



CENTER ON SOCIAL DISPARITIES IN HEALTH
University of California, San Francisco

Why we need a vastly expanded version of maternity care

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Maternity Care Symposium, Sacramento

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Why we need a vastly expanded version of maternity care

- Many pregnant women in California have serious economic/social problems
 - Women on Medi-Cal and
 - Low-income privately insured women
- These problems put their health and birth outcomes at risk
- Health care systems, payers, and providers – working with other sectors-- need to address these problems

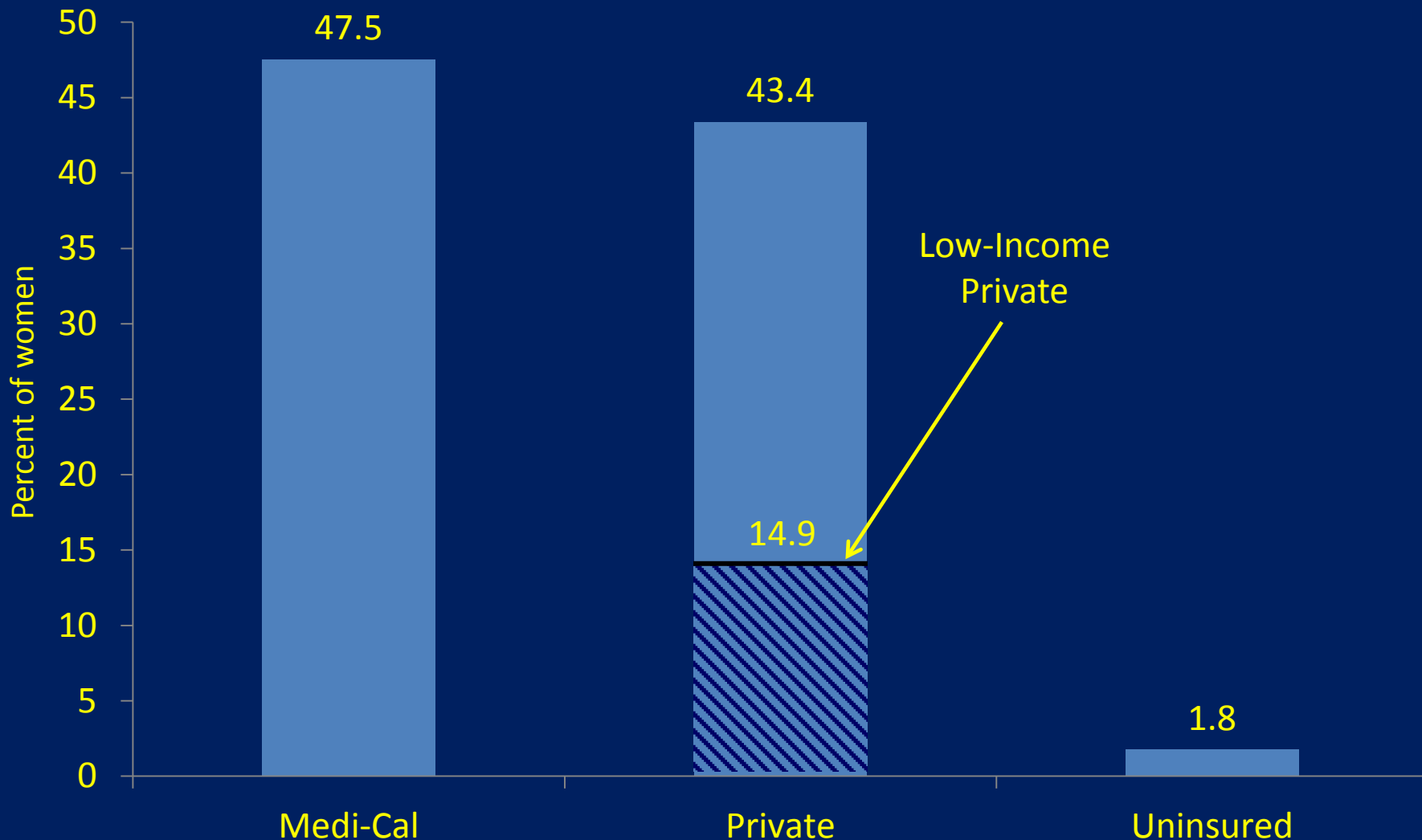


Maternal and Infant Health Assessment (MIHA)

- Annual statewide-representative mail/telephone survey of postpartum women
- Collaborative effort of California Department of Public Health, Maternal, Child, & Adolescent Health Branch (MCAH) with the Center on Social Disparities in Health, Department of Family and Community Medicine, UCSF
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 - Michael Curtis, PhD, Acting Chief, MCAH Division of Epidemiology, Assessment, and Program Development
 - Kristen Marchi, MPH, MIHA Project Director at UCSF
 - Monisha Shah, MPH, UCSF & other collaborators at MCAH and UCSF

