Strategies:

*Improving the Health of Women of Color*
History:
HealthConnect One, Illinois

- For 30 years HC One has collaborated with grassroots material and child health and social services providers to design peer model programs to increase breastfeeding rates, strengthen mom-baby bonding, expand support for mothers and families, generate local jobs, and resources.
HC One:
CHW Trainings-Maternal and Child Health

- Train variety of groups (parents, CHWs, and direct service providers)
- Facilitate experiential learning that leads to their own strengths, skills, and a sense of personal power.
- Develop formal partnerships to create a community-based program with five essential components.
HC One: Community-Based Doula Model

- Connects underserved women to women in their community who are specially trained to provide support during the critical months of pregnancy, birth and early months of parenting.

- Focuses on sensitive period in family’s life, when intervention makes the most difference, creates long-term linkages to support networks.

- Model succeeds because doulas are of and from the same community as their clients.
HC One:
Breastfeeding Peer Counselor Model

- Leads to dramatic increase in breastfeeding rates especially in communities that may not be the norm.
- A woman who had breastfed and is interested in supporting other women in her community to nurse their babies.
- Offers culturally appreciate support and information.
- Identify and address common barriers in the local community.
- Offers strategies to manage breastfeeding challenges and helps women achieve their goals.
MHP Salud: Amor De Madre
Brownsville, TX

Eligible:
- First time moms living in rural colonias
- Women who are identified as having high risk pregnancies
- Women who do not have social support

Utilizes Promotora-Doula:
- Ensures participants attend all prenatal care appointments
- Provide prenatal and postnatal education
- Encourage participants to ask questions during their doctor visits
- Provide support and comfort measures through entire birth

Funding Sources:
(HRSA) Title V/Foundation Grants/Individual and Corporate Givings
MHP Salud: Amor De Madre
Ann & Robert H. Lure Children's Hospital of Chicago
CHW Perinatal Training...
Waukegan IL
HC One’s Peer Models...
Stats: Among Latino Mothers

Breastfeeding Duration
- Initiation: 96.38%
- 6 Weeks: 95.21%
- 3 Months: 85.87%
- 6 Months: 64.86%

PRAMS (Pregnancy Risk Assessment Monitoring System)
- Initiation: 94.96%
- 6 Weeks: 62.03%
- 3 Months: 49.39%
- 6 Months: 28.70%
## HC One’s Peer Models...

### Stats: Among Latino Mothers

<table>
<thead>
<tr>
<th>Breastfeeding Exclusivity</th>
<th>PRAMS (Pregnancy Risk Assessment Monitoring System)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Initiation: 96.38%</td>
<td>Initiation: 94.96%</td>
</tr>
<tr>
<td>6 Weeks: 90.06%</td>
<td>6 Weeks: 57.04%</td>
</tr>
<tr>
<td>3 Months: 78.82%</td>
<td>3 Months: 44.45%</td>
</tr>
<tr>
<td>6 Months: 61.76%</td>
<td>6 Months: 9.77%</td>
</tr>
</tbody>
</table>
### HC One’s Peer Models...

#### Stats: Among African American

<table>
<thead>
<tr>
<th>Breastfeeding Duration</th>
<th>PRAMS (Pregnancy Risk Assessment Monitoring System)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Initiation</strong>: 76.83%</td>
<td><strong>Initiation</strong>: 74.84%</td>
</tr>
<tr>
<td><strong>6 Weeks</strong>: 74.49%</td>
<td><strong>6 Weeks</strong>: 53.43%</td>
</tr>
<tr>
<td><strong>3 Months</strong>: 56.94%</td>
<td><strong>3 Months</strong>: 39.84%</td>
</tr>
<tr>
<td><strong>6 Months</strong>: 37.14%</td>
<td><strong>6 Months</strong>: 16.81%</td>
</tr>
</tbody>
</table>
**HC One’s Peer Models...**

**Stats: Among African American**

<table>
<thead>
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</thead>
<tbody>
<tr>
<td>Initiation: 76.83%</td>
<td>Initiation: 74.84%</td>
</tr>
<tr>
<td>6 Weeks: 71.05%</td>
<td>6 Weeks: 56.19%</td>
</tr>
<tr>
<td>3 Months: 51.85%</td>
<td>3 Months: 38.16%</td>
</tr>
<tr>
<td>6 Months: 39.13%</td>
<td>6 Months: 7.39%</td>
</tr>
</tbody>
</table>
HC One’s Peer Models...
C-Sections

Chart Title

![Chart showing C-Section rates for Community-based Doula Participants and PRAMS* participants.]

- C-SECTIONS
- C-SECTIONS*
HC One’s Peer Models... Epidemiyal Use (Vaginal Births Only)

Chart Title

- Black or African American
- Latinos

- Community-Based Doula Participants
- 2008 National Data (Standard Certificate of Live Births)
Telling their story...

Yamel Azcoitia

What would you like to share about your successes or challenges you have had during this training?

Before this training, I might have talked to pregnant women about my experiences but now with more knowledge and certainty, I can talk to them in simple language so that they understand better what happens in your body before, during and after pregnancy.
Thank you....

Additional Information...

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