

**LARC Access Ohio**  
**November 12, 2019 In-Person Learning Exchange**  
**Record of Learning**

**Featured Topics**

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Please see the [slide deck online here](#) for visuals corresponding to many of the updates below.

Ohio Birth Spacing Projects

1. IMPLICIT Interconception Care Toolkit, *Lisa Holloway, March of Dimes*
  - Find information online [here](#).
  - Created by Family Medicine Education Consortium's [IMPLICIT Network](#) with funding from MOD. Offered as a state-level intervention option.
  - Current focus on interconception care and specific risks: smoking, depression, spacing and family planning, multivitamin use.
  - Learned follow-up depends largely on the specific provider and their ability to do follow-up after screening.
  - Lisa can connect members with organizations that have implemented the toolkit if interested.
2. Make Space, *Lisa Holloway, March of Dimes*
  - Project is transitioning over to The Center for Community Solutions and will include the steps outlined on the slide.
  - Target: July 2020 completion. Stay tuned!
3. Did You Know? Campaign *Jessica Seeberger, Cradle Cincinnati*
  - See Jessica's slides online [here](#).
  - 2016 campaign; worked with a local communications firm.
  - Chose 12-month spacing recommendation because it was clearer than 18-month and local data doesn't demonstrate outcomes difference for 12- vs. 18-month spacing.
  - Response from audience was creative should show both parents and wedding rings.
  - Included a YouTube PSA emphasizing empowerment – available online [here](#).
  - Jessica can share creative for adaptation if members are interested.
4. One Key Question, *Melissa Federman, The Center for Community Solutions (CCS)*
  - Chose Parents as Teachers home visitors because they work with non-expecting families/women.
  - Feedback from September focus groups included interest in diving deeper on contraception and having more information to dispel myths. They also requested definitions of terms on all materials for redundancy.
  - Trained home visitors began implementing the program in October. Power to Decide was very helpful in supporting modification of the content to meet local needs (e.g., emphasizing spacing content).

**Participants**

- Cradle Cincinnati: Jessica Seeberger
- Ohio Association of Community Health Centers: Dana Vallangeon, MD
- Ohio Colleges of Medicine Government Resource Center: Michelle Menegay
- Ohio Department of Health: Michelle Clark, Katherine Dean
- Ohio Perinatal Quality Collaborative: Karen Hughes
- The Center for Community Solutions: Melissa Federman
- March of Dimes: Lisa Holloway
- Summit County Public Health: Shaleeta Smith, Brianna White
- Youngstown City Health District: Erin Bishop
- Facilitator: Lauren Sogor

- Long-term goal is Ohio-based train-the-trainer so external trainers aren't needed.
  - CCS will be looking to speak with moms in early 2020 to gauge their perception of the intervention and could use LAO's help with this; Melissa will follow up.
5. "It's Great to Wait!" Campaign, *Lauren Sogor on behalf of Columbus Public Health*
- Columbus Public Health shared background information and creative for its 2017 birth spacing campaign.
  - This campaign was a collaboration among CPH, CelebrateOne, and OBBO.
  - Goal: Encourage mothers to wait two years before getting pregnant again and ultimately, to lower prematurity and infant mortality rates.
  - Target audience: Pregnant women, new moms and women of child-bearing age in the 8 CelebrateOne high-priority neighborhoods.
  - Tactics:
    - Info. cards with birth certificates mailed to the parents of an estimated 19,000 babies born every year.
    - Info. card mailer that will go to an estimated 2,300 babies born every year in CelebrateOne's eight high priority neighborhoods.
    - Printed materials (info. card and poster) were provided for distribution to hospitals, health clinics, Columbus Public Health and other partners.
    - Social media advertising, including Facebook, Instagram, Pinterest and Pandora.
    - Earned media – three stories in media outlets about safe spacing.
  - CPH reports campaign goals were met.
  - Click [here](#) for a campaign rationale and budget document and [here](#) for a focus group memo.

#### Data, Research, and Evaluation Projects

1. ODH birth spacing data, *Melissa Federman, The Center for Community Solutions*
  - 18-month rates aligned with national data.
  - White women in Ohio do the worst when it comes to meeting the birth spacing recommendation.
  - Melissa has county-level data and can also request additional information from ODH. Please reach out if you're interested.
2. LARC utilization and practice at Ohio CHCs, *Dana Vallangeon, OACHC*
  - OACHC conducted a survey of 55 CHCs; response rate was 52%.
  - 90% of respondents reported they are doing LARC insertions, including IUDs, injections, and Nexplanon.
  - 75% reported doing same-day LARC insertion.
  - The largest barrier is cost – to CHC and to patient.
  - Respondents did NOT report provider training (or lack thereof) as a barrier/challenge.

#### Participant Updates

We've created a Google Sheet version of the Action Plan to capture all your hard work. [Please look at the draft content there now and make updates.](#) We invite you to update this tool regularly between meetings and flag anything with which you need the group's help. It's meant to be a living document!

## Policy Updates

- State Senators Burke and Antonio expected to introduce stand-alone bill using the LARC language from the budget bill. Stay tuned!

## Additional Updates

- Lisa Holloway shared the new Ohio March of Dimes Report Card, accessible online at <https://www.marchofdimes.org/peristats/tools/reportcard.aspx?frmodrc=1&reg=39>
- Cradle Cincinnati released a new video in Queens Village's *We Got You* Series. This video focuses on self-care during pregnancy and the signs and symptoms of pre-eclampsia: <https://www.youtube.com/watch?v=09743vP1tbg>

## Looking Ahead to 2020

In thinking about next year, we proposed a few questions. These are [captured online here for easy inputs](#). Please take a look and share your thoughts!

- Are there additional LARC access projects? Who else should be at the table?
  - Additional OEI teams working on LARC?
- What opportunities are on the horizon for you/your organization related to LARC access? What help and support can this group provide?
- For the first 2020 in-person meeting: Family Planning in Home Visiting – What do we want to know? How might we find out?
  - Alicia Leatherman
  - Lisa Matthews with Cleveland's MomsFirst
- Additional ideas for 2020 topics:
  - Birth spacing/family planning among community health workers – Cradle Cincinnati is doing work with Every Child Succeeds and can survey local programs – they know 40-50% of moms are talking about family planning with CHWs.

## **Up Next**

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- The first virtual learning exchange date in February is coming soon.
- Have a joyful and restful holiday season!

**Thank you to our supporters!**