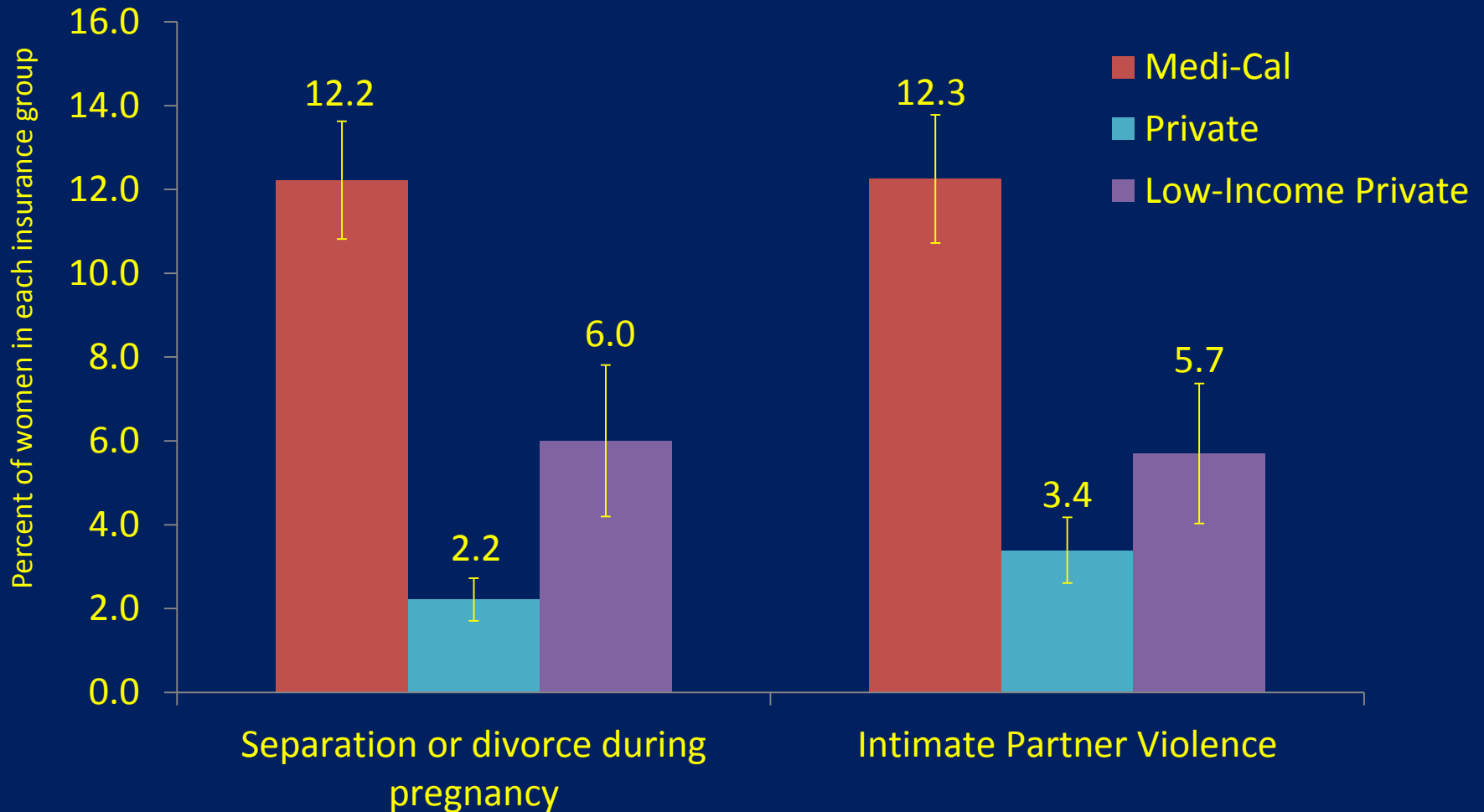


Insurance coverage for prenatal care, CA MIHA 2011-2012



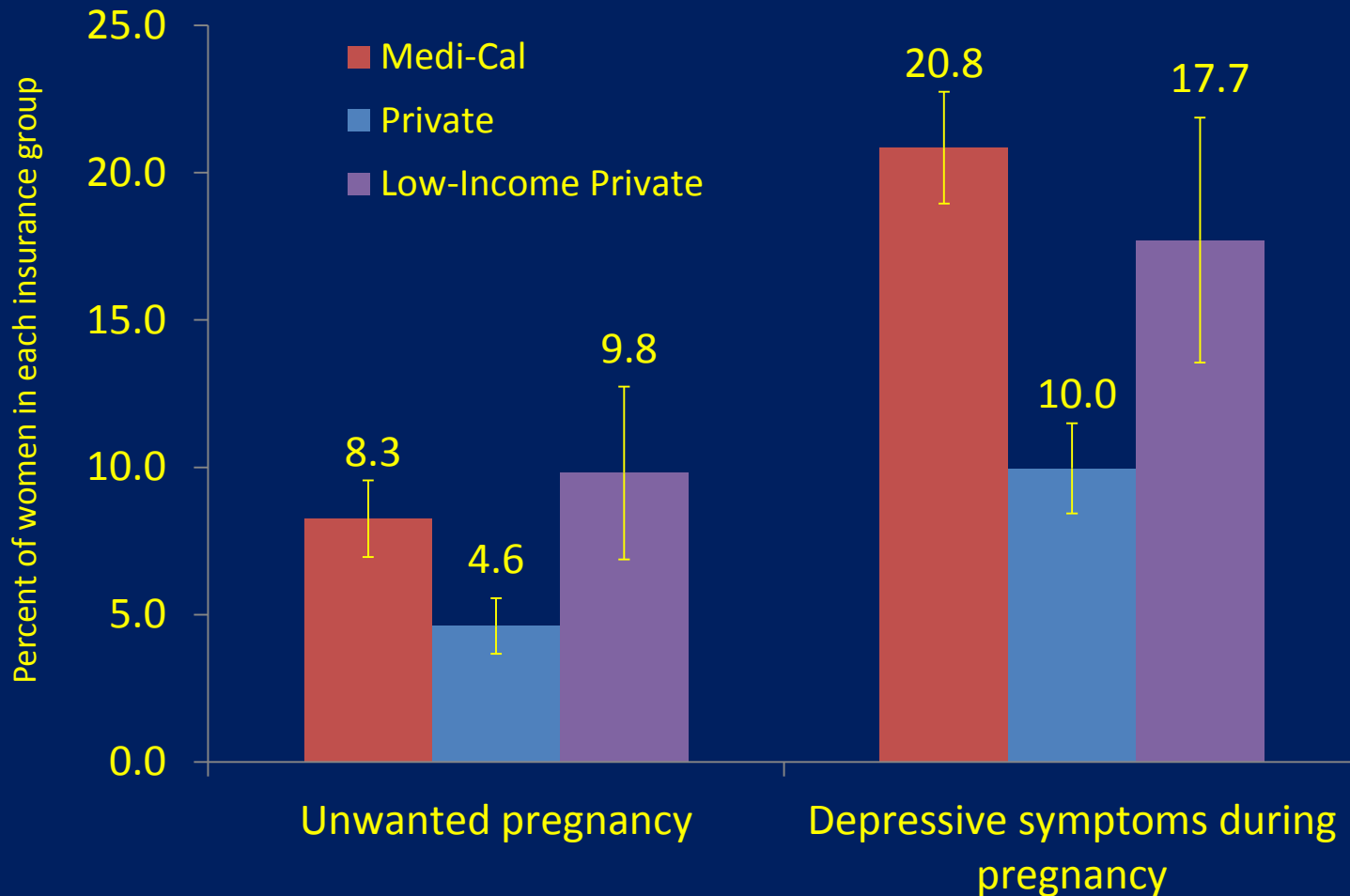


