



December 19, 2023

## Health Commission Presentation

Maternal, Child, and Adolescent Health (MCAH)

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**SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH**  
MATERNAL, CHILD & ADOLESCENT HEALTH SECTION

Maternal, Child & Adolescent Health

**mcah**



Maternal, Child, and  
Adolescent Health (MCAH)

## MCAH program updates: Outline of today's presentation

- **Home Visiting**
- **Preterm Birth Chart Review  
Epidemiology Work**
- **Family & Children Services –  
PHN Unit**
- **Child Health Disability Program**

## Maternal, Child, and Adolescent Health



## All Home Visiting Programs

- Provide 1:1 Public Health Nurse (PHN) visits in client homes and in the community
- Serve low-income families, most of whom experience food insecurity and have a history of trauma, many have a history of untreated mental health issues, and many are marginally housed or unhoused
- PHNs provide clinical assessments, intensive case management and collaboration with other providers
- Provide education on health promotion, child development, parental role development, etc.
- Provide relationship-based care: trusting relationships are key to health promotion and change, especially in historically marginalized communities

# Nurse-Family Partnership (NFP)

- Evidence-based, Public Health Nurse-led community health program with 45 years of evidence showing improved health, social and economic outcomes for families and children
- Federal funding granted through CDPH
- Enrollment of first-time pregnant people by 3<sup>rd</sup> trimester, work with Public Health Nurse through the baby's 2<sup>nd</sup> birthday
- Fiscal Year 2023: 314 families served, 2559 visits.

48% Less likely to suffer child abuse and neglect<sup>1</sup>

56% Reduction in ER visits for accidents and poisonings<sup>6</sup>

67% Less likely to experience behavioral and intellectual problems at age 6<sup>2</sup>

72% Fewer convictions of Mothers (measured when child is 15)<sup>1</sup>

35% Fewer hypertensive disorders of pregnancy<sup>4</sup>

82% Increase in months employed<sup>3</sup>

**Data source:** Karoly, L., Kilburn, M. R., Cannon, J. Proven results, future promise. RAND Corporation 2005. 2. Olds, D.L., et al. (1997).

## Maternal, Child, and Adolescent Health



## Field Public Health Nursing

- Team is piloting a trauma-informed model based on Adverse Childhood Experiences (ACEs) research with the goal of optimizing health among enrolled clients by encouraging resilience and mitigating toxic stress
- Pilot is a collaboration with Sonoma and Napa Counties, funded by CDPH, evaluation by UCSF School of Nursing
- Enrollment is preferable during pregnancy, can also be postpartum
- PHN works with client until mutually agreed goals are achieved, usually 6 -12 months postpartum
- Fiscal Year 2023: 793 families served, 3233 visits

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## Perinatal Stabilization Program

- Community/street based Public Health Nursing care providing clinical assessments, linkages, navigation and support to pregnant people impacted by homelessness, substance use, and mental illness
- Care includes health assessment, promotion, and education
- Postpartum mother/baby home visits also in residential treatment programs
- Care provided until wellness goals met (typically 6-12 months postpartum)
- FY 2023: 168 clients served, 464 encounters
- Of enrolled clients, all delivered in hospital and there were no cases of congenital syphilis

