOXIC STRESS



# PRIORITY



**ACES**

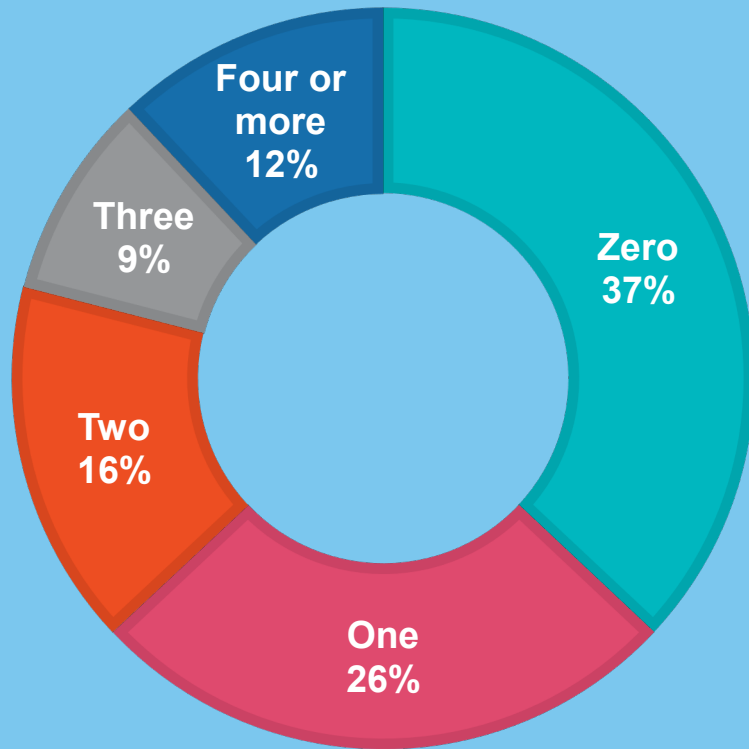
# ACES & TOXIC STRESS



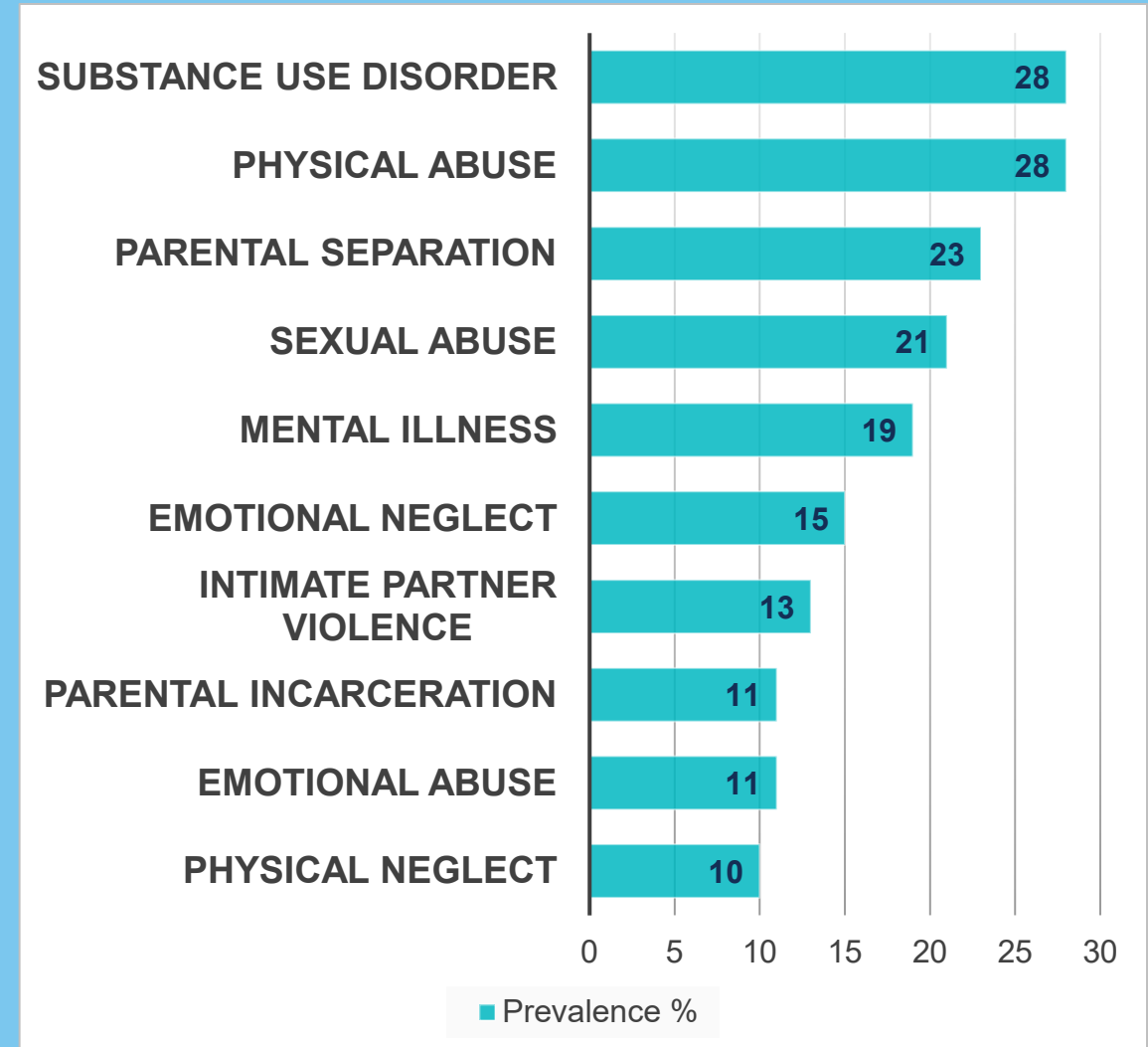


# HOW COMMON ARE ACEs?

% of study respondents reporting # of ACEs



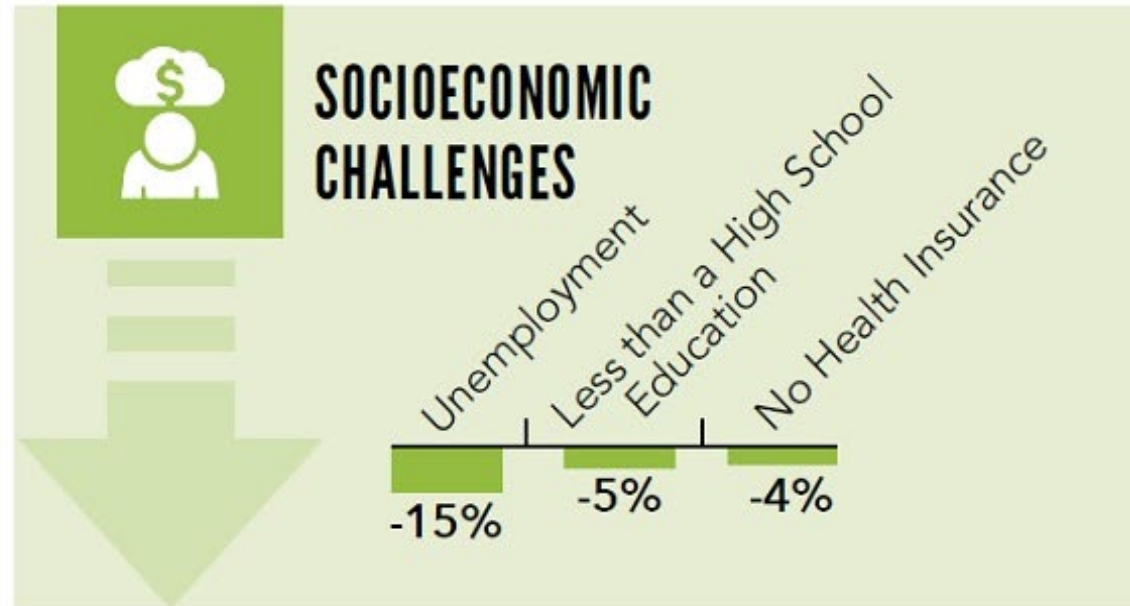
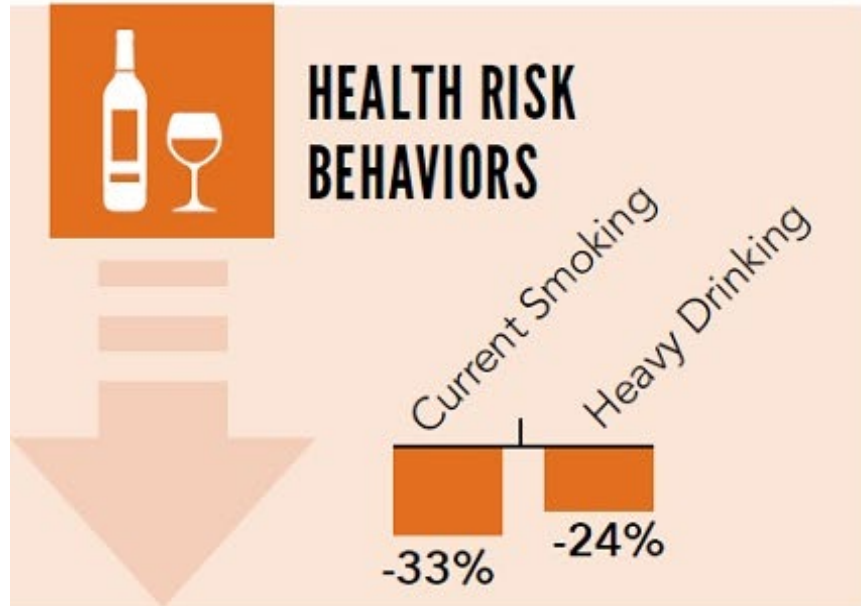
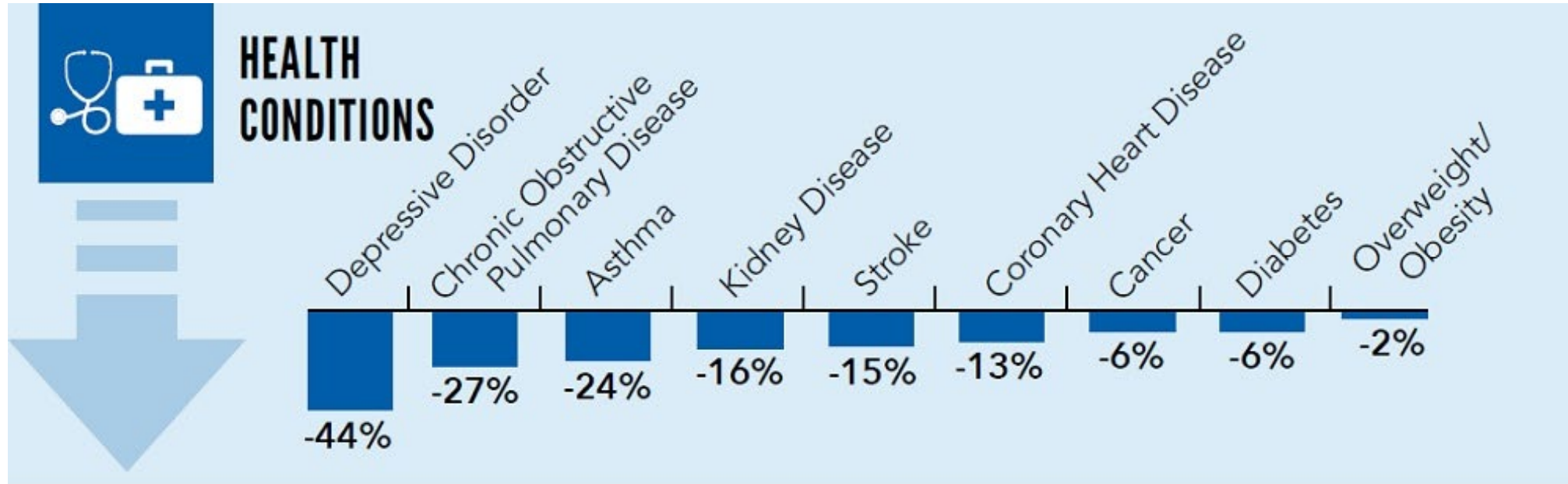
Types of ACEs reported