Relationship stress, CA MIHA 2011-2012



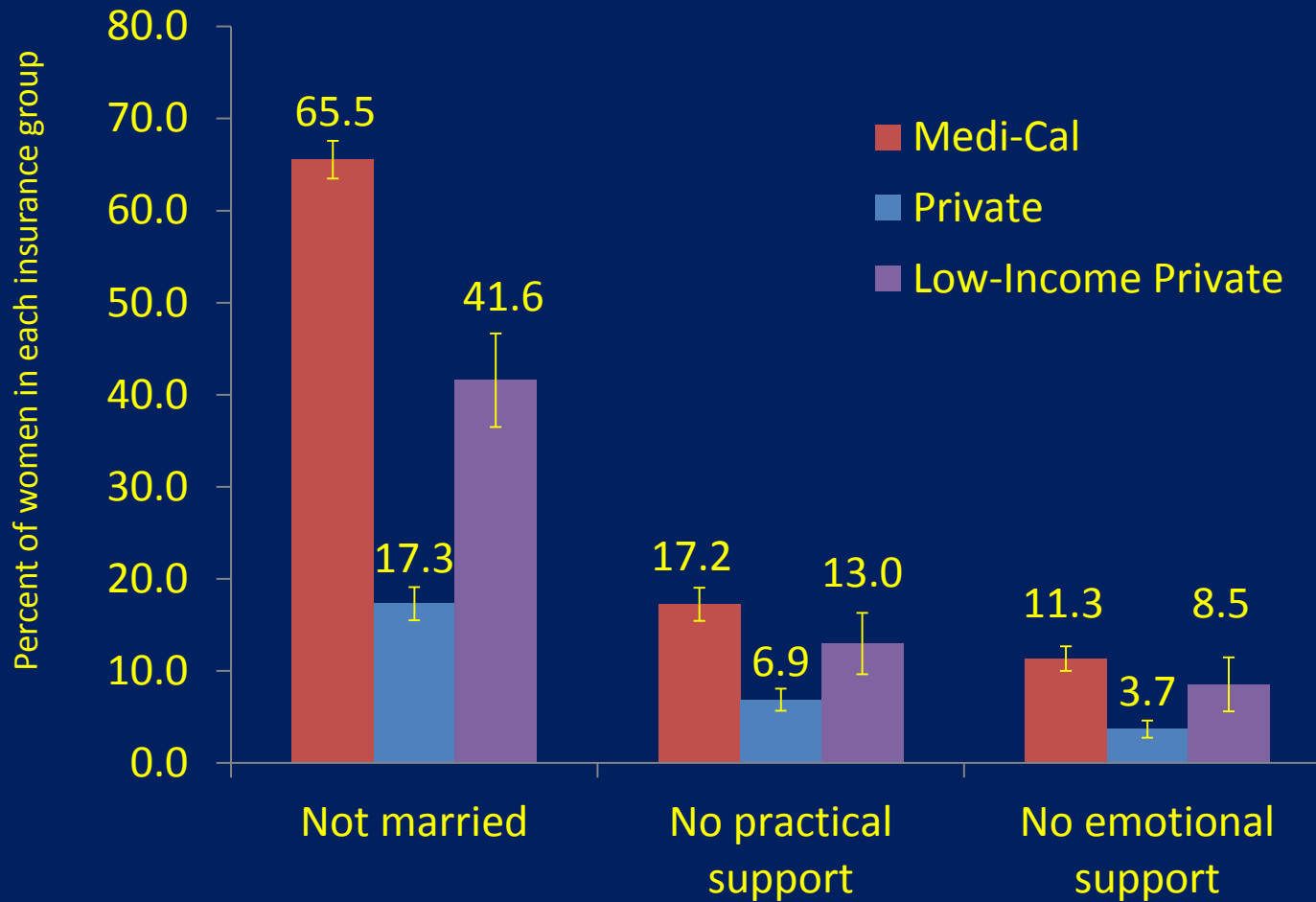


Need for