## Maternal, Child, and Adolescent Health



NFP graduate speaks at the Opening of City Gardens Apartments

## Home Visiting Barriers and Successes

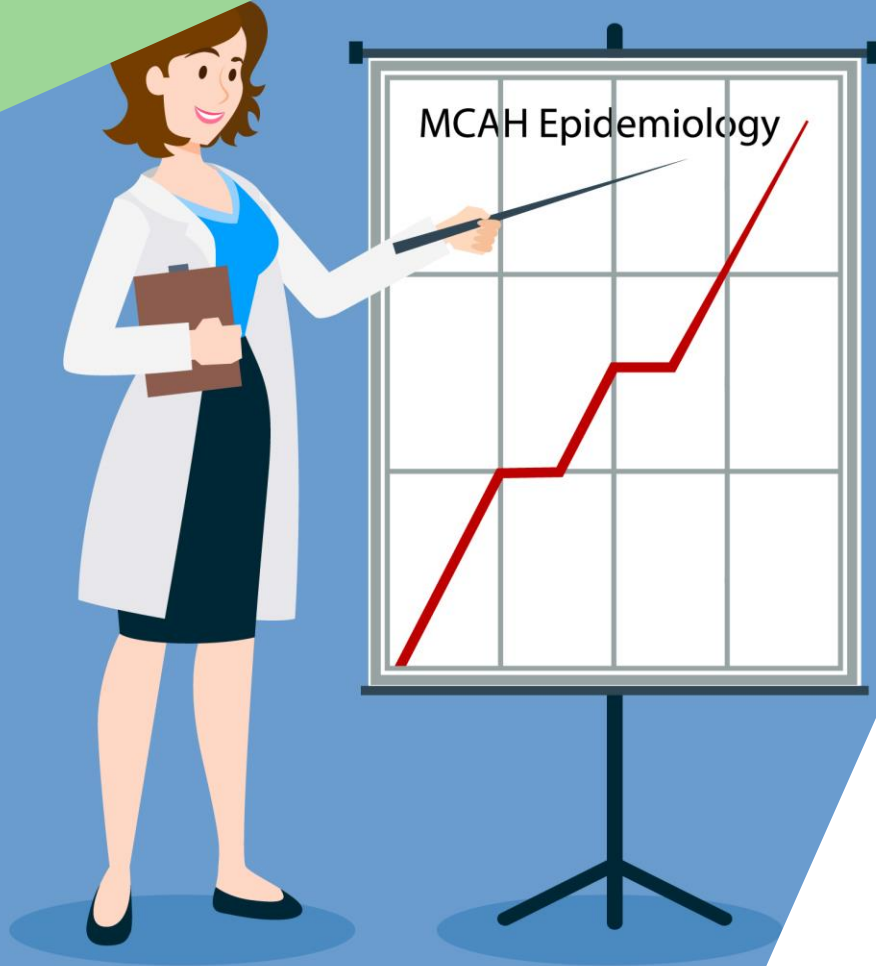
### Barriers:

- Housing
- Food insecurity
- Untreated mental health issues
- Strong need for our services and long wait list

### Successes:

- Connecting clients to community services including housing, food, medical care, depression screening

# Maternal, Child, and Adolescent Health



## Goals for MCAH Epidemiology

### Inform evidence-base action:

- Identify health problems
- Identify risk factors
- Programs that improve health

### Focus on Social-determinants of Health



# Maternal, Child, and Adolescent Health



## Preterm Birth Review- New Data Infrastructure

### Preterm birth:

#### **Launching new Preterm Birth Review (PTBR) data collection**

- Rolling out to all San Francisco birthing hospitals
- Inviting all people who deliver preterm to talk with MCAH PHN about their experience, take a survey about resources needed & accessed during pregnancy, and share information from the medical record

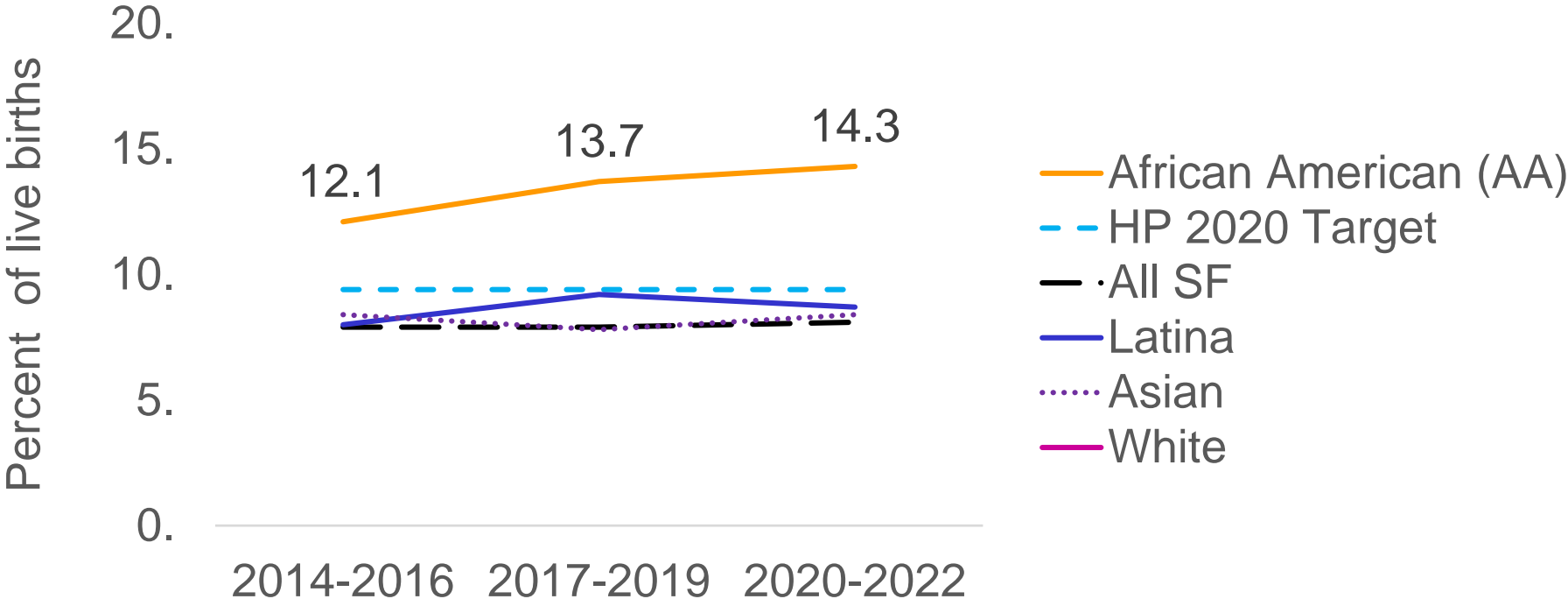
#### **Preterm birth data now on SFGov:**

