Selecting Interventions

Three areas of focus were selected for interventions that were found in the research literature to address as many of the identified risk factors as possible. Subcommittees were formed from Getting to 1 to address each of these three areas specifically:

- Preconception Care/Reproductive Life Planning
- Safe Sleep
- Racism as a Social Determinant of Health

Assessing the Data

Lucas County is the largest county in Northwest Ohio (340.4 square miles) with a population of 436,393.

Toledo is the largest city (282,313) in the county, making up 65% of the county’s population.

Community data assessment including a Perinatal Periods of Risk (PPOR) analysis identified the greatest risk factors for infant mortality in Toledo-Lucas County:

- Parents not married at time of baby’s birth (SES, social support)
- Birth spacing less than 18 months
- Hypertension before or during pregnancy (includes eclampsia)
- Smoking before or during pregnancy
- Unsafe sleep environments
- Having a previous preterm birth

Toledo, Ohio Facts:

- Percent Below Poverty Level:
  - Toledo: 27.2%
  - Ohio: 15.8%
- Percent Without High School Diploma:
  - Toledo: 15.2%
  - Ohio: 11.5%
- Median Household Income:
  - Toledo: $33,317
  - Ohio: $48,308

Anticipated Outcomes

Over the long term, Getting to 1 intends to:

- Decrease # of sleep related deaths
- Decrease in births spaced <18 months apart
- Decrease in unintended pregnancies
- Increase in deliveries ≥37 weeks gestation
- Increase in births weighing ≥2,500 grams (LBW)
- Decrease in racial disparity in pre-term birth and LBW
- Increase in # of community-based research and policy changes based on work by the Toledo-Lucas County Commission on Minority Health

How We Measure Success

Through implementation of the intervention activities, Getting to 1 expects to:

Preconception Care/Reproductive Life Planning

- Increase the use of family planning
- Increase the number of women with a reproductive life plan

Safe Sleep

- Increase knowledge and use of safe sleep practices among women participating in the Pathways program
- Increase the knowledge of safe sleep practices among training safe sleep ambassadors
- Increase the awareness of safe sleep practices among African American community members

Racism as a Social Determinant of Health

- Increase knowledge among the public and policymakers about racism as a social determinant

Project Funders

- Ohio Department of Health
- U.S. Department of Health & Human Services Health Resources Services Administration
- The CareSource Foundation
- Buckeye Health Plan
- Paramount Advantage
- United Healthcare Community Plan

How We Make an Impact

The Getting to 1 team will implement the following activities in an effort to address the issue of infant mortality and birth outcome disparities in Toledo-Lucas County:

Preconception/Reproductive Life Planning

- Implement evidenced-based preconception care Every Woman, Every Time at the Toledo-Lucas County Health Department clinics
- Develop and implement Reproductive Life Plan for all woman age 13-44 in Health Department clinics and in Pathways program
- Expand Pathways program through outreach in high risk zip codes

Safe Sleep

- Train African American community members to be safe sleep ambassadors in high risk zip codes
- Raise awareness of safe sleep practices among community members in high risk zip codes through Safe Sleep Ambassadors program
- Partner with all Lucas County Fire and EMS services to distribute safe sleep materials when they are dispatched
- Develop safe sleep training for Fire and EMS academy training program at Owens Community College

Racism as a Social Determinant of Health

- Review peer-reviewed literature related to racism as a social determinant of health
- Develop a PowerPoint presentation and YouTube-based video on racism as a social determinant of health delivered through community forums
- Reform the Toledo-Lucas County Commission on Minority Health into a body that fosters research and policy discussion on health disparities and social determinants of health
- Campaign to impact racism blanketed throughout the community to include presentations, written reports, model resolution template, social media etc.
- Speakers bureau made up of subcommittee members, and key community, media provider and other leaders willing to participate in sharing the information