

The Healthy Start Coalition of Brevard County is a local, non-profit, 501(c)(3) organization that works to make sure that all moms and babies have the services they need to begin healthy lives together.

The Healthy Start program provides pregnant moms, newborns and families with children up to age 3 with education, support and resources they need to have a healthy pregnancy and a healthy baby. The goal of Healthy Start is to reduce infant mortality, reduce the number of low birth weight babies and improve health and developmental outcomes of all Florida's babies.

Healthy Start services are available to all pregnant women and mothers of newborns and is not based on income or insurance, but is based solely on risk factors that may be present during pregnancy or at the birth of the baby.



SUBSTANCE MISUSE RESOURCES HIGHLIGHT

Please contact the Healthy Start Coalition of Brevard County at (321) 634-6101 if you would like any of the three substance misuse resource materials for your office.

Drugs & Pregnancy Dangers Of Opioids, Alcohol, & Other Drugs

Emphasizing the risk to both pregnant women and their babies, this tabbed guide explains that abusing opioids, alcohol, or other drugs during pregnancy contributes to short- and long-term health effects and can lead to unsafe decisions.

Drug Addiction Treatment The Path To Successful Recovery

This guide explains the benefits and effectiveness of drug addiction treatment. The guide discusses what addiction is and how it affects individuals and their loved ones; shows how treatment can help and what recovery looks like; and describes treatment methods.

Co-Occurring Disorders Mental Illness and Substance Abuse

Serious mental illness and drug or alcohol abuse often go hand-in-hand. This eye-opening guide includes an overview of co-occurring disorders, how they develop, treatment options, and self-help tips. Also provides advice on assisting a loved one, and sources of additional information.



What is Community Connect?



We connect pregnant women and families to community resources and local home visiting programs that help ensure a healthy start in life.

Community Connect is a Healthy Start program that provides a one-stop entry point for needed services. Community Connect contacts, assesses, provides information, and makes referrals to home visiting programs and other community services. Eligibility for Community Connect begins when a pregnant woman or infant is screened and referred by their health care provider or hospital through the prenatal and infant risk screens.

Services & Resources may include:

- Childbirth education
- Newborn care instruction
- Breastfeeding education & support
- Child development education
- Parenting education & support
- Help to quit smoking
- Nutritional education
- School readiness
- Family planning education
- Car seat safety
- Infant safety
- Counseling services
- Home visiting programs: Healthy Families & Healthy Start

Community Connect
321-634-6101

Postpartum Discharge and Florida's Pregnancy-Related Deaths: Are These Deaths Preventable?

Thank you to the Florida Department of Health and the Florida Maternal Mortality Review Committee for providing the data. This article and data was taken from <https://health.usf.edu/>.

Attached to this newsletter is a full copy of the 2 page article.
Article found here: <https://health.usf.edu/-/media/Files/Public-Health/Chiles-Center/FPQC/PACC-General-One-Pager-Maternal-Mortality.ashx>

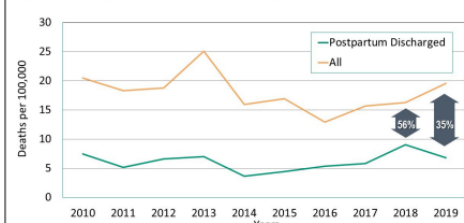


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Email FPQC@usf.edu for more information

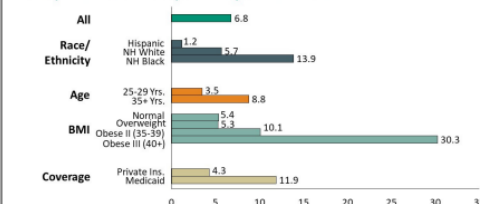
Florida's pregnancy-related mortality rate is again slowly increasing after a multi-year decrease (see Figure 1). Pregnancy related deaths are deaths of women during pregnancy and up to a year afterward due to pregnancy complications or conditions initiated or exacerbated by pregnancy. Recently, 35% to 56% of all Florida pregnancy-related deaths have occurred to mothers after giving birth and being discharged from the hospital: postpartum discharge deaths.

Figure 1. Pregnancy-Related Mortality Rates Florida, 2010 to 2019



Source: FL Maternal Mortality Review data

Figure 2. Postpartum Discharge Pregnancy-Related Mortality Rates, Women at Risk, Florida, 2015 to 2019



Source: FL Maternal Mortality Review data

WHO IS AT RISK?

Postpartum mothers who were Black, obese, older, and covered by Medicaid were at higher risk of dying after discharge (see Figure 2).

- **Black mothers** (13.9 deaths per 100,000 live births) were more than twice as likely to die as **White mothers** (5.7) and more than ten times as likely as **Hispanic mothers** (1.2).
- Mothers who had **category III and II obesity** were more likely to die than mothers who were **normal weight or overweight** (30.3, 10.1, 5.4 and 5.3, respectively).

- Mothers at **age 35 years and older** (11.9) were almost three times as likely to die as mothers who were **25-29 years** (4.3). These older mothers are more likely to die due to **cardiomyopathy, other cardiovascular issues, and hypertension**.
- Mothers covered by **Medicaid** (8.8) were twice as likely to die as mothers on **private insurance** (3.5) or self-pay (4.3).

WHAT CAN PROVIDERS DO TO PREVENT THESE DEATHS?

EARLY POSTPARTUM VISITS, REFERRALS, AND DISCHARGE EDUCATION



Mothers should be seen **postpartum within roughly two weeks or earlier** according to The American College of Obstetricians and Gynecologists (ACOG).



All medical, behavioral, and community **referrals** should be made **prior to leaving the hospital**.



Mothers should be **educated on postpartum early warning signs, early postpartum visits, and where to seek urgent and routine medical services and consultation**.



Providers in emergency rooms, urgent care centers, health centers, and other postpartum care providers should screen women for being postpartum and be knowledgeable on all major postpartum conditions.



Postpartum discharge and Florida's pregnancy-related deaths: Are these deaths preventable?

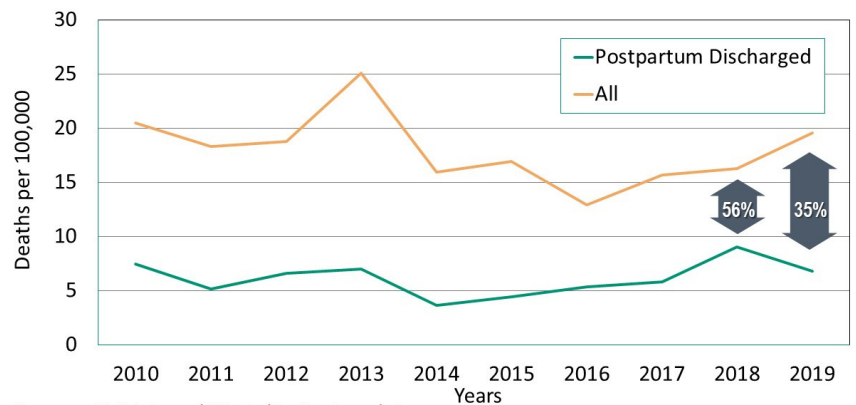
Florida's pregnancy-related mortality rate is again **slowly increasing** after a multi-year decrease (see Figure 1). Pregnancy-related deaths are deaths of women during pregnancy and up to a year afterward due to pregnancy complications or conditions initiated or exacerbated by pregnancy. Recently, **35% to 56% of all Florida pregnancy-related deaths have occurred to mothers after giving birth and being discharged from the hospital: postpartum discharge deaths.**

WHEN AND HOW DO THESE DEATHS HAPPEN?

- From 2015-2019, 75% of postpartum discharge deaths happened in less than 60 days after giving birth, and an additional 13% occurred in the next 60 days.
- The most frequent causes of these deaths were:
 - Cardiomyopathy** (15 deaths),
 - Other cardiovascular conditions** (11),
 - Infections** (10), and
 - Thrombotic embolism** (10).

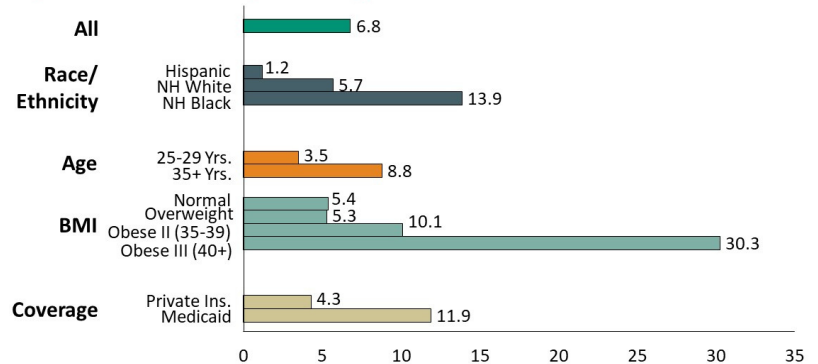
- The last three causes accounted for more than half of the deaths in the first 60 days. Cardiomyopathy accounted for more than half of the deaths for the remainder of the year.

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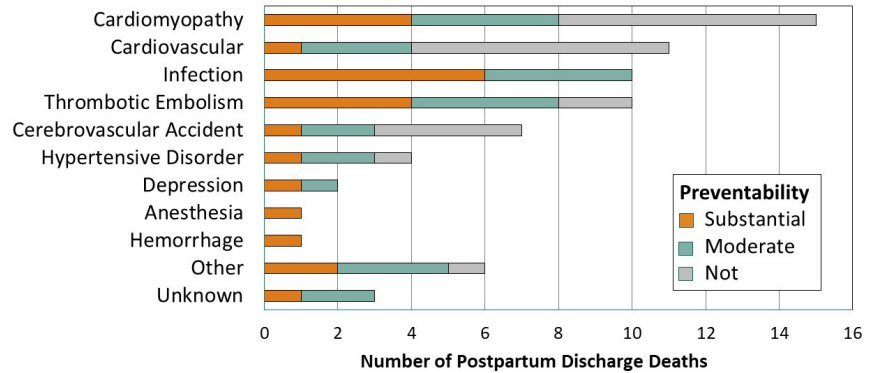
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ARE THESE DEATHS PREVENTABLE?

- More than **two-thirds of postpartum deaths** to women after discharge were either **moderately (36%) to substantially preventable (33%)** according to the Florida Maternal Mortality Review Committee (see Figure 3).
- **All 10 of the infection-related deaths were preventable** and represent the leading cause of preventable deaths.
- Deaths due to thrombotic embolism and cardiomyopathy were the next leading causes of preventable death. Most deaths to women 20-24 years of age were considered preventable.

Figure 3. Postpartum Discharge Pregnancy-Related Deaths By Cause and Preventability, Florida, 2015 to 2019



Source: FL Maternal Mortality Review data

REVIEW COMMITTEE RECOMMENDATIONS ON PREVENTION INCLUDE:

1. **Improving management of chronic disease** before and after pregnancy (33 preventable deaths)
2. **Participating in postpartum visits** (16 deaths)
3. **Improving provider education related to postpartum management**, especially higher risk mothers (11 deaths)
4. **Implementing sepsis protocols** with provider education (5 deaths)

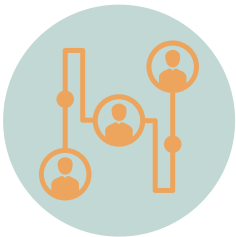
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