Based on the Behavioral Risk Factor Surveillance System

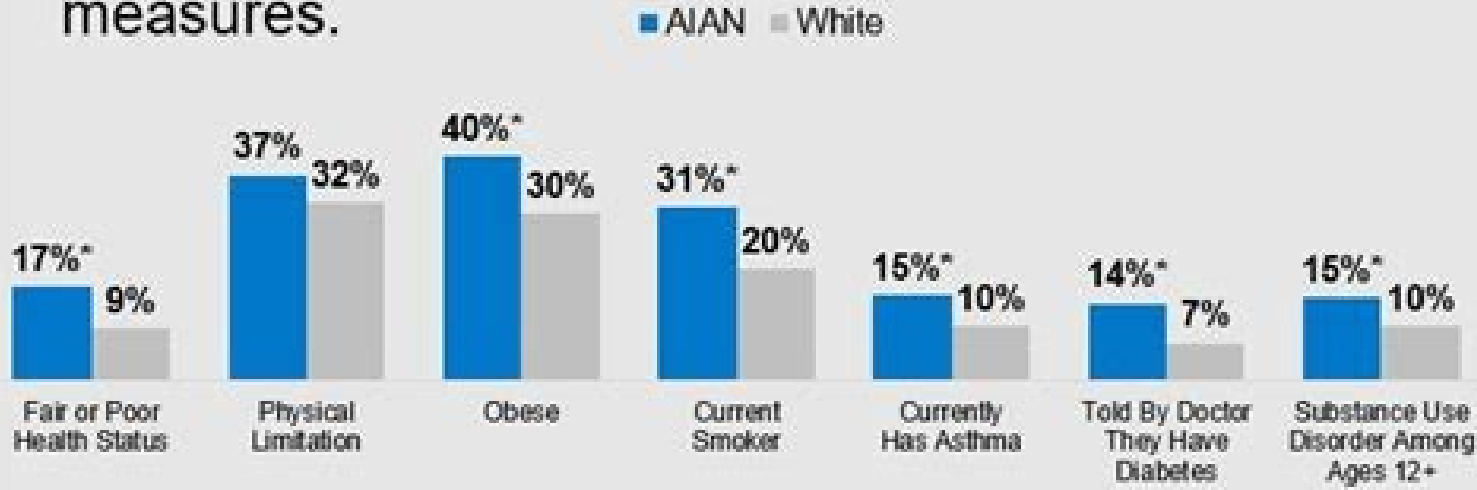
[https://www.cdc.gov/violenceprevention/acestudy/ACE\\_graphics.html](https://www.cdc.gov/violenceprevention/acestudy/ACE_graphics.html)

# ADDRESSING ACES IN CHILDHOOD CAN POTENTIALLY DECREASE:





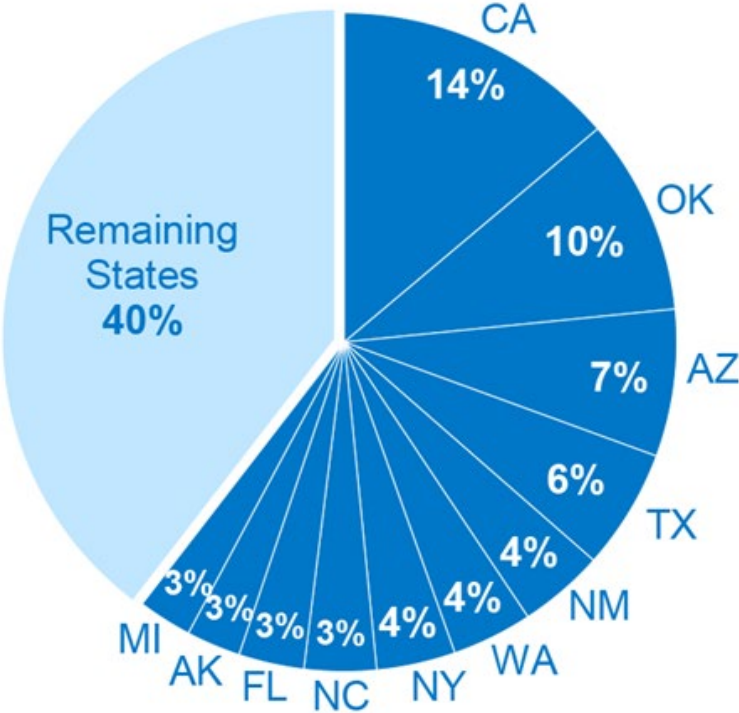
# AIANs fare worse than Whites across many health measures.



\* Indicates statistically significant difference from the White population at the p<0.05 level.  
 Note: AIANs and Whites are non-Hispanic. Excludes individuals of mixed race. Includes nonelderly adults 18-64 years of age.  
 Source: Kaiser Family Foundation analysis of 2017 National Health Interview Survey (NHIS), 2017 Behavioral Risk Factor Surveillance System (BRFSS), and 2017 National Survey on Drug Use and Health.



**AIANs live across the United States, but 60% reside in 11 states. The majority of AIANs live outside of tribal areas.**