<https://sf.gov/resource/2023/preterm-birth-data>

- Trends
- Disparities
- Maps
- Downloadable Data Summary
- Conceptual framework for program planners

# Headline Indicators We Aim to Change

## Preterm Birth (3-year rate)



Data source: CDPH VRBIS Data analyzed by SFDPH MCAH Epidemiology

## Maternal, Child, and Adolescent Health



## Developing a new Data Infrastructure

**New non-invasive ways to track nutrition and chronic health:**

### **New saliva insulin monitoring of pre-diabetes and caries risk**

- Randomized trial completed (Clinical Trial NCT05211843)
- Detected high saliva insulin in children ages 5-10 years in San Francisco
- Determined that drinking water instead of apple juice or no drink reduces saliva insulin in children ages 5-10 years

### **Veggie meter tracking to index change in fruit and vegetables**

- Non-invasive biomarker of usual carotenoid vitamins in the diet
- Tool for improving diet for people who cannot self-report diet (including infants, young children, non-English speakers)

## Maternal, Child, and Adolescent Health



## Family & Children Services Public Health Nursing Unit

### Success:

- Increased Medical compliance for foster youth who received timely medical exams: current FY23-24 **79%** compared to FY22-23, 69.6%. {California overall percentage FY22-23 66%}.
- Increased Dental compliance for foster youth who received timely dental exams: current FY23-24 **68%** compared to FY22-23, 59.4%. {California overall percentage FY22-23 59.5%}.
- During Quarter 1, SafeCare PHN's completed 62 home visits. SafeCare is an evidence-based in-home behavioral parenting program.
- This fiscal year, we have collaborated with community partners and health plans to strategize ways to implement new CalAIM benefits for foster youth.

### Future Plans:

- We have since met with FCS leadership who have agreed to a pilot project to connect our transitional aged youth to Enhanced Care Management starting 2024.

# Child Health Disability Program Medical Director: Addressing shortage of early childhood speech and language services for children on Medi-Cal.

**BACKGROUND: Long-standing shortage of speech and language services for children under 3 on Medi-Cal, worse post-pandemic.**

- Only 9 FTE in pediatric speech and language pathologists (SLPs) in SF who accept Medi-Cal.
- Only children with Kaiser have access to long-term speech therapy. All other Medi-Cal providers now limit visits to 12-36 sessions.
- Inadequate capacity; long wait times; the window for early intervention missed.
- SFHP has 4,200 enrollees between 9-35 months old, but billed for only 100 speech and language evaluations and 335 therapy visits for this age group last year. Only 12% of speech therapy billed to SFHP last year was for children under 3. 31% was for children 3-5, and 57% was for children ages 6 and up.

# THANK YOU

Aline Armstrong, MCAH Director

