

# Healthy Texas Babies



## The Healthy Texas Babies Initiative: An Evidence-Based Approach to Reduce Infant Mortality in Texas

**Texas Department of State Health Services Grand Rounds  
October 26, 2011**

**Richard Kurz, PhD – Chair of the Healthy Texas Babies Expert Panel**

**Michael Speer, MD – Professor of Pediatrics and Ethics, Baylor College of  
Medicine**

**Evelyn Delgado - Assistant Commissioner for Division for Family and  
Community Health Services, DSHS**



# Objectives



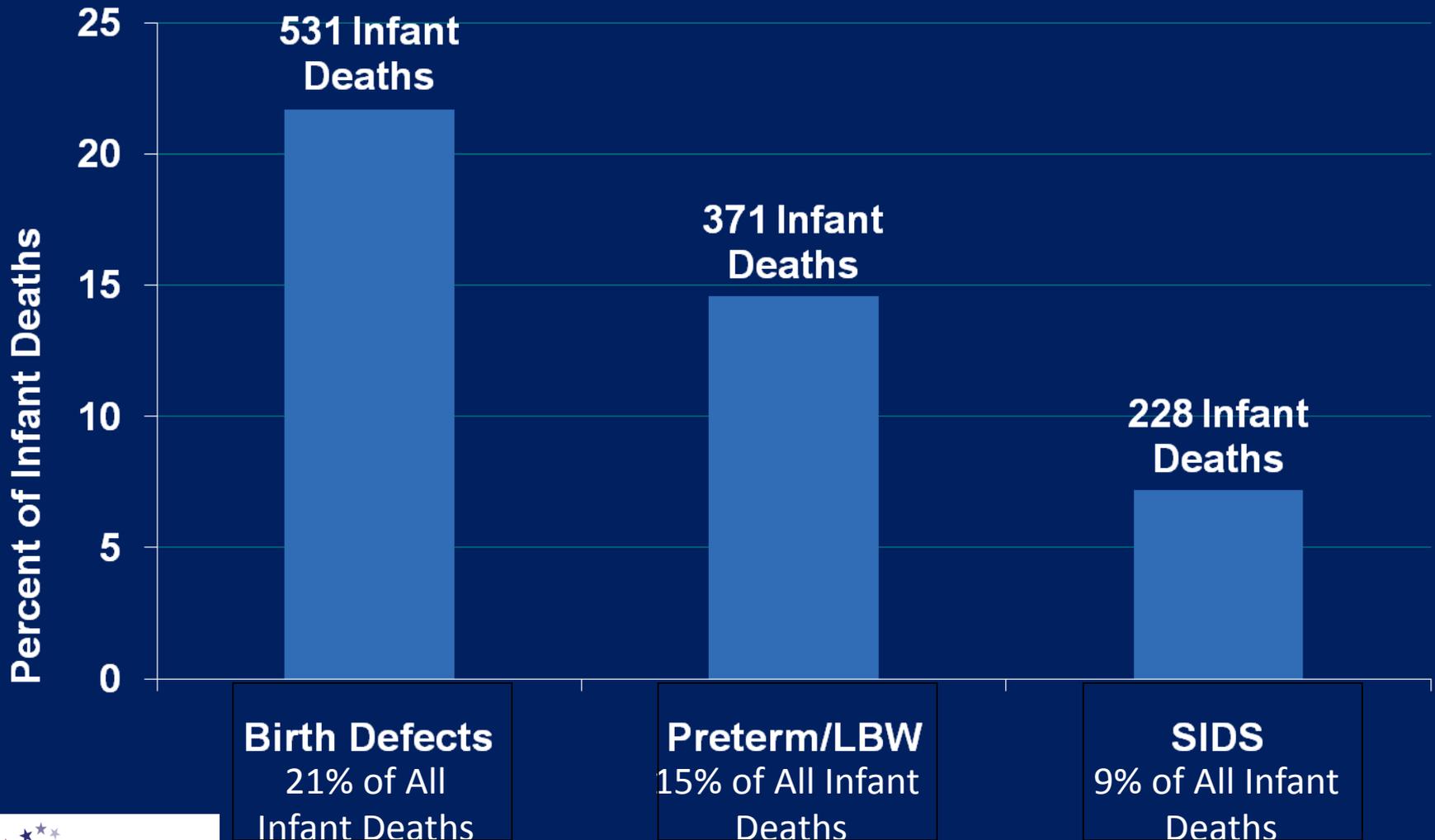
By the end of the presentation, participant will be able to:

- Recognize statistical trends in perinatal health indicators in Texas and the U.S.
- Identify national and state-level evidence-based strategies and interventions that influenced the development of the Healthy Texas Babies Initiative.
- List the objectives, implementation strategies, policy implications, and evaluation metrics developed for the Healthy Texas Babies Initiative.

# Overview of Perinatal Health Status in Texas

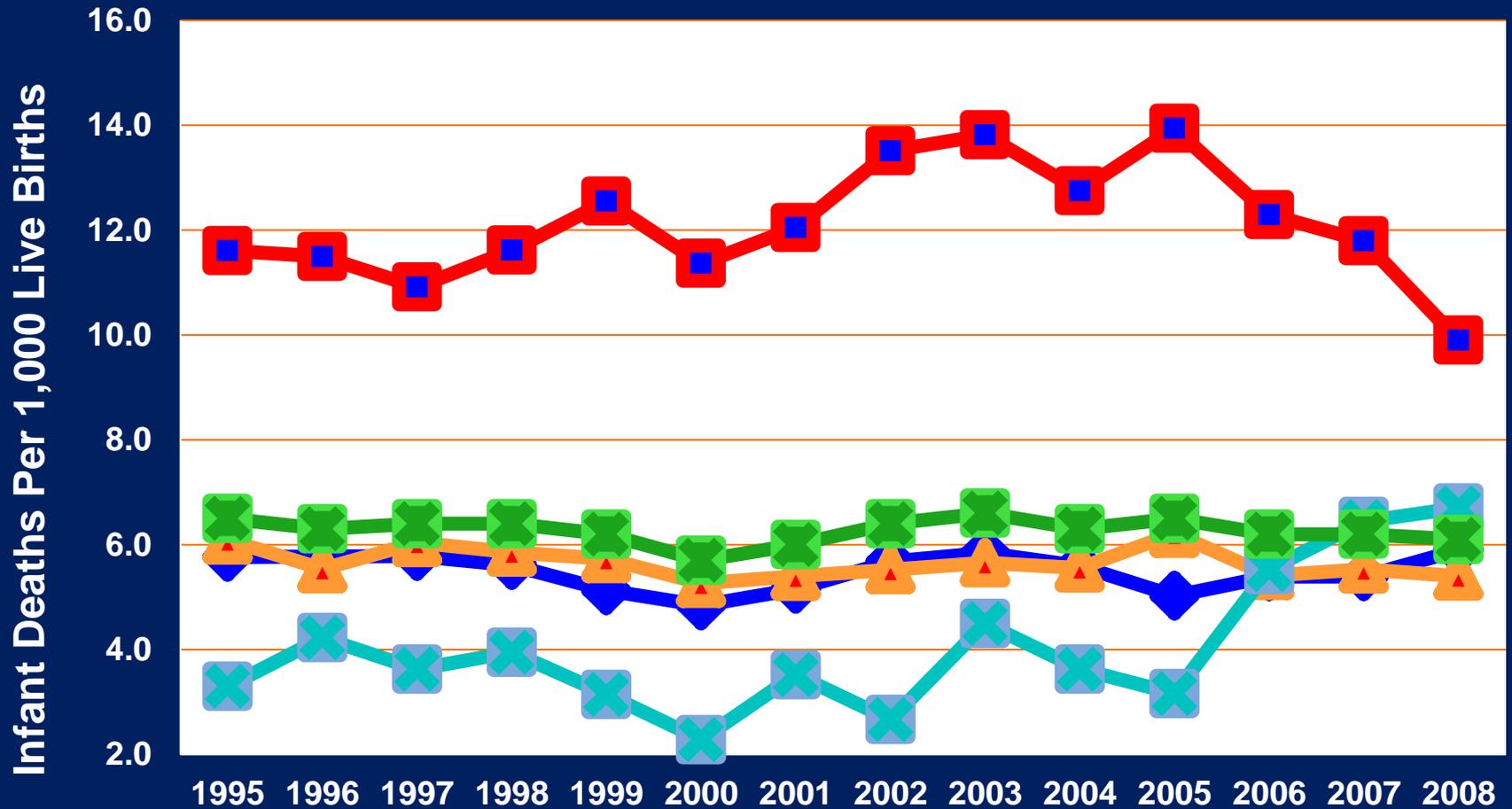


# 3 Leading Causes of Infant Death in Texas (2008)



# Texas Infant Mortality Rates by Race

(Texas 1995-2008)