**Total: 5.4 Million**

**Compared to Whites, AIANs are...**

**■ Nonelderly AIAN**  
**■ Nonelderly White**

**YOUNGER**



**MORE LIKELY TO BE POOR**



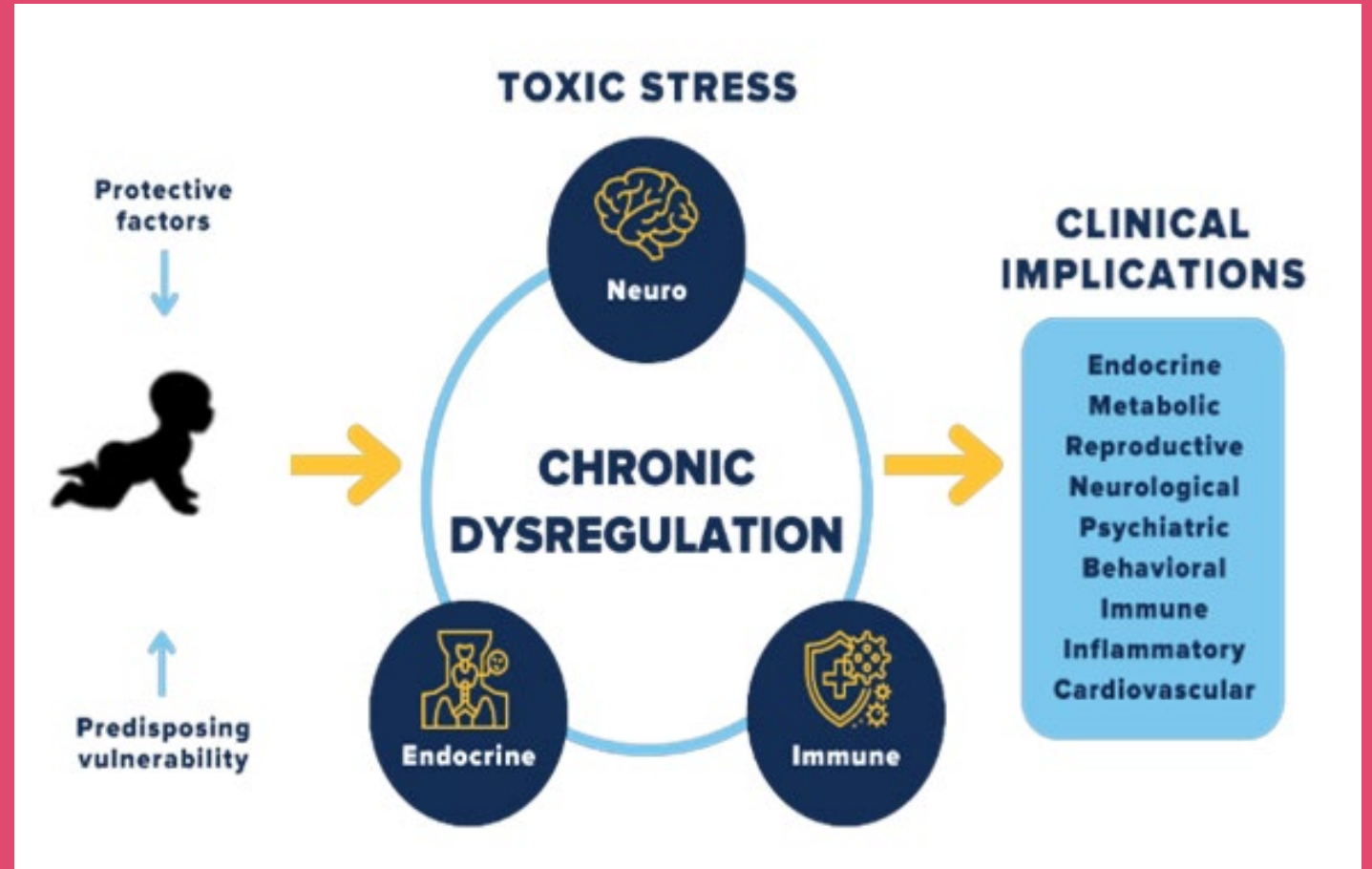
**LESS LIKELY TO HAVE A FULL-TIME WORKER IN THE FAMILY**



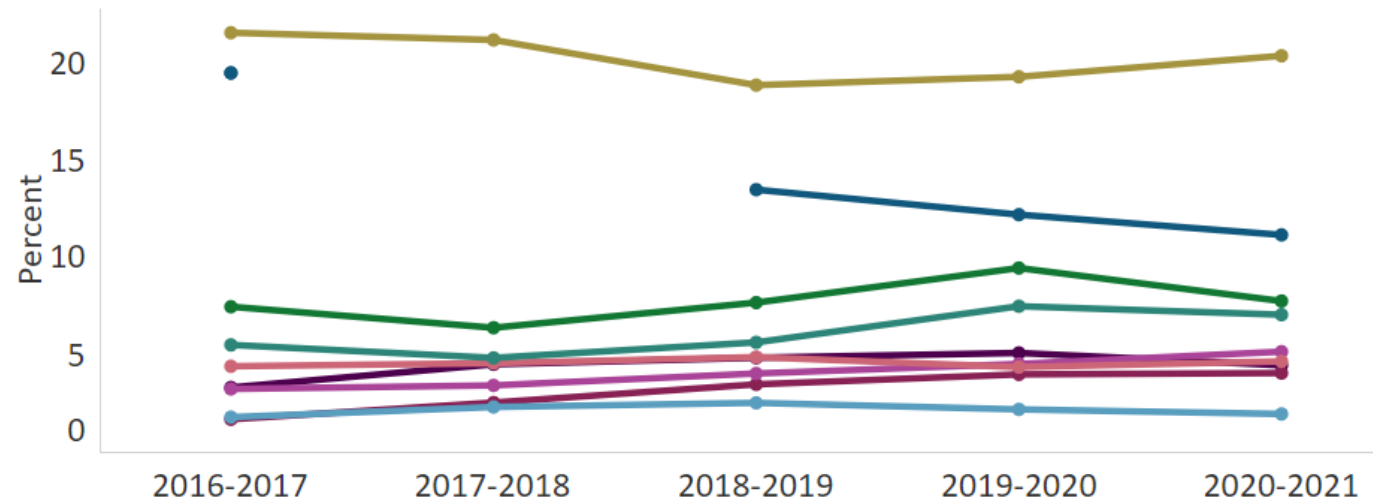
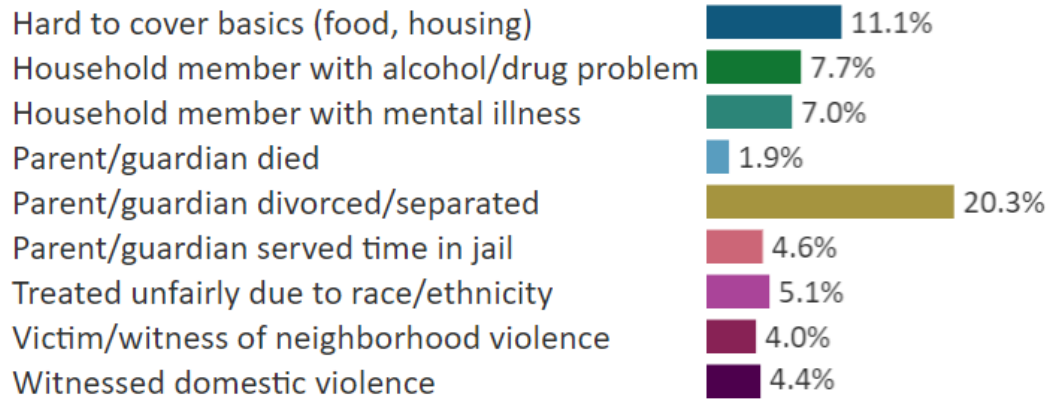
Source: Original source information and data are available at: <https://kff.org/infographic/health-and-health-care-in-the-u-s-by-race-and-ethnicity>.  
kff.org / Email Alerts: [kff.org/email](mailto:kff.org/email) / [facebook.com/KaiserFamilyFoundation](https://facebook.com/KaiserFamilyFoundation) / [twitter.com/KaiserFamFound](https://twitter.com/KaiserFamFound)



