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

Featured Topics

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

- 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=09743vP1tbq

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

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

Thank you to our supporters!