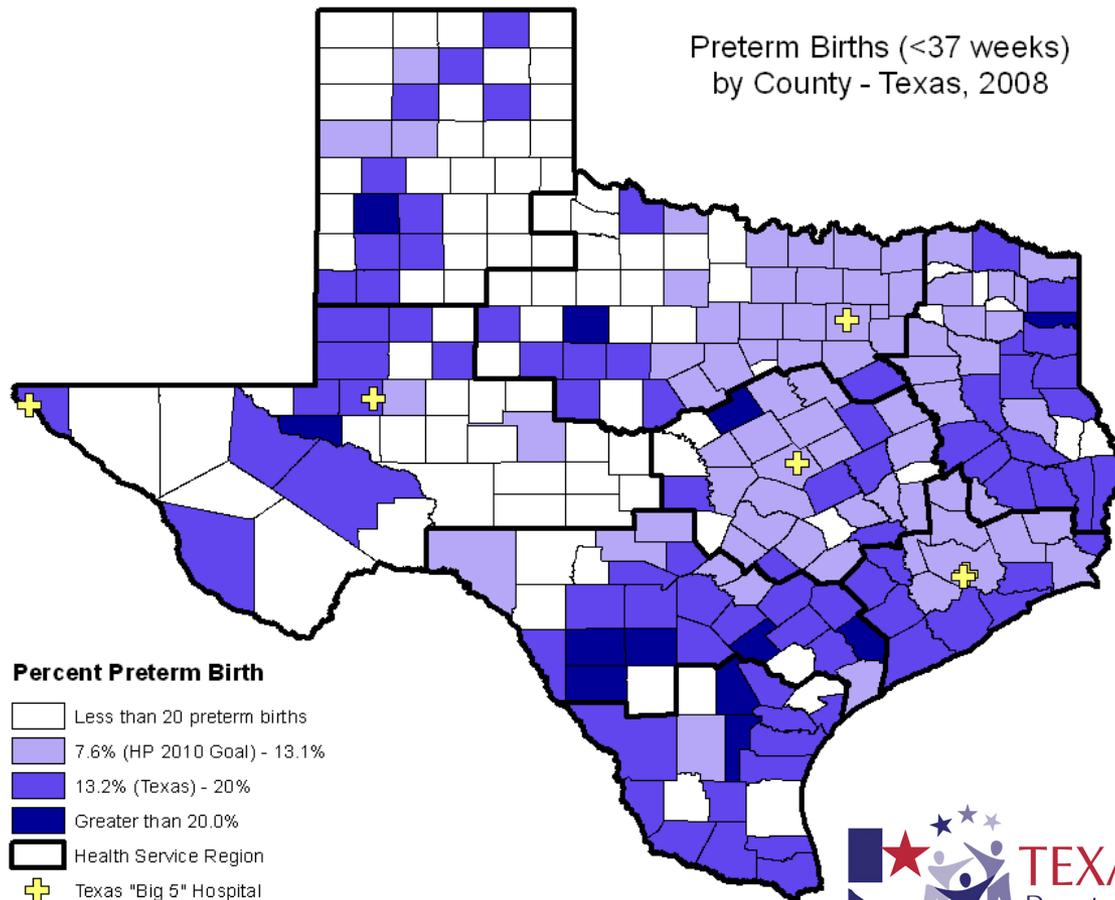


White Black Hisp Other Total

Texas 2008 Natality File,  
DSHS, FCH, OPDS 7/7/11



# Prematurity Fuels Infant Mortality Rates

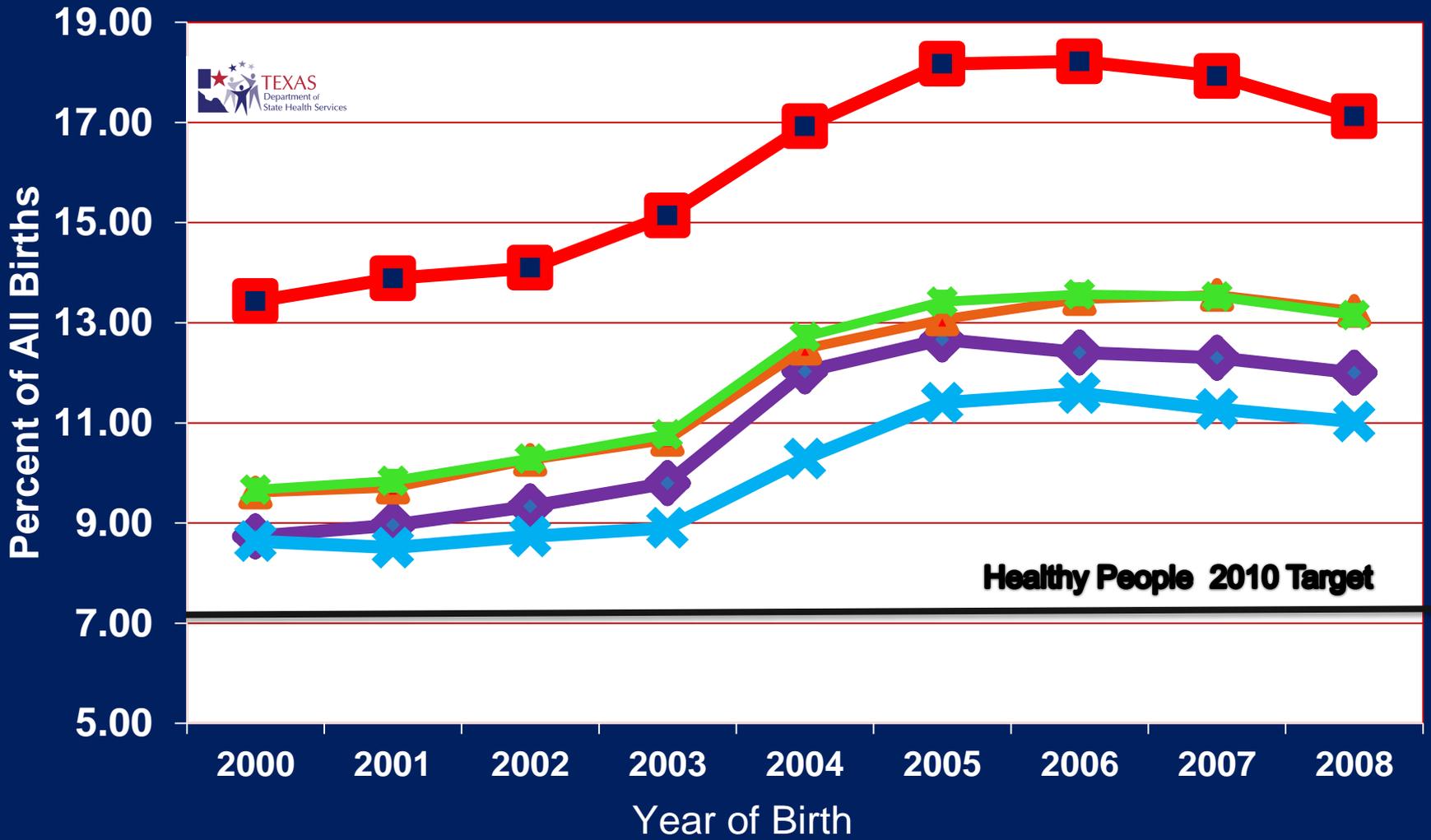


Source: Texas Center for Health Statistics Natality File, 2008, Texas Department of State Health Services  
Prepared by: DSHS, Family and Community Health, Office of Program Decision Support, 07/07/11