# ACES CAN LEAD TO TOXIC STRESS



# ACES BY TYPE CALIFORNIA 2020-2021



# CALIFORNIA IS ADDRESSING ACES & TOXIC STRESS

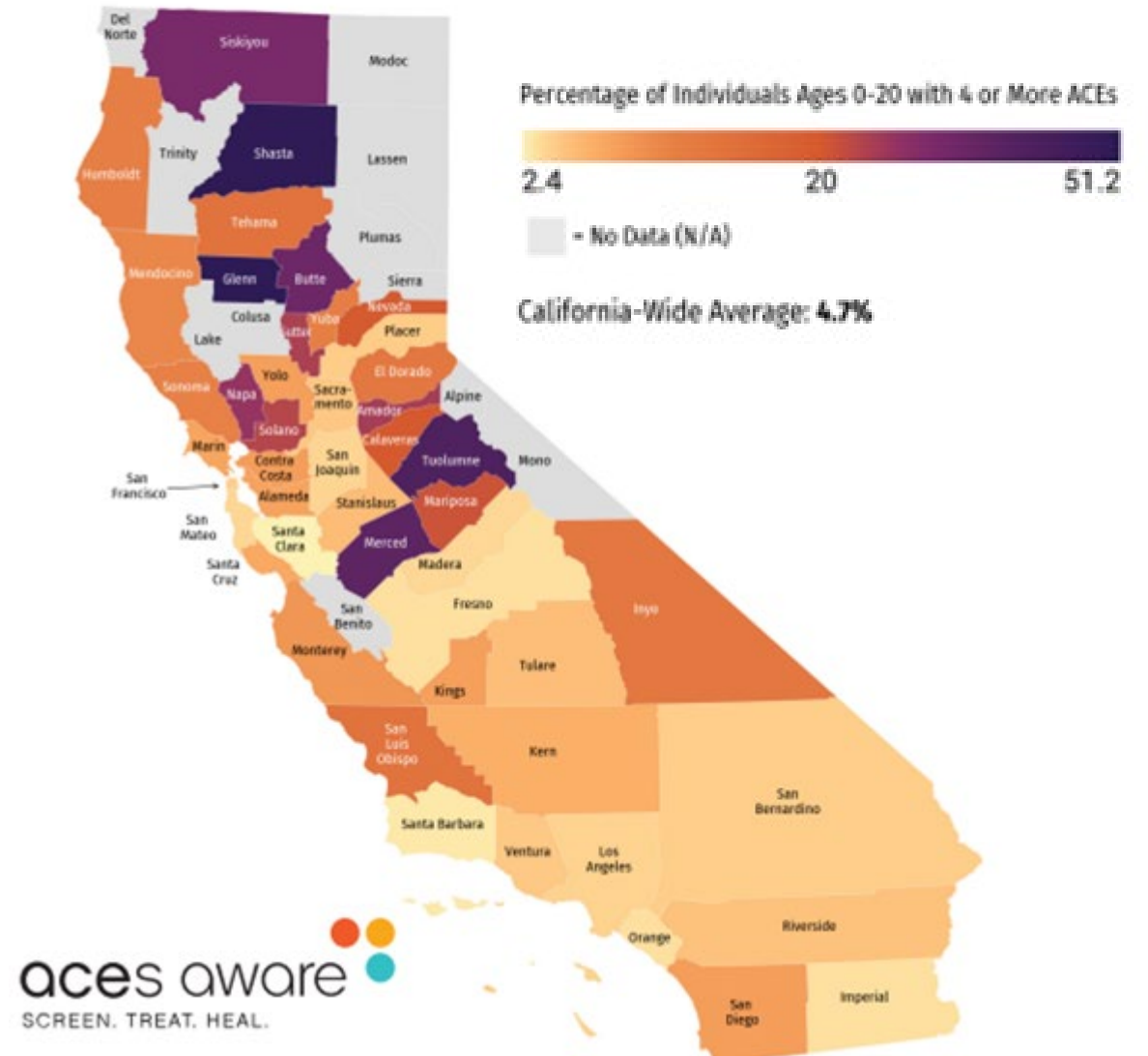
- ACEs Aware Initiative



- 2.0 Continuing Medical Education credit and 2.0 Maintenance of Certification credits upon completion.

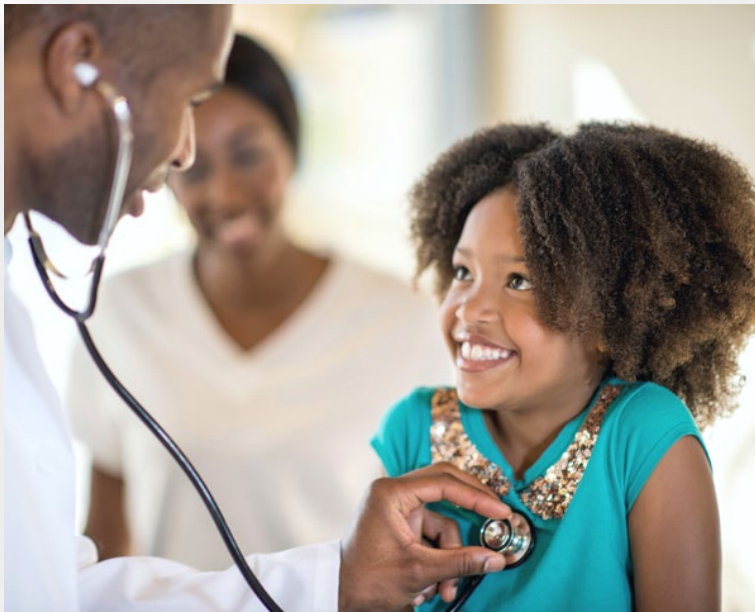
Percentage of Patients Screened Who Disclosed an ACE Score of 4 or More, Based on Medi-Cal Claims Data, by County

Children, Adolescents, and Young Adults Ages 0-20

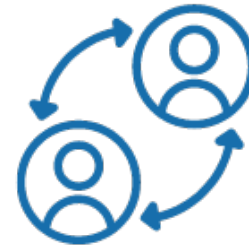


# CHILDREN AND YOUTH BEHAVIORAL HEALTH INITIATIVE

2021-2026 | Ages 0-25



Advance Equity



Designed for Youth  
by Youth



Start Early,  
Start Smart



Center around  
Children and Youth



Empower Families  
and Communities



Right Time,  
Right Place



Free of Stigma





# CALIFORNIA OFFICE OF SURGEON GENERAL: ACES AND TOXIC STRESS CHILDREN AND YOUTH BEHAVIORAL HEALTH INITIATIVE

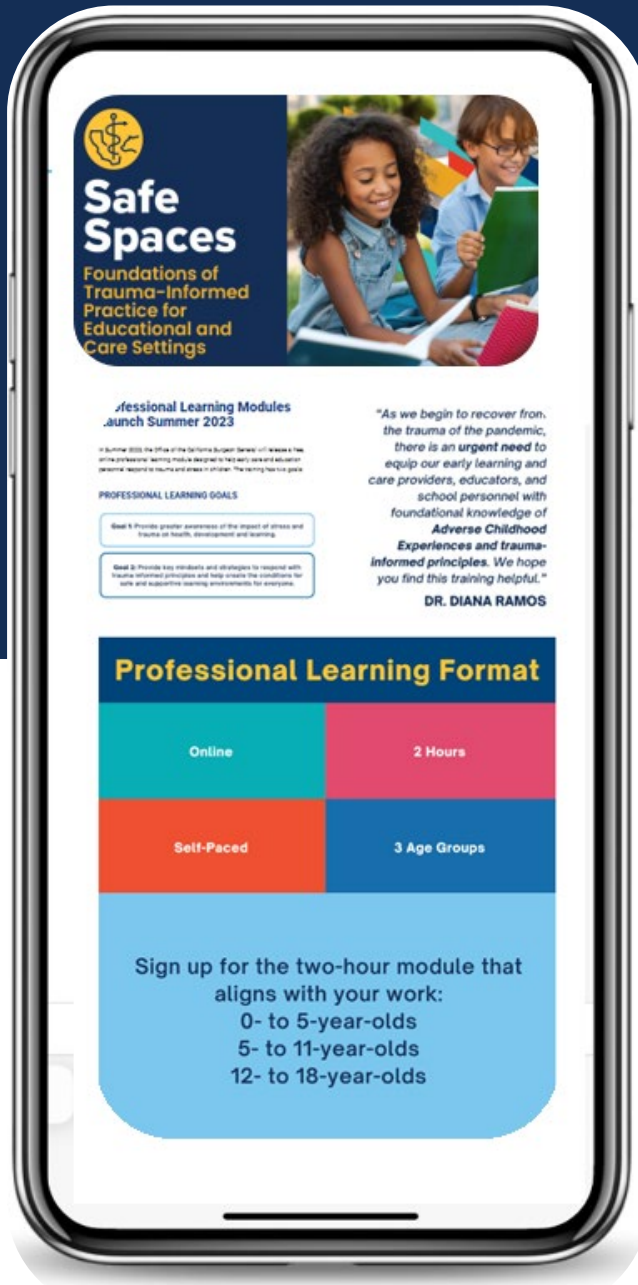


## ACEs and Toxic Stress Public Awareness Campaign

# SAFE SPACES

Launching June 2023!

Training helps adults recognize and respond to signs of trauma and stress.



Online



2 Hours



3 Age Groups



Self-Paced



## NEWS RELEASE

### ACEs and Toxic Stress Campaign Update



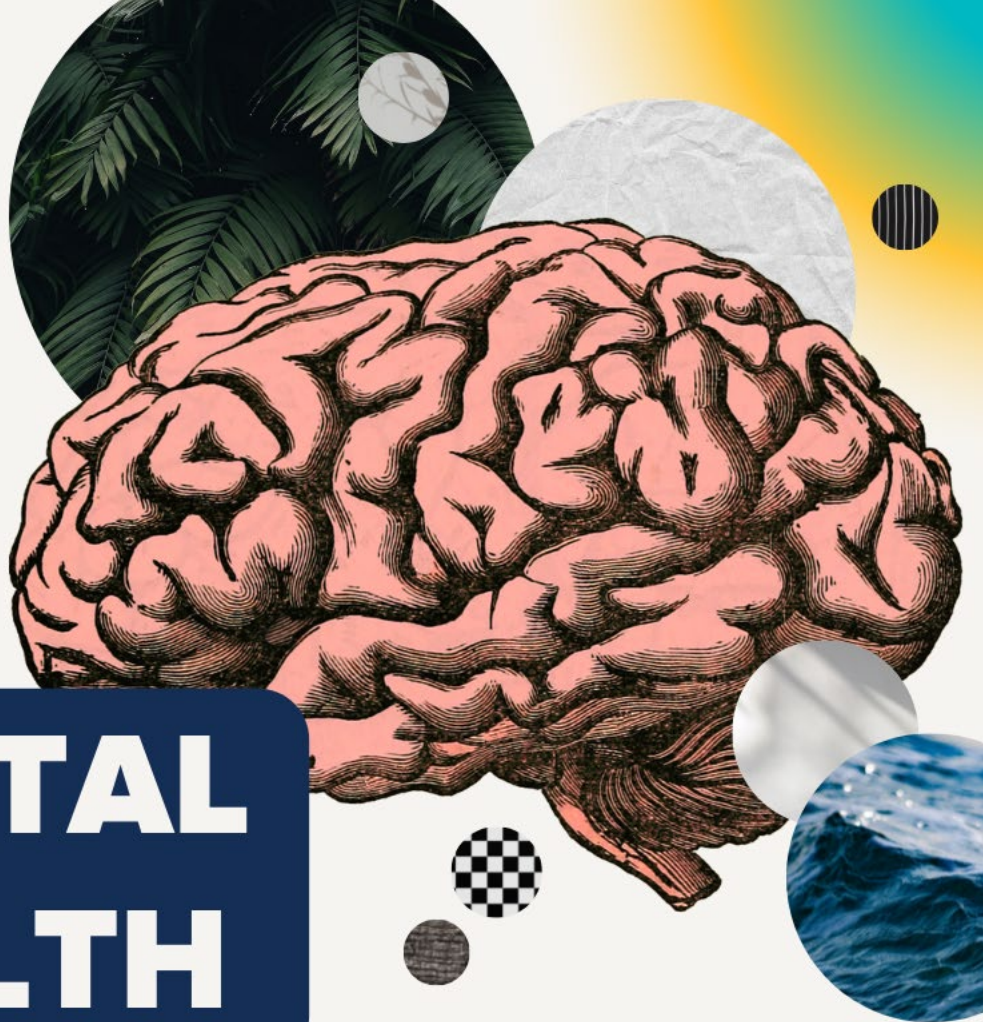
## CAMPAIGN GOALS

- Understanding of ACEs, toxic stress, and their impacts
- Inspire healing and hope
- Support parents
- Enhance self care and reduce stress

# PRIORITY



# MENTAL HEALTH



# MENTAL HEALTH

# AWARENESS MONTH

**1 in 5**

U.S. adults experience mental illness each year

**1 in 25**

U.S. adults experience serious mental illness each year

**1 in 6**

U.S. youth aged 6-17 experience a mental health disorder each year

**50%**

of all lifetime mental illness begins by age 14, and 75% by age 24

# CALIFORNIA YOUTH NEED SUPPORT

Mental health **leading cause of hospitalization** for children under 18 in California.<sup>1</sup>

1 in 3 7th and 9th graders  
1 in 2 11th graders experienced  
**chronic sadness.**<sup>3</sup>

The rate of suicide among Black youth in California **doubled** between 2014 and 2020.<sup>2</sup>



# CALIFORNIA ADULT : PANDEMIC EFFECTS



54% Parents and caregivers reporting negative impact on their mental health

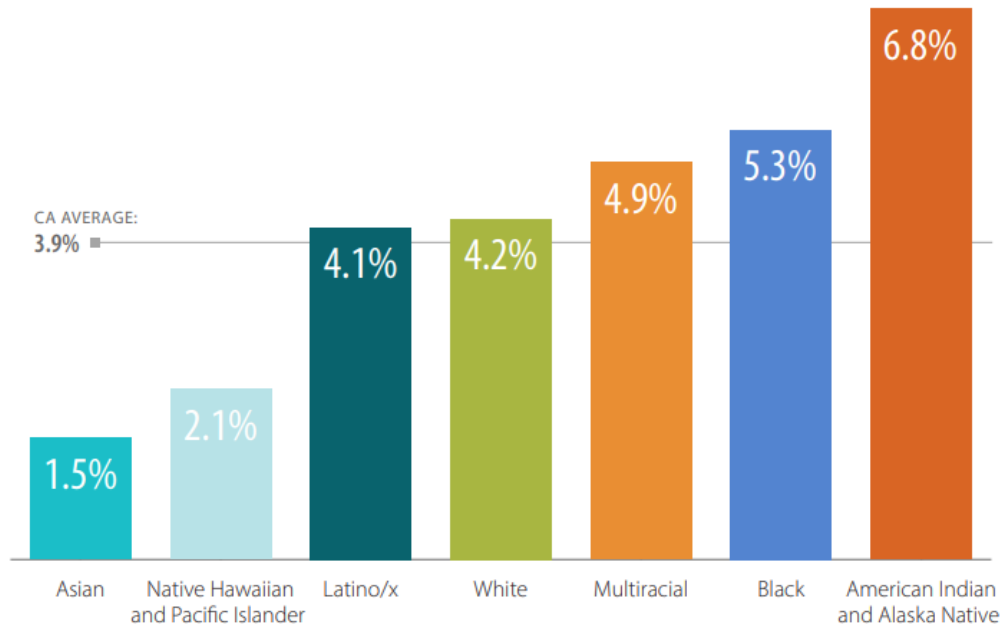
60% Black & Hispanic low income mothers and parents negative impact on their mental health as a result of work disruption

34 % California caregivers feeling nervousness or stress.

# RATES OF SERIOUS MENTAL ILLNESS (SMI) IN TRIBAL POPULATIONS

Adults with SMI, by Race/Ethnicity  
California, 2019

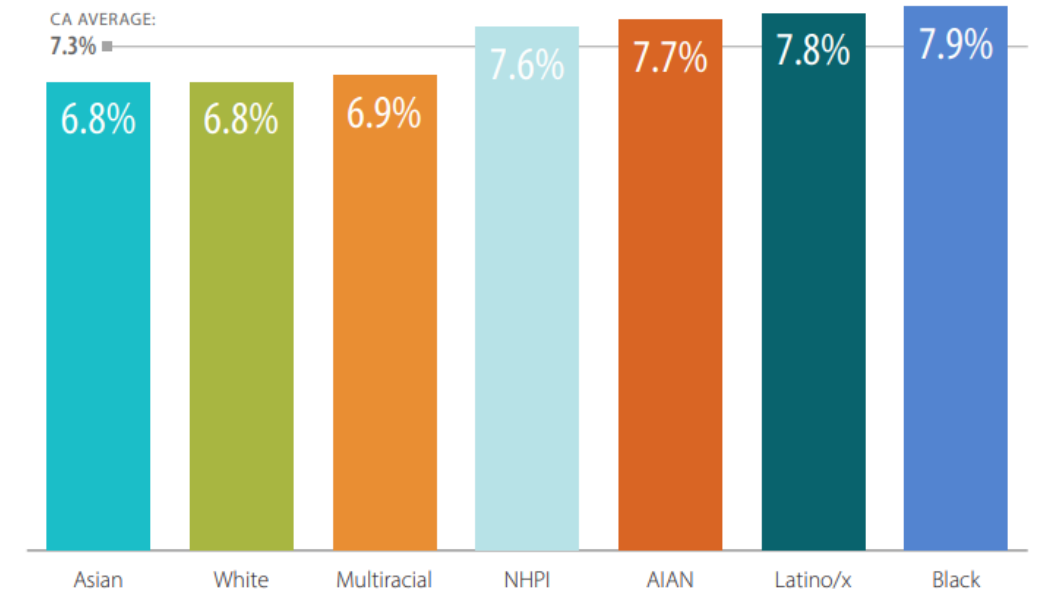
PERCENTAGE OF ADULT POPULATION



Notes: *Serious mental illness (SMI)* is a categorization for adults age 18 and older. See page 3 for full definitions and page 59 for a description of the methodology used to develop these estimates. Source uses *African American, Hispanic, and Native American*.  
Source: Charles Holzer and Hoang Nguyen, "Estimation of Need for Mental Health Services," received June 28, 2021.

Children with SED, by Race/Ethnicity  
California, 2019

PERCENTAGE OF CHILD POPULATION



Notes: *Serious emotional disturbance (SED)* is a categorization for children age 17 and under. See page 3 for full definitions. See page 59 for a description of the methodology used to develop these estimates. *NHPI* is Native Hawaiian and Pacific Islander. *AIAN* is American Indian and Alaska Native. Source uses *African American, Hispanic, and Native American*.  
Source: Charles Holzer and Hoang Nguyen, "Estimation of Need for Mental Health Services," received June 28, 2021.



# ADVERSE EFFECTS OF MATERNAL MENTAL HEALTH CONDITIONS



## Pregnant people with depression:

**1.46** increased risk for preterm delivery

**1.9** increased risk for low birth-weight baby

## Pregnant Black people with depression:

**2.33** increased risk for preterm delivery

**2.47** increased risk low birth-weight delivery



**COVID-19 has changed  
life for all of us.  
CalHOPE offers vital  
resources to support  
mental wellness.**



**Hope will persevere.**

**CalHOPE Warm Line  
(833) 317-HOPE**

**988** SUICIDE & CRISIS  
**LIFELINE**

**24/7 CALL, TEXT, CHAT**

# Is it the baby blues or something more?

**National  
Maternal  
Mental Health  
Hotline**



**HRSA**  
Health Resources & Services Administration

**For Support, Understanding, and Resources,  
CALL OR TEXT 1-833-9-HELP4MOMS**

**1-833-943-5746**

**Free - Confidential - Available 24/7**





From 2018 to 2021, 109 Native Americans [took their own lives in California.](#)

Sacramento, Assemblymember [James Ramos](#), a member of the Serrano/Cahuilla tribe who is the first Native American to be elected to the state Assembly, partnered with Didi Hirsch Mental Health Services to promote the 988 national suicide prevention hotline to Northern California tribal communities





# Dear Stress, I'm over you.

Simple ways to reduce stress levels



Learn how to give stress the boot:  
[www.osg.ca.gov/resources](http://www.osg.ca.gov/resources)

For more strategies,  
view our playbooks for stress.



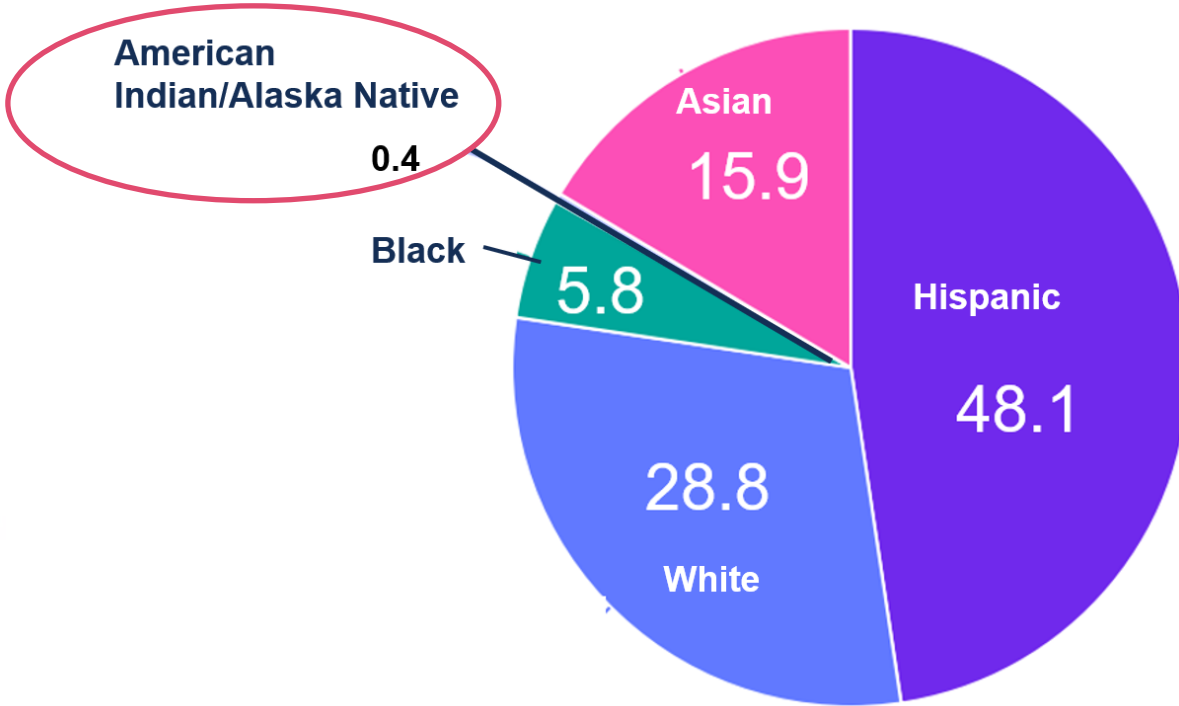
# PRIORITY



# REPRODUCTIVE HEALTH

# CALIFORNIA: BIRTHS BY RACE/ETHNICITY 2018-2020

## 2020 TOTAL CALIFORNIA BIRTHS 420,259



**1 in 8 births in the US**

**Number of AI/AN Births in 2021:  
1,316**



All race categories exclude Hispanics. Percentages will not total 100 percent since missing ethnicity data are not shown.

National Center for Health Statistics, final natality data. Retrieved March 29, 2023, from [www.marchofdimes.org/peristats](http://www.marchofdimes.org/peristats)



# REPRODUCTIVE HEALTH



## Let's talk...



Reproductive Health



Contraception



Healthy Pregnancy



Abortion

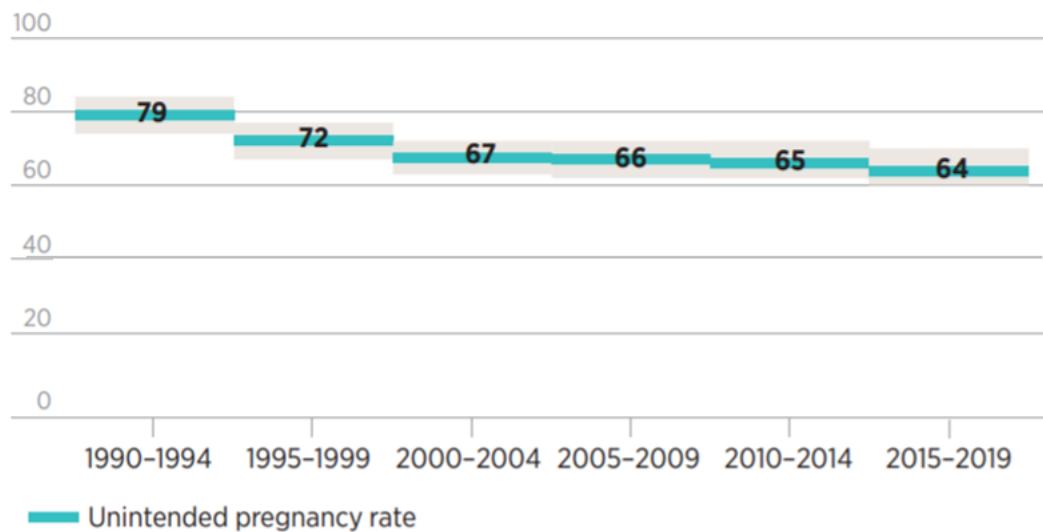


Reproductive Rights



# LEADING UNDERLYING CAUSES OF PREGNANCY-RELATED DEATH INCLUDE (UP TO 1 YEAR POST-PARTUM)

The worldwide unintended pregnancy rate has declined over the past 30 years



Unintended Pregnancy Rates By Region 2015-2019

Bearak J et al., Unintended pregnancy and abortion by income, region, and the legal status of abortion: estimates from a comprehensive model for 1990-2019, Lancet Global Health, 2020, 8(9), [http://www.thelancet.com/journals/langlo/article/PIIS2214-109X\(20\)30315-6/fulltext](http://www.thelancet.com/journals/langlo/article/PIIS2214-109X(20)30315-6/fulltext)

# CALIFORNIA IS DEFINING WHAT REPRODUCTIVE HEALTH SHOULD LOOK LIKE



Contraception

Official website of the State of California Español

**CALIFORNIA ALL** California abortion access

Home Your rights ▾ Getting an abortion ▾ Support ▾ Find a provider

## Abortion is legal and protected in California

Abortion remains safe, legal, and accessible in California, whether or not you live in the state. This website has current and accurate information about how you can access abortion services in California.

[Find a provider](#)

### California protects your privacy

This website is a safe space for you to find abortion information. Your information is not saved or tracked. Learn more about [your right to privacy](#) and [digital privacy](#).

“ I want people to know all around the rest of the country and many parts of the globe, that I hope we’re your antidote to your fear, your anxiety. ”

— Gavin Newsom, California Governor



**1 in 3**  
**women of reproductive**  
**age have at least *one***  
**chronic condition**

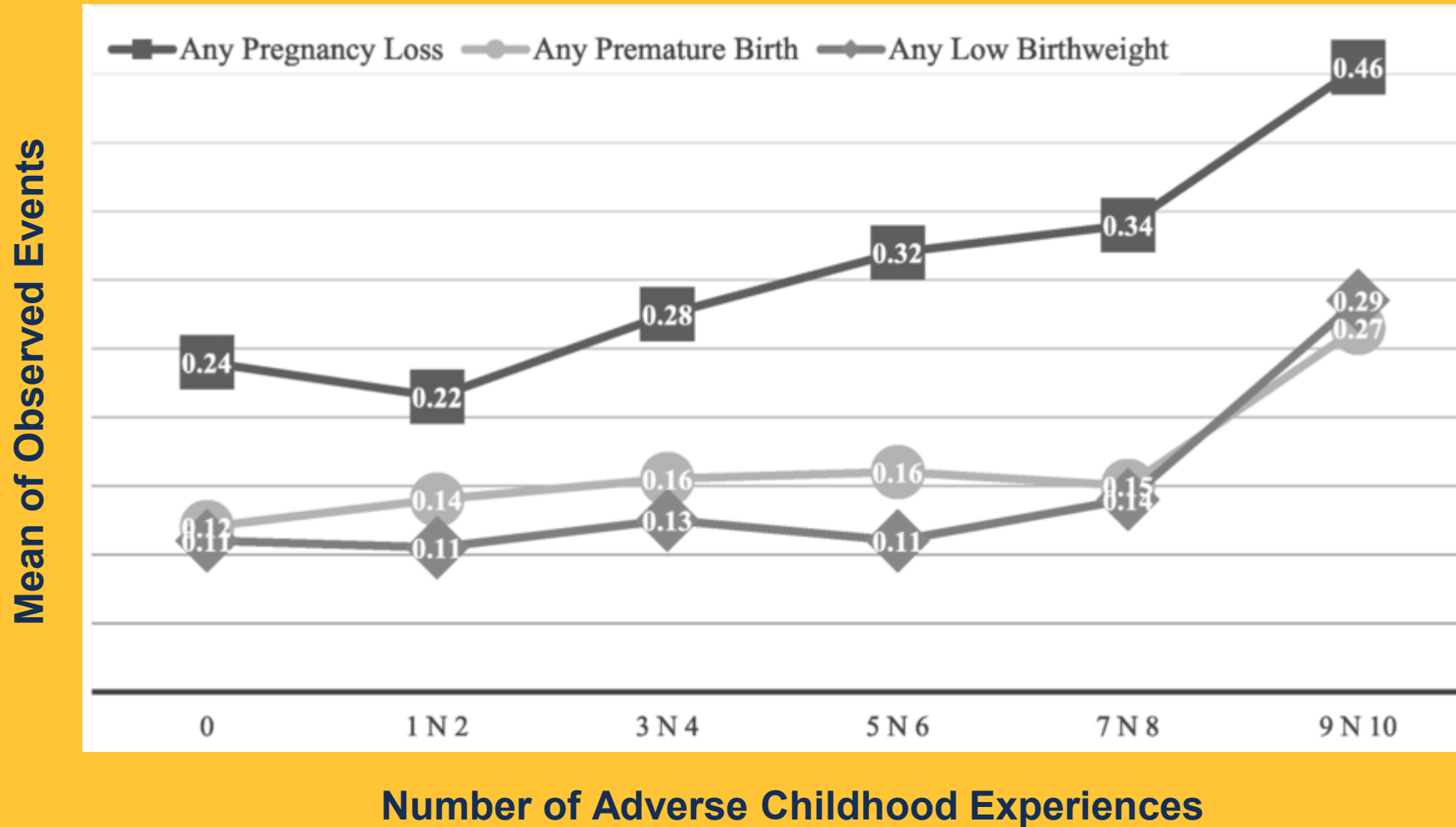
Less than 8% were  
using the most effective  
birth control

# THE IMPACT OF UNINTENDED PREGNANCIES: INFANT & MATERNAL



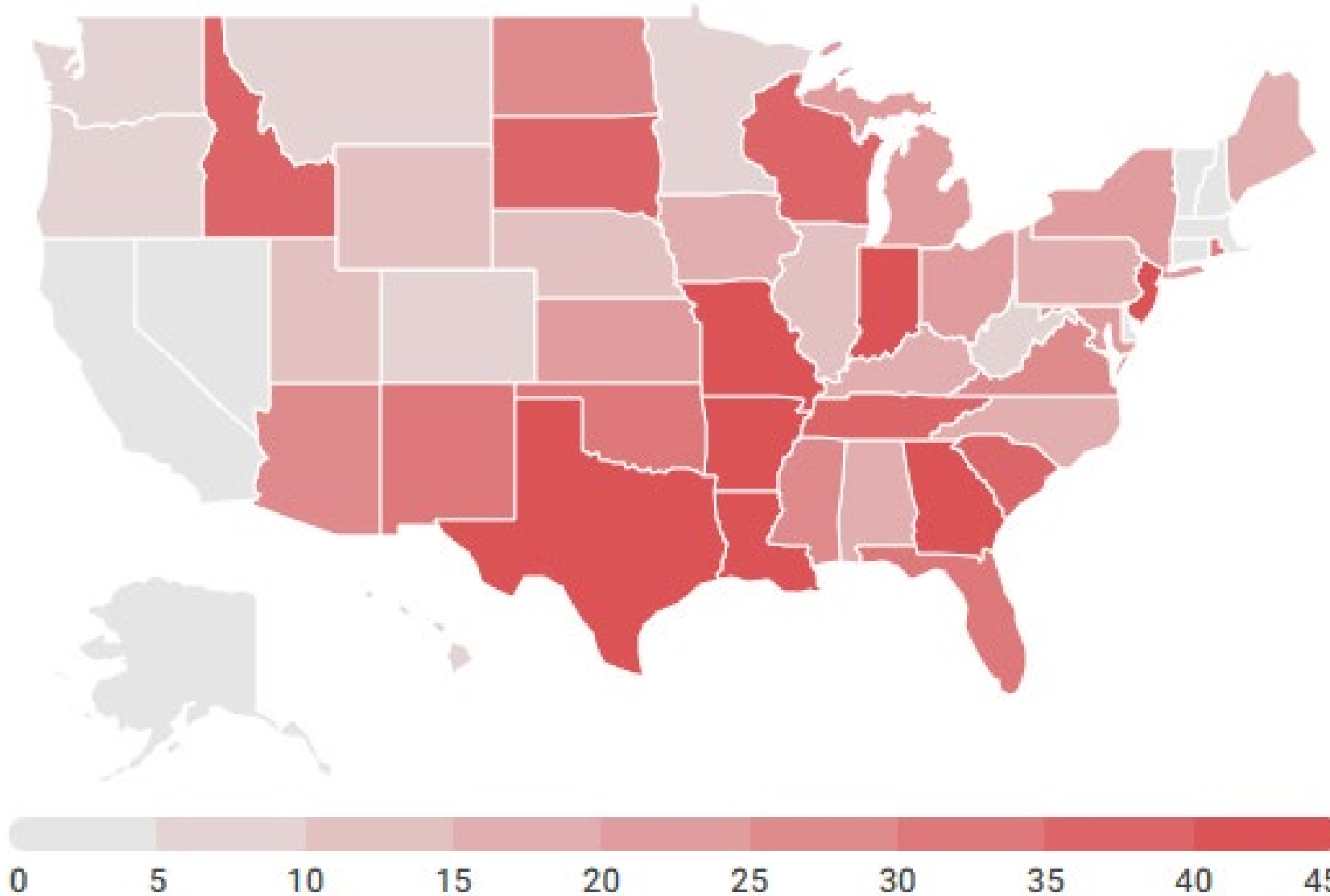
- Late prenatal care
- Smoking/drinking/substance use during pregnancy
- Prematurity/Low birth weight
- Reduced breastfeeding
- Low relationship quality
- Increased risk of physical violence during pregnancy

# ACES AND PERINATAL OUTCOMES



Mersky, J.P., Lee, C.P. Adverse childhood experiences and poor birth outcomes in a diverse, low-income sample. *BMC Pregnancy Childbirth* 19, 387 (2019). <https://doi.org/10.1186/s12884-019-2560-8>

# MATERNAL MORTALITY RATES BY STATE 2011-2019



- **Women becoming mothers later in life**
- **Chronic Disease Impacts**

# Health department medical detectives find 84% of U.S. maternal deaths are preventable

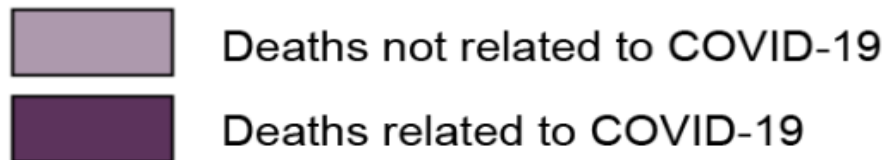
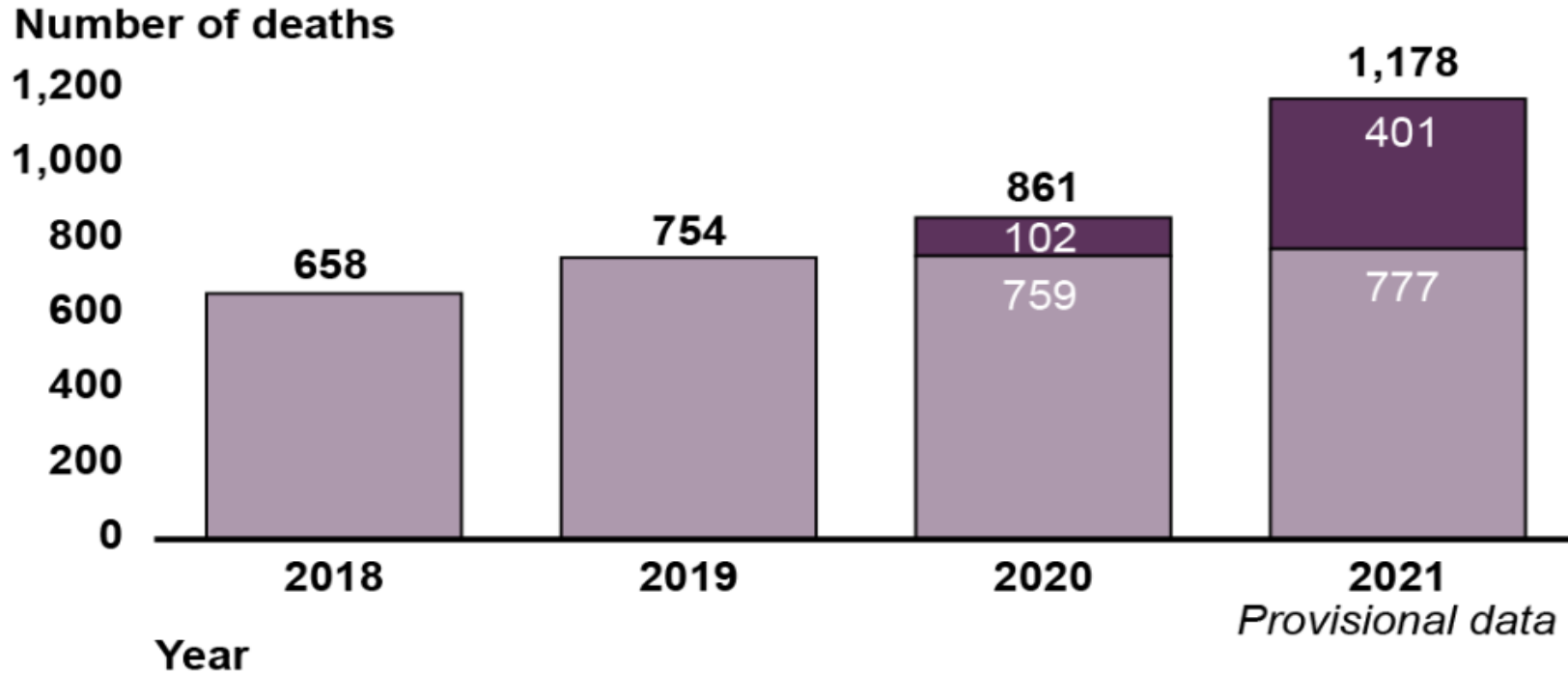
October 21, 2022 · 5:00 AM ET

By April Dembosky

FROM **KQED**



# MATERNAL DEATHS, 2018 - 2021

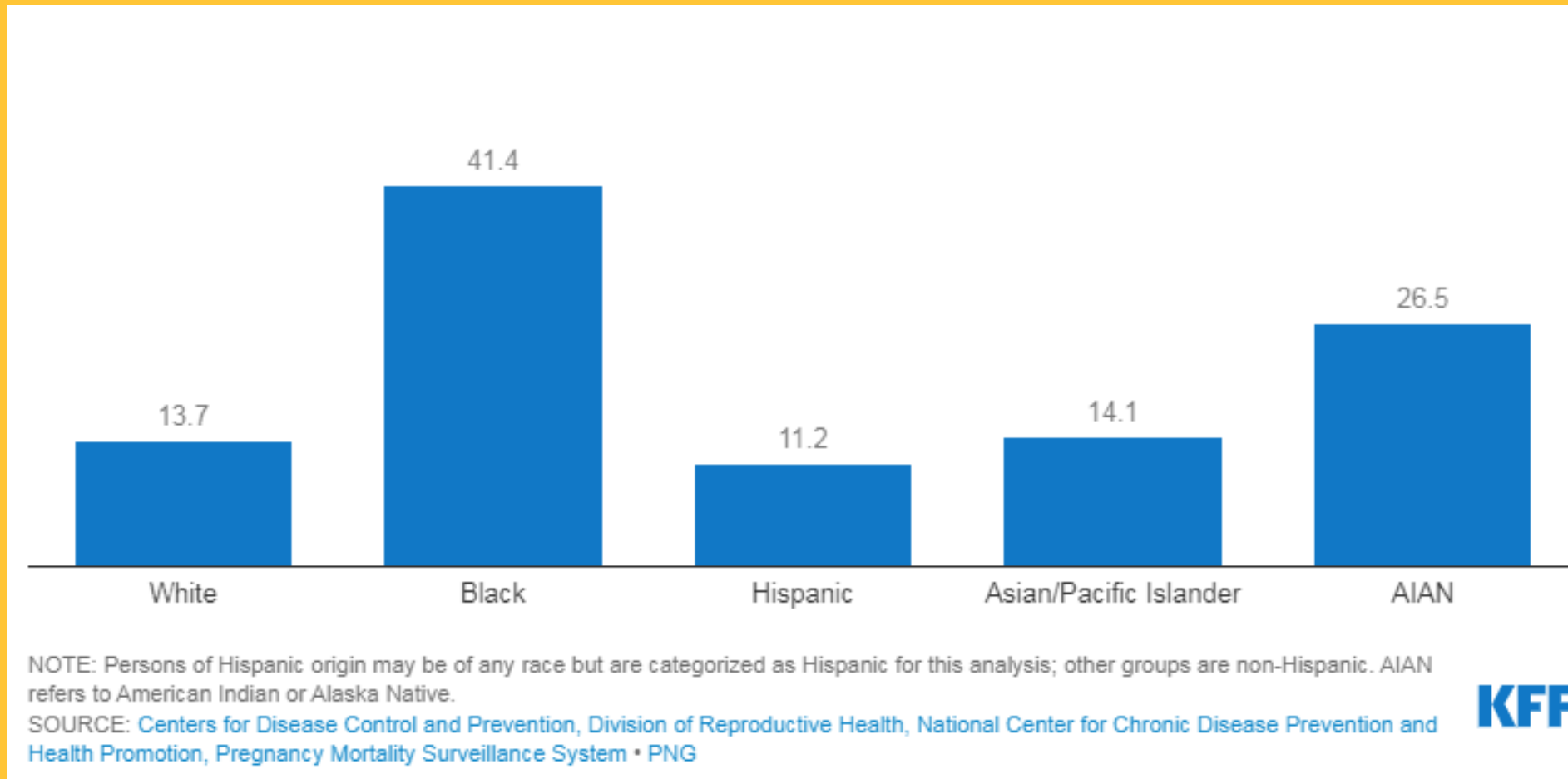


***COVID-19  
contributing  
factor in 25%  
maternal  
deaths in 2020  
and 2021  
combined***

Source: GAO analysis of Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS) data. GAO-23-105871



# PREGNANCY-RELATED MORTALITY RATES BY RACE/ETHNICITY 2016-2018



# LEADING UNDERLYING CAUSES OF PREGNANCY-RELATED DEATH INCLUDE *(UP TO 1 YEAR POST-PARTUM)*

**23%**

**Mental health conditions**  
(including suicide and overdose)

**14%**

**Hemorrhage**

**13%**

**Cardiac and coronary conditions**



## Indigenous Doula Training in April

Submitted by Dr. Antoinette Martinez, Chumash, UIHS

On April 4-8, 2023, UIHS, in partnership with FIRST FIVE, will host an Indigenous Doula Training conducted by the Alaska Native Birthworkers. More information to be posted on Facebook in January. Training will be free and will prepare participants to work as Indigenous Doulas.

A doula is a professional labor assistant who provides physical and emotional support to Birthing People and their families during pregnancy, childbirth and the postpartum period.

Effective January 1, 2023, the California Department of Health Services will reimburse for doula services to birthing people.

"Healthy mind, body, and spirit for generations of our American Indian community."

**PLAY OUR GAMES!**

Therapy: It Takes Work and Commitment, but it is Worth It

## BENEFITS OF DOULA CARE



Reduced cesarean birth rate



Reduced preterm birth rate



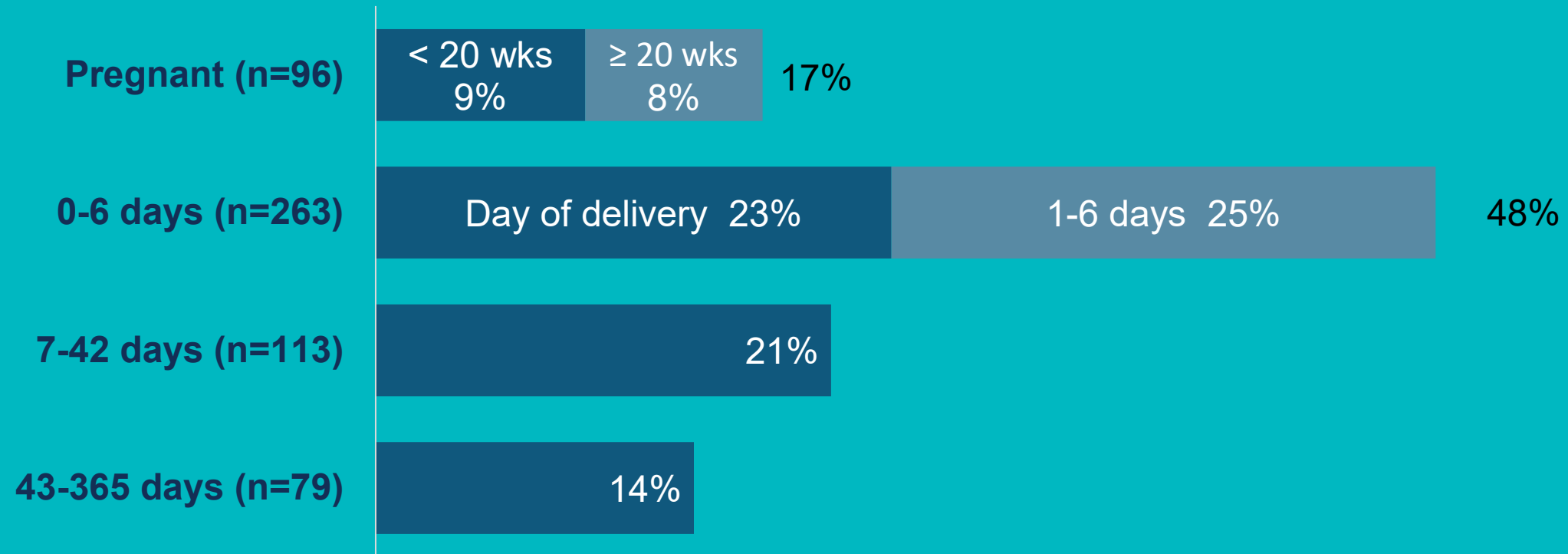
Improved breastfeeding rates



Reduced postpartum depression rates

[chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://unitedindianhealthservices.org/wp-content/uploads/2023/01/JfM\\_2023R.pdf](https://efaidnbmnnnibpcajpcglclefindmkaj/https://unitedindianhealthservices.org/wp-content/uploads/2023/01/JfM_2023R.pdf)

# Pregnancy-Related Deaths by Timing to Death California 2011-2019



Pregnancy-related deaths include deaths within a year of pregnancy from causes related to or aggravated by the pregnancy or its management, as determined by expert committee review.

# PERINATAL ROUNDTABLE RECOMMENDATIONS

- Building patient trust
- Patients active participants
- Identifying risk assessments
- Incorporate technology and artificial intelligence (AI)
- Diverse representation of community health workers ie doulas, build, support and advocate



Healing  
doesn't mean  
the damage  
never existed.  
It means  
the damage  
no longer  
controls our  
lives.



# THANK YOU!

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 @CASurgeonGeneral

 @CA\_OSG

