Healthy Birth Weights Update
Board of Health
January 13, 2014
COH Strategic Action 1.5

“the development and implementation of a maternal health strategy to decrease low birth weight.”
Overview

• Low Birth Weight is a problem in the City of Hamilton

• Taking Action as a Community

• Next Steps
Determinants of Health and Low Birth Weight

**LBW Risk Factors**
- Low Income
- Smoking
- Stress
- Mom Age <20 or >35
- Poor Nutrition
- Drugs; Alcohol
- Low Education
- Fetal Growth Restriction

**LBW Impacts**
- Higher costs and risk at birth
- Risk of long-term chronic health problems
- Impaired brain and physical development
### Low Birth Weight in Hamilton

<table>
<thead>
<tr>
<th>FSA</th>
<th>LBW</th>
<th>Low Income</th>
<th>Smoking during preg.</th>
<th>Age &lt;20</th>
<th>No Prenatal in 1st Tri (1st time moms)</th>
<th>No prenatal classes (1st time moms)</th>
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Smoking in pregnancy

In certain areas of Hamilton, 30-40% of pregnant women smoke!

And have 2x the risk of delivering LBW.

More than 900 women smoke during pregnancy every year in Hamilton.
Teen births in Hamilton

Teen moms twice as likely to deliver LBW.

Teen moms more than 2x likely to smoke.

More than 250 babies are born to teen mothers every year in Hamilton.
Hamilton's Neighbourhood Development Strategy
Boundaries of selected neighbourhoods

Map prepared by:
SPRC
SOCIAL PLANNING & RESEARCH COUNCIL OF HAMILTON

With support from:

(November 2011)
Taking Action as a Community: The Healthy Birth Weights Coalition

Strengthening Our Community by Supporting Healthy Lives and Healthy Relationships for Moms, Babies, and Neighbourhoods
Approach

Research-based
- Baseline of best practices
- Improve existing programs
- Both universal and targeted programs

Community-Driven
- Neighbourhood Development Strategy
- Address barriers
- Community Strengths
- Residents’ Stories
Rebecca’s Story
Target Priorities

- Improve Collaboration
- Strengthen System

Target Risk:
- Smoking
- Teen Pregnancy
- Education & Supports

- Teen Pregnancy Prevention
- Best Possible Care during Pregnancy
3 Action Strategies

1. Care Pathway for Young Parents

2. Professional Education

3. Smoking Cessation Supports
Care Pathway
Pro Ed
Smoking Cessation
Best Possible Care
Teen Pregnancy Prevention

Improve Collaboration
Strengthen System
Target Risk: Smoking, Teen Pregnancy, Education and Supports
Reduce LBW Risk

Care
Prof Ed
Smoking Cessation
Best Possible Care
Teen Pregnancy Prevention

Improve
Target Risk: Smoking, Teen Pregnancy, Education and Supports
Reduce LBW Risk
Enhancing PHS Services

Quit Smoking Clinic
- Intensive supports for pregnant and postpartum women
- Improved referral process
- Quit aids (gum, patch, incentives)

Canadian Prenatal Nutrition Project
- Shown to reduce LBW, smoking, alcohol abuse; increase breastfeeding
- Working with community partners to improve access
Next Steps

• Collaboration
• Action Plans
• Youth-driven strategy
• Monitor best practices
• Review teen pregnancy prevention activities