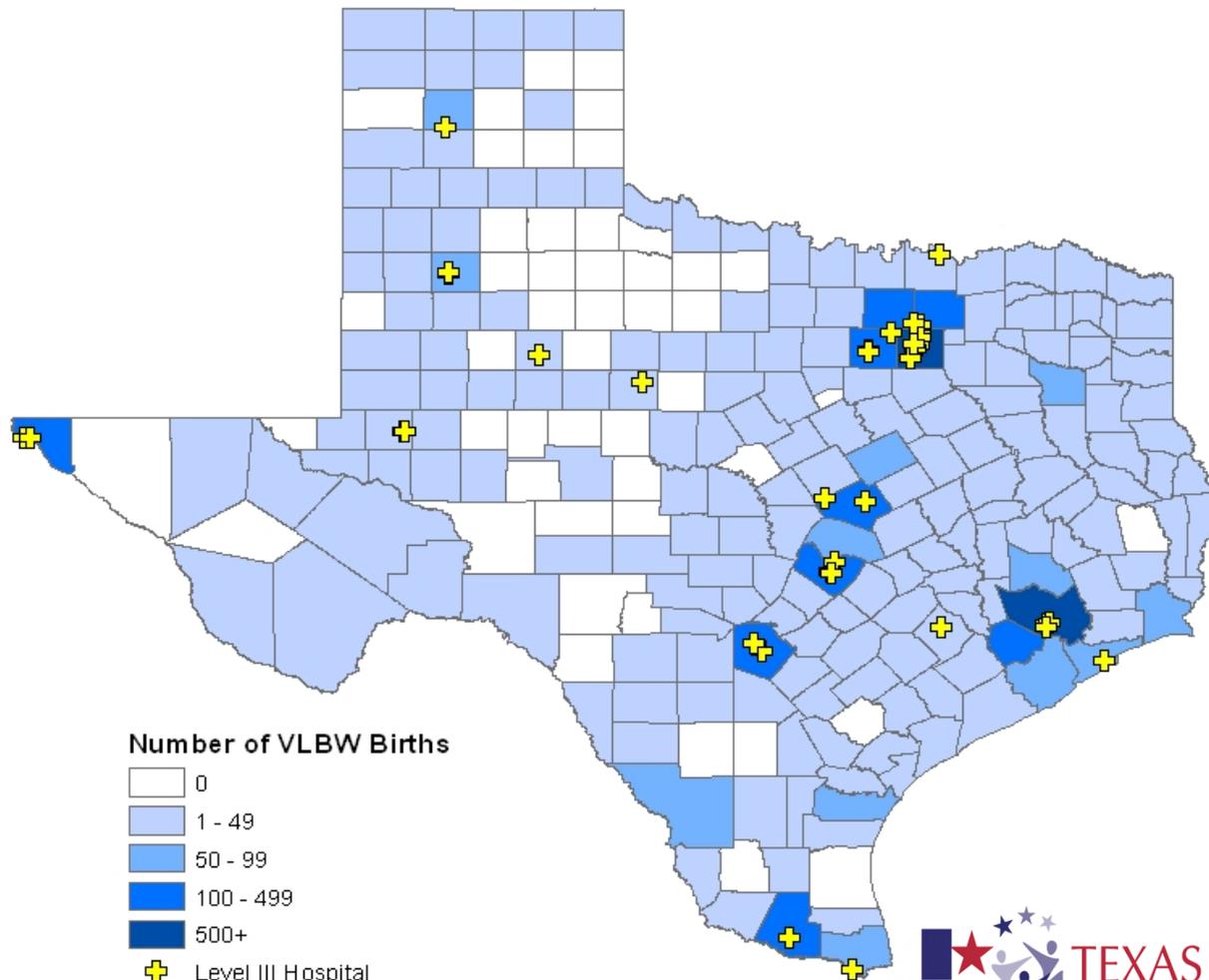
# Preterm Births by Race

(Texas, 2000 – 2008)



Texas 2008 Natality File, DSHS, FCH, OPDS 7/7/11

# Frequency of Very Low Birth Weight (VLBW) Births and Distribution of Level III Birth Facilities - Texas, 2008



Source: Texas Center for Health Statistics Natality File, 2008; American Hospital Association Survey Data, 2008 - Texas Department of State Health Services.  
Prepared by: DSHS, OPDS, ELS, 05/11/11



