



Office of Clinical and Preventive Services
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**NATIONAL
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SERVICES**

CONFERENCE



Maternal Child Health: A Holistic Approach

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Disclosures

Conflict of Interest and Financial Relationship
Disclosures: None

Objectives

- Discuss the importance of maternal and child health
- Acquaint you with information and practical tips that you can use to improve the health and well-being of your family, tribe and community - both current and future generations



Introduction

- There are Prenatal/Delivery/Postnatal implications for health for both mother and child
- Well baby/child visits are opportunities to educate
- Emotional warmth and ongoing presence of an adult is essential for children; other adult(s) can fulfill this if mother is not available or capable



Fetal outcome is directly related to the well being of the mother

Advanced Life Support in Obstetrics



Ways to improve Maternal Outcomes

Optimize health prior to pregnancy

- Appropriate weight before pregnancy
- Control of chronic conditions such as diabetes, hypertension and asthma
- Address substance use (smoking, alcohol use, drug use), availability of MAT
- Address intimate partner violence and depression

Optimize health during pregnancy

- Appropriate weight gain during pregnancy
- Address socio-economic hardships
- Access to appropriate level of care
- Universal screening (to include HIV, HCV, Hep B, opioid use disorder)

Optimize delivery

- Access to appropriate level of care
- Expand Alliance for Innovation on Maternal Health (AIM) bundle use
- Providing Advanced Life Support in Obstetrics (ALSO) training to IHS, Tribal and Urban programs (to include ERs)
- Explore use of simulation to maintain readiness for obstetric emergencies in low-volume areas

Provide support after delivery

- Infant bonding and breastfeeding support
- Infant safe sleep to reduce SIDS
- Early Child home visits
- Bright Futures guidelines
- Depression Screening
- Follow up health appointments for mothers

Baby's First Protection - Breastmilk

- Benefits For Baby
 - Decreased rate of common childhood infections, such as ear infections and diarrhea
 - Decreased rates of childhood obesity
 - Decreased risk of Sudden Infant Death Syndrome (SIDS)
 - Reduced risk of childhood inflammatory bowel disease and allergic conditions
 - Up to 30% reduction in the risk of Type 1 diabetes, 40% reduction in risk of Type 2
 - Reduction in risk of leukemia
 - Reduced risk of NEC in preterm infants
 - Improved neurodevelopmental outcome

*Contraindications—Infants with classic Galactosemia, Mothers with HIV, active TB, an HSV lesion on breast or on certain medications

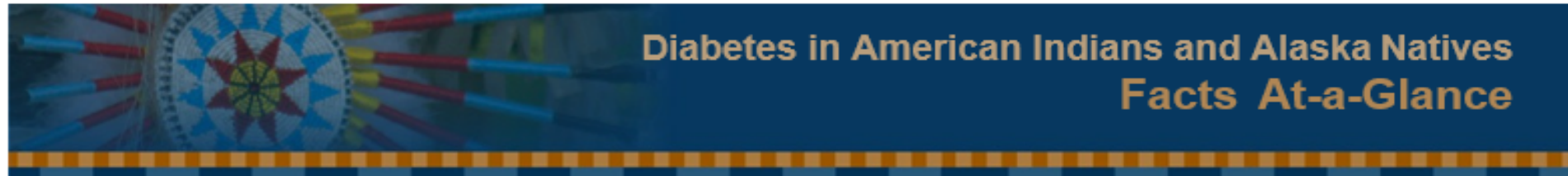
Breastfeeding - it's not just good for babies

- Benefits for Mom
 - Decreased postpartum bleeding and more rapid uterine involution
 - Maternal fulfillment, Lower risk of postpartum depression
 - Increased postpartum weight loss
 - Decreased unintended pregnancy
 - Decreased rates of ovarian and breast cancer
 - Decreased rates of hypertension, hyperlipidemia, diabetes, and cardiovascular disease
- Benefits for Both
 - AAP recommendation as sole source for about 6 months and thereafter **as long as mutually desired**
 - *Decreased duration associated with maternal smoking (decreased milk production) and maternal obesity (delayed production of milk, practical difficulties with latch and positioning)*
 - Increased bonding between mother and infant
 - Less expensive, simpler, more convenient
 - Less missed time at work/play due to illness or disease

A little bit about a big issue

- In 2015, the prevalence in the American Indian and Alaska Native population ages 2-19 of overweight children was 18.5% and obese children was 29.7%; both were both higher than US children overall.
- Children ages 12-19 had a higher prevalence of overweight and obesity than younger children.

...leading to bigger problems



Diabetes in American Indians and Alaska Natives

9 times higher	Likelihood of American Indian and Alaska Native youth aged 10-19 to have diagnosed type 2 diabetes compared to non-Hispanic whites (1.74 per 1000 vs. 0.19 per 1000; 2001). Source: SEARCH for Diabetes in Youth Study (http://www.ncbi.nlm.nih.gov/pubmed/17015542)
110	Percent increase in diagnosed diabetes from 1990 to 2009 in American Indian and Alaska Native youth aged 15-19 years (3.24 vs. 6.81 per 1000). Source: IHS Division of Diabetes Statistics (unpublished analysis)



Broccoli Trees – Eating Well and Avoiding Food Battles



- Family Meals
- Who buys the food in the home? What do your local stores offer?
- Is your community a food desert or food swamp?
- Limit processed foods, shop the perimeter
- As close to natural as possible
 - 5 Servings of Fruits and Vegetables
 - 2 or fewer hours of Screen time
 - 1 Hour of exercise/day
 - 0 Sugar sweetened drinks

Protect your children



- Injury Prevention
 - Car Seats (are they going home from the hospital in car seats? Properly installed?) , Seat Belts, non-impaired drivers.
 - Gun Safety
 - Medication Safety
 - Sleep safety (co-sleeping?, availability of boxes/cribs)
 - Safe Playgrounds
 - Protection from predators
 - Protective gear for biking, skateboarding etc.
- Secondhand Smoke
 - SIDS
 - Ear infections
 - Asthma
 - Respiratory Infections

Preventable diseases

- AI/AN populations are more likely to have **flu** complications than other populations
- AI/AN vaccination rates are the highest in the nation for **HPV**, preventing cancer in our future
- **Hepatitis B** was endemic in Alaska until tremendous success with vaccinations

Percent of reported cases of laboratory-confirmed, chronic hepatitis B virus (HBV) infection, 2013-2016 (Adults)

American Indian/Alaska Native

0.3%

Non-Hispanic White

13.5%

American Indian/Alaska Native / White Ratio

0.02



Far more than just a skinned knee....

- Some causes of childhood trauma:
 - Poverty
 - Divorce or separation of parent or guardian
 - Violence
 - Living with a parent with alcohol or drug-use problem
- **Adverse childhood experiences can have lasting negative impact. Lessen the impact, protect children from exposure when possible**



It's Playtime!

- Free, unstructured play in a safe environment is necessary for children so they can develop cognition, communication, problem-solving, social and leadership skills
- Simple inexpensive toys (blocks, dolls, balls, jump ropes) are often more effective than expensive toys
- Support play in your schools and communities in a safe environment
- Support safe walking paths to schools/parks/stores
- *don't forget the helmets and other protective equipment

Reading



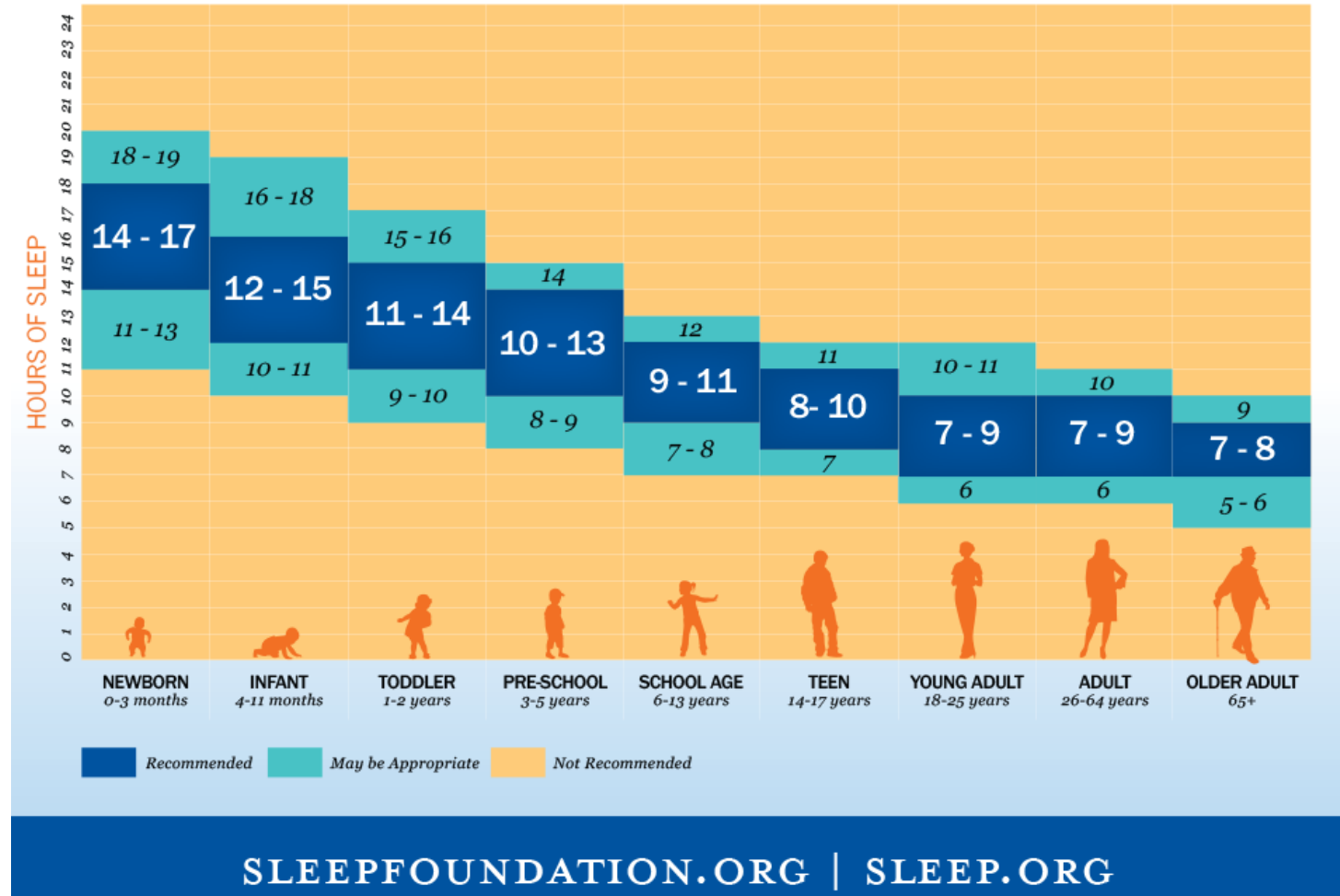
where great stories begin™



Good Night Moon

Understanding sleep needs and the importance of routines

SLEEP DURATION RECOMMENDATIONS



PRACTICAL TIPS

- The importance of good role models – children are watching
<https://www.youtube.com/embed/brWPohOSF8I>
- “I’m having difficulty deciding which one of you is two”
- Do you want to wear the red socks or the blue socks?
- “You did it!” Find the good stuff
- Hug until they let go
- Find healthy ways to decrease stress



Healthy Moms, Healthy Babies, Healthy Children, Healthy Families, Healthy Communities, Healthy Moms....

- Continue the great work you are doing, leverage available resources, clinical and community programs
- Have systems in place for both prevention, health promotion, education and screening and for acute, urgent and emergency care
- Positive role models
- Focus and energy goes to where attention is paid
- Remove or decrease stressors
- Promote healthy family interactions

Contact Information



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