counseling/assessment, CA MIHA 2011-2012

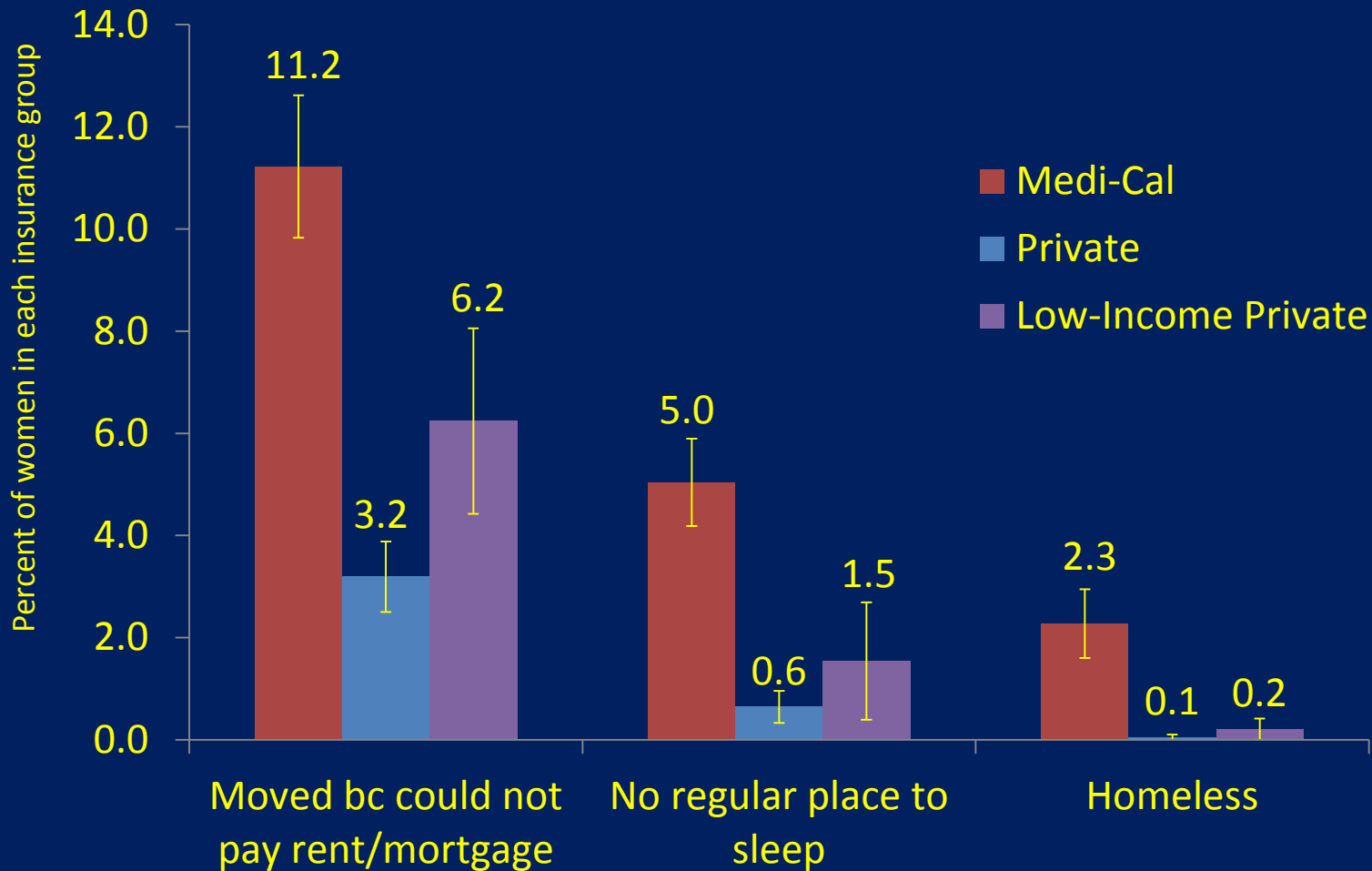




Lack of social/economic support, CA MIHA 2011-2012

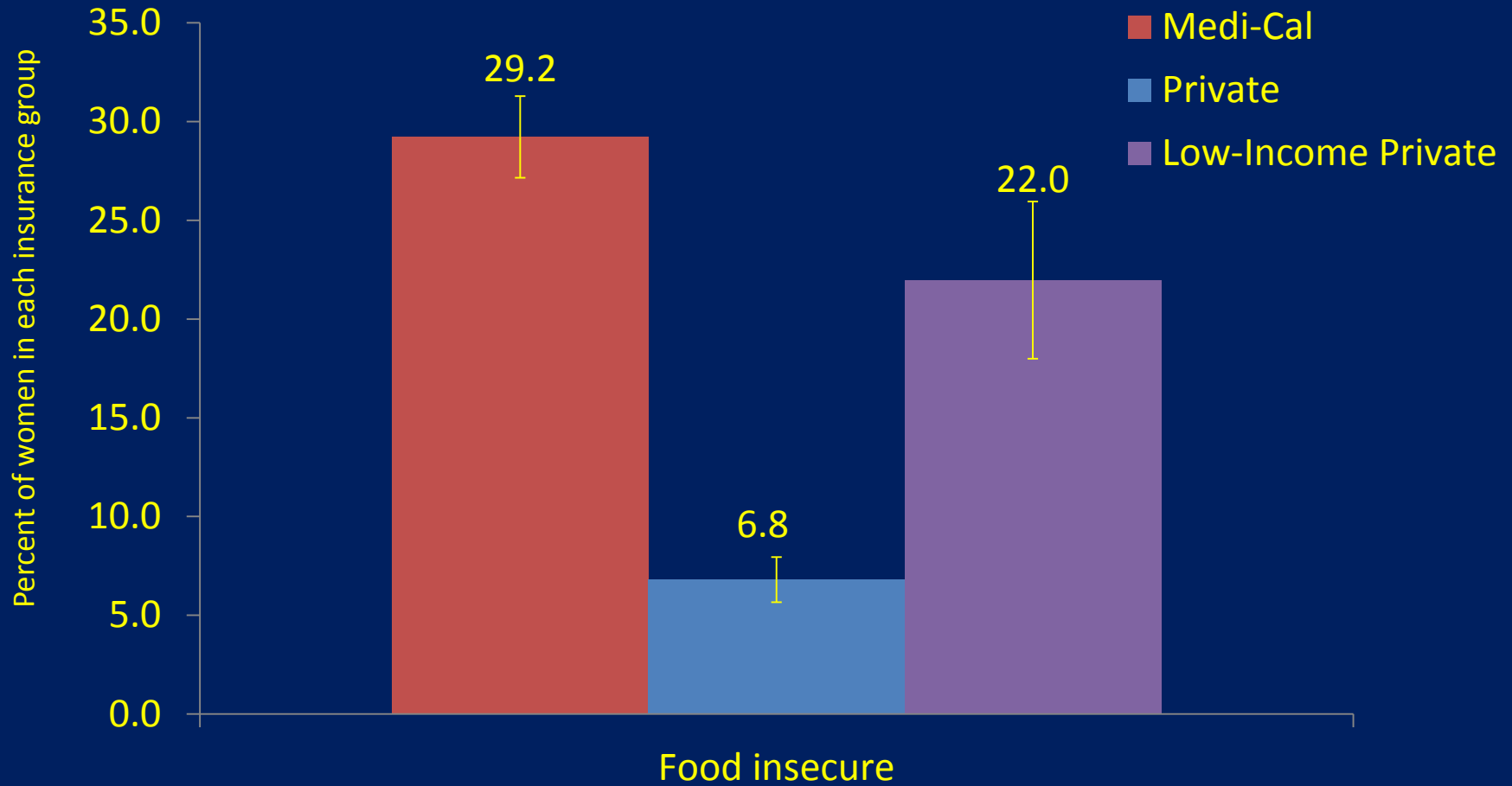


Housing problems, CA MIHA 2011-2012





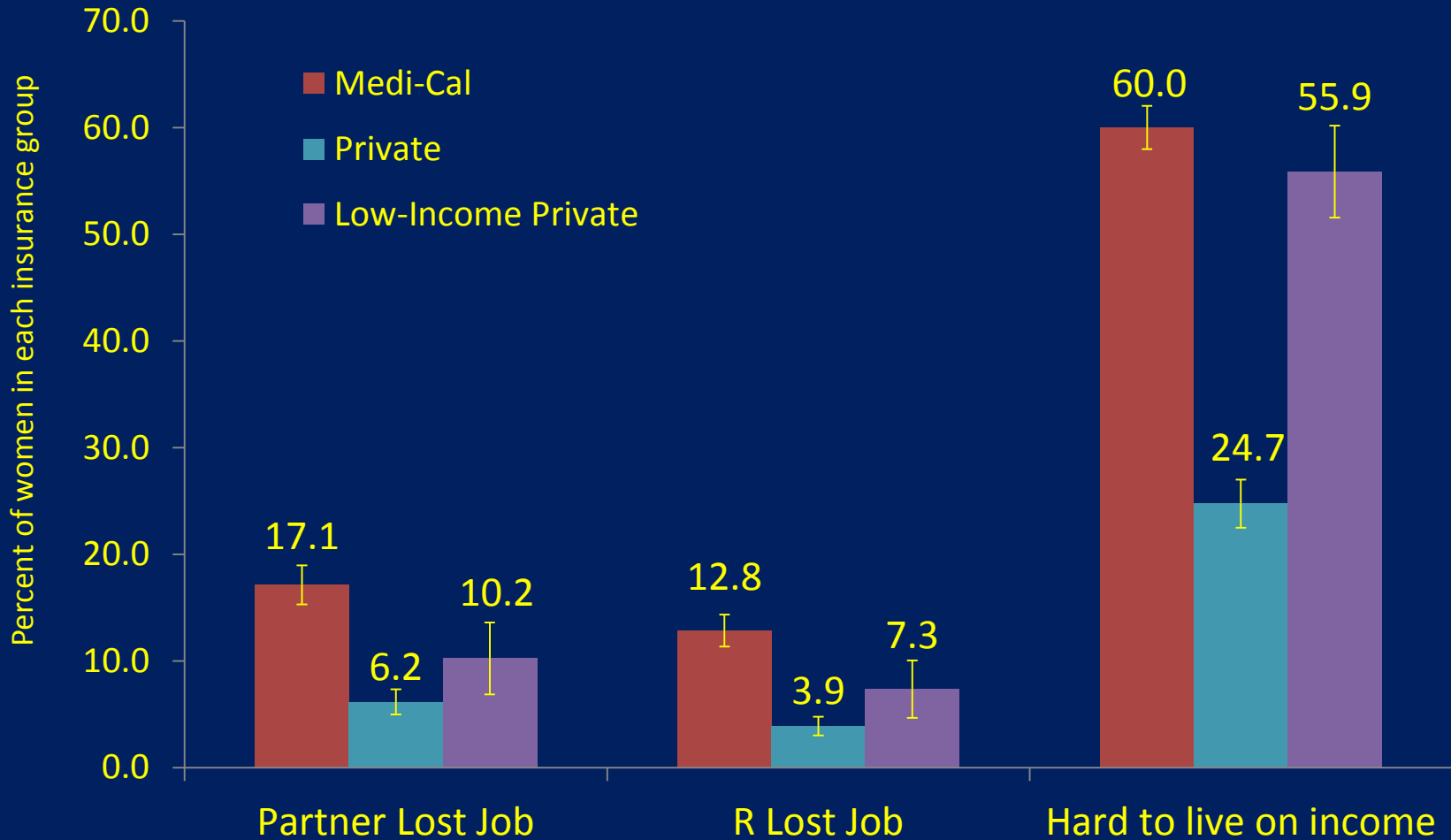
Food insecurity, CA MIHA 2011-2012





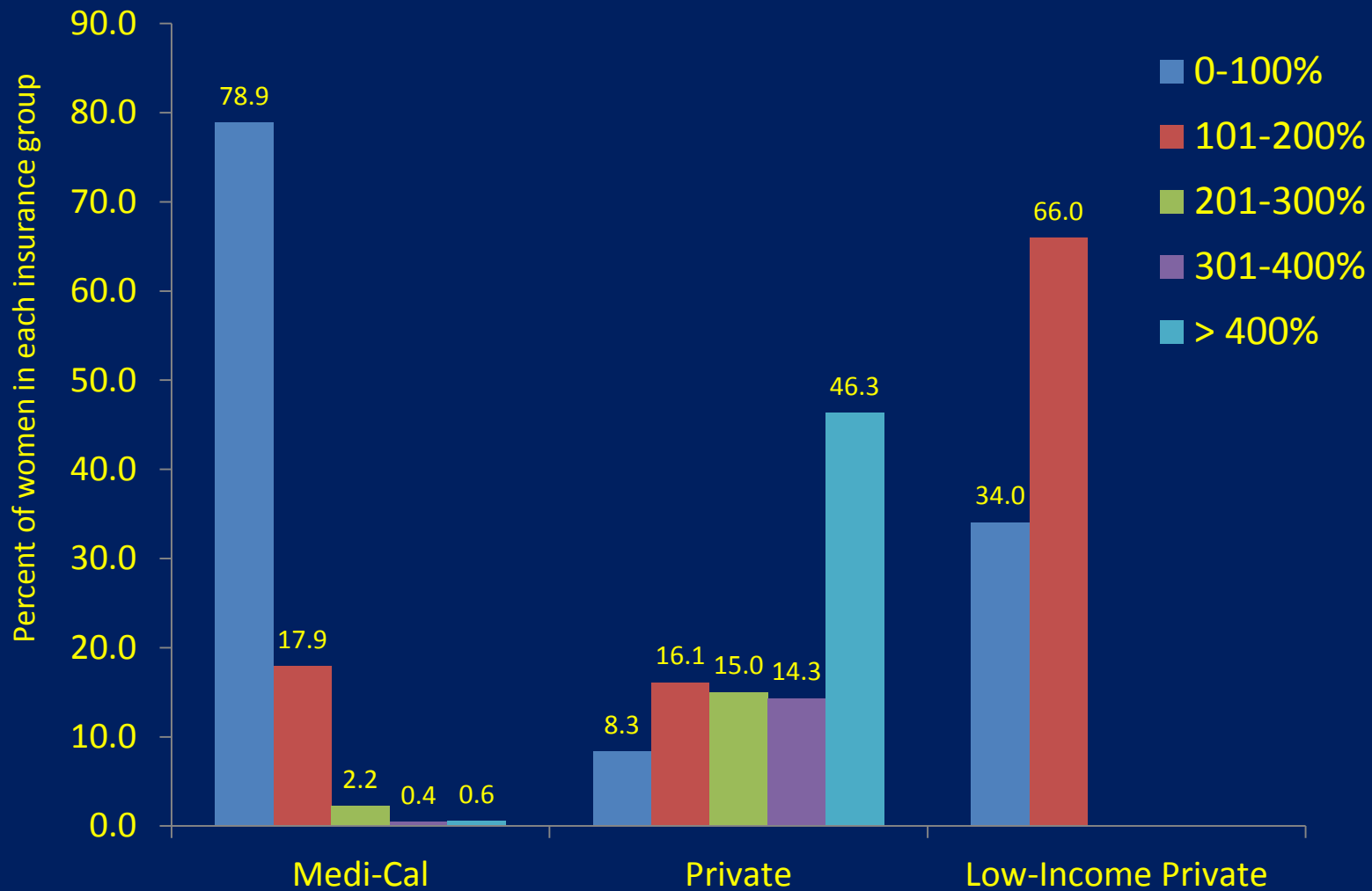
Involuntary job loss and financial strain,

CA MIHA 2011-2012





Poverty/ Near Poverty, CA MIHA 2011-2012



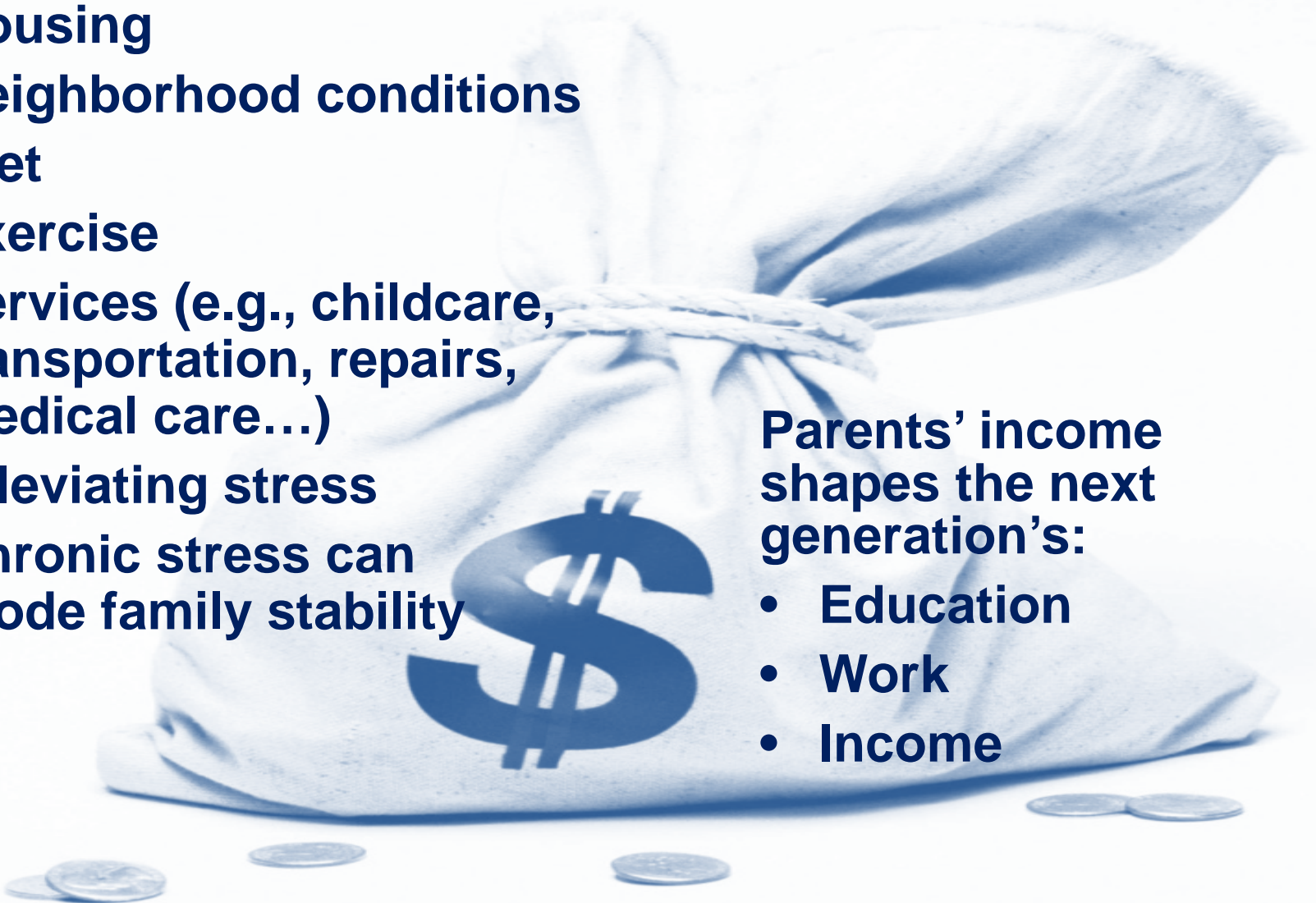
How could income affect health?

By shaping options for:

- Housing
- Neighborhood conditions
- Diet
- Exercise
- Services (e.g., childcare, transportation, repairs, medical care...)
- Alleviating stress
- Chronic stress can erode family stability

Parents' income shapes the next generation's:

- Education
- Work
- Income



Income shapes neighborhood options. How could a neighborhood affect health?

- Safe places to exercise
- Access to healthy food
- Ads for harmful substances
- Social networks & support
- Norms, role models, peer pressure
- Fear, anxiety, despair, stress
- Quality of schools
- Racial segregation tracks
Blacks & Latinos into poorer
neighborhoods than Whites



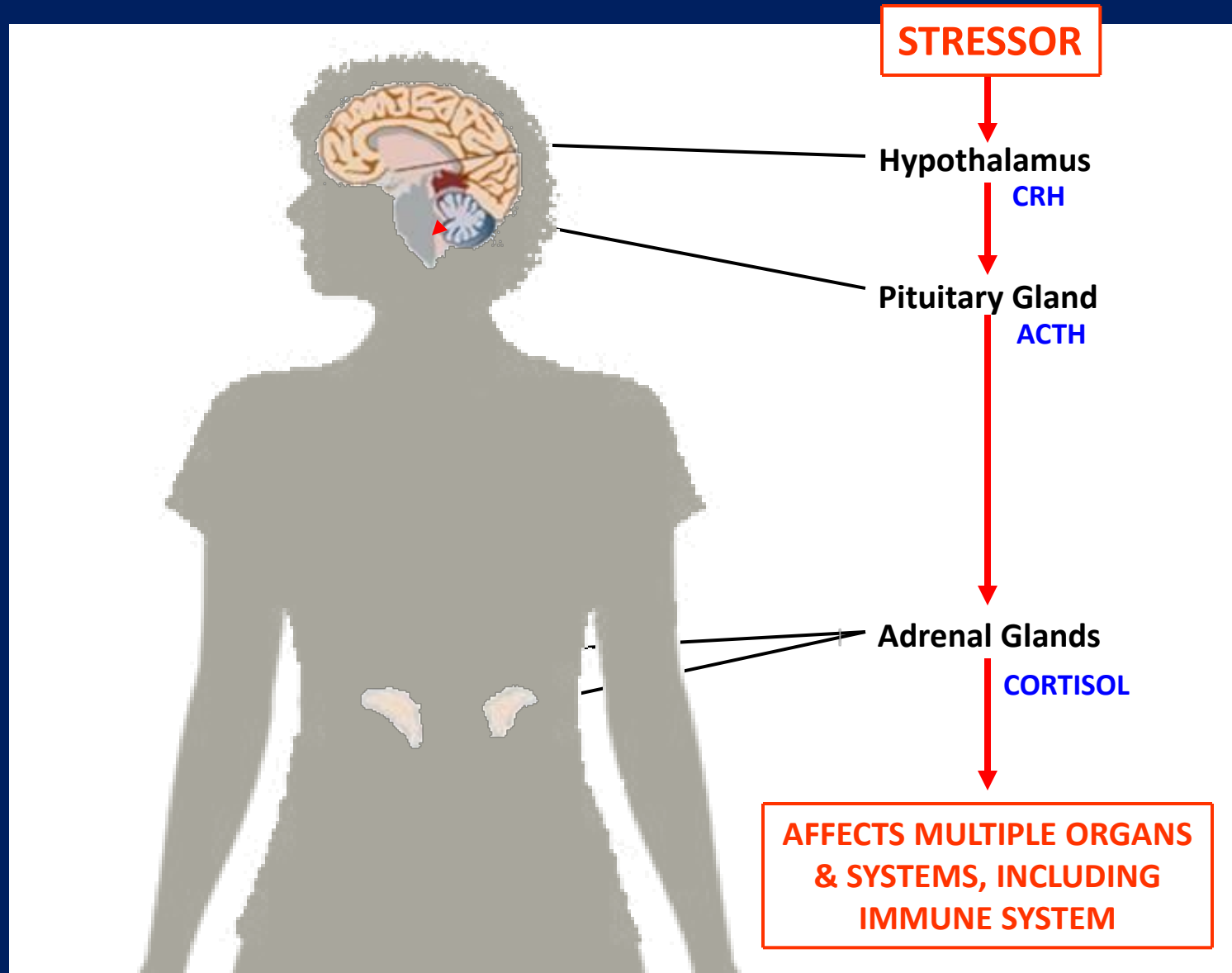
Image: <http://www.seattlemet.com/news-and-profiles/publicola/articles/some-rich-architects-mansion>.



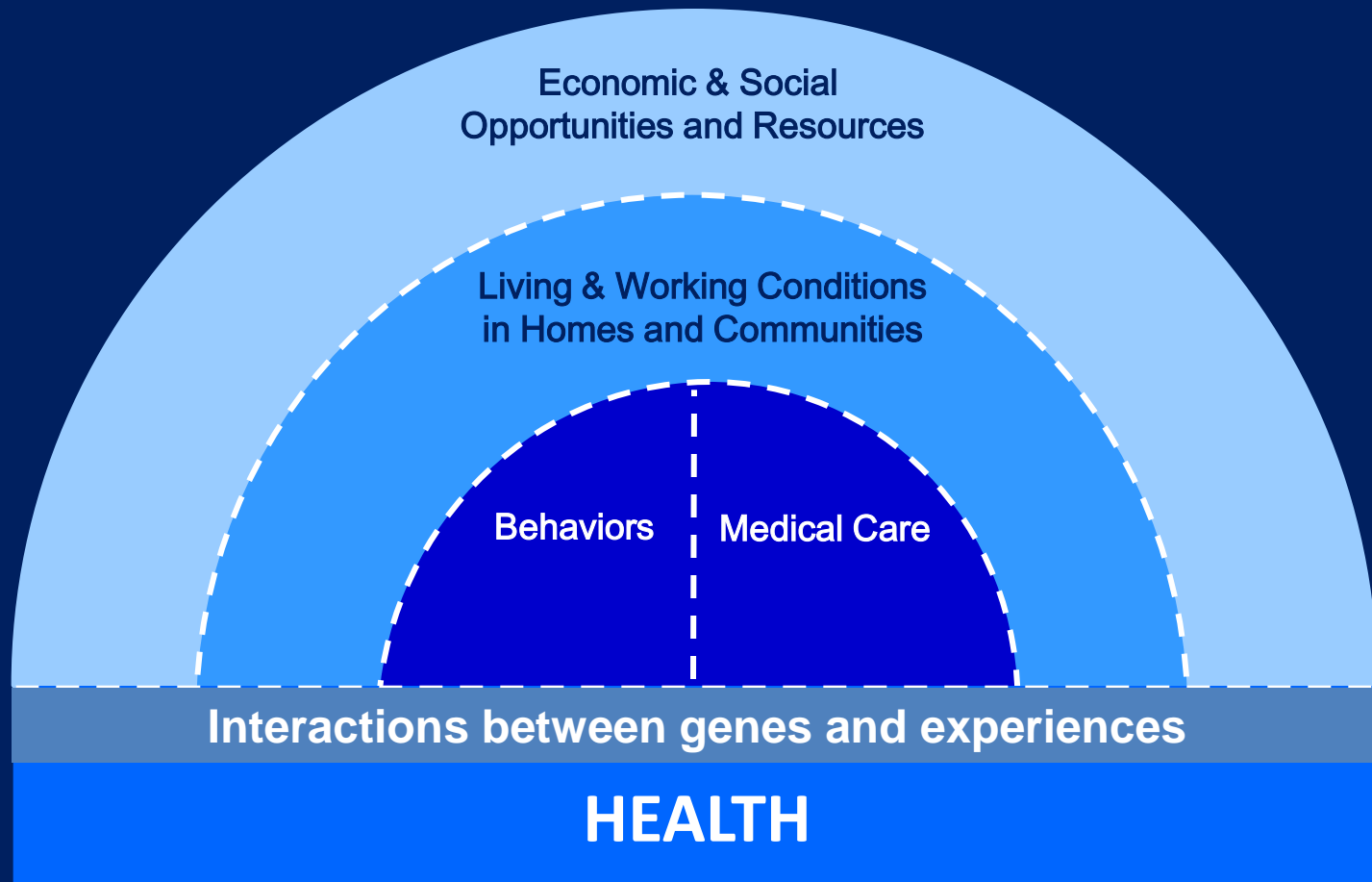
The stress-health link: biologically plausible?

- Advances in neuroscience help elucidate how social factors “get into the body”
- HPA axis, sympathetic nervous system, and immune/inflammatory mechanisms have been demonstrated as responses to stress
 - Mediators include cortisol, other stress hormones, cytokines, telomerase
- Chronic stress is a plausible and likely major contributor to both socioeconomic and racial/ethnic inequalities in health

How could stress affect health? One example



Improving maternal health by addressing the role of social factors across the life course





We need an expanded version of maternity care

- Both Medi-Cal and low-income privately insured women experience many stressors during pregnancy that cannot be addressed by traditional prenatal care
- Non-low-income privately insured women face fewer challenges and have more resources, but still experience important stressors during pregnancy
- Pregnant & postpartum women require services and supports in multiple sectors
- The health sector must reach out to other sectors and develop new models of maternity care



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Extra slide on racial/ethnic distribution, if needed



Racial/ethnic group, CA MIHA 2011-2012