# Appropriate Neonatal Care Saves Lives

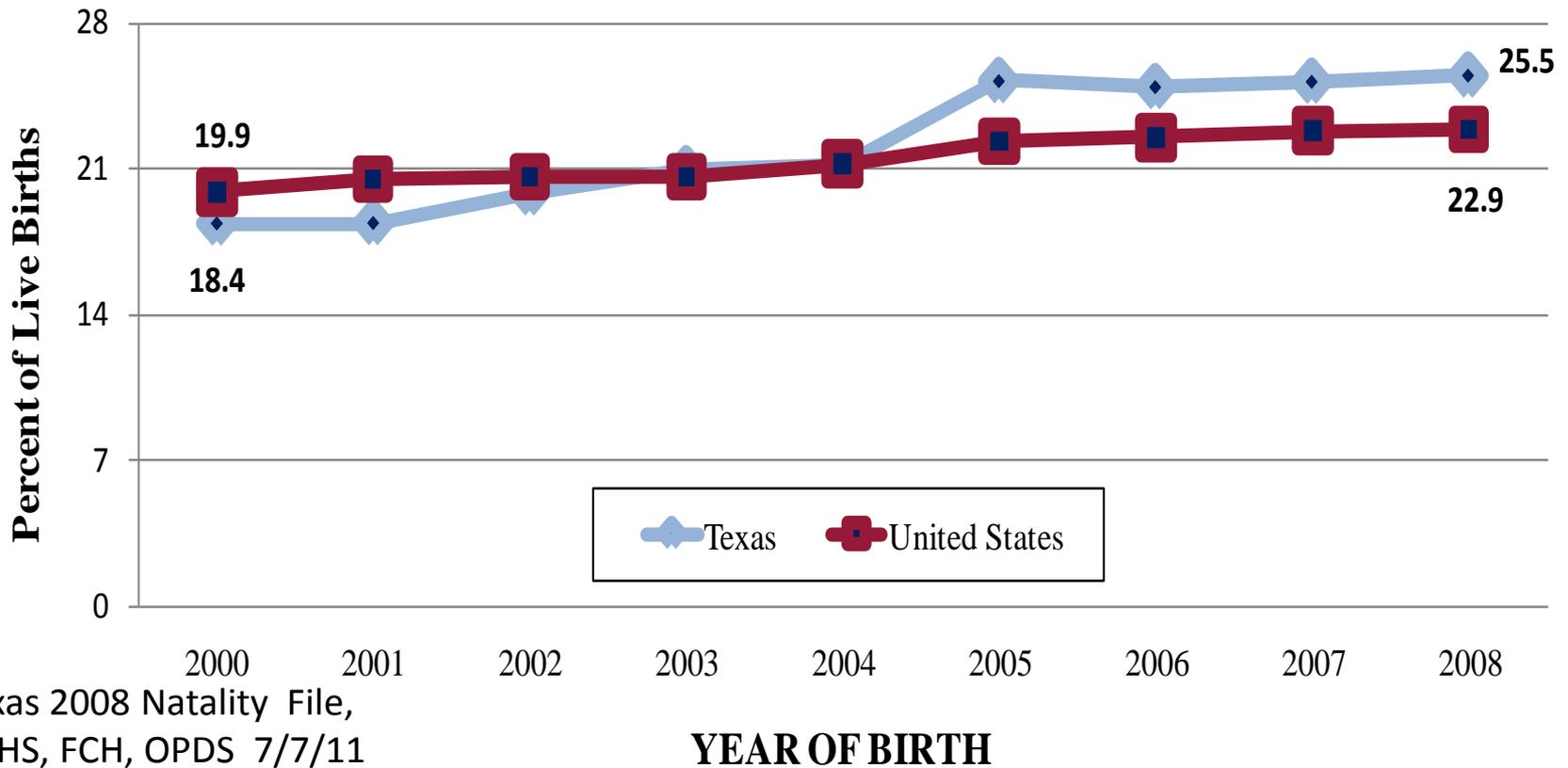


- ❖ **Very low birth weight (VLBW) infants represent less than 2% of US births, but account for 55% of infant deaths**
- ❖ **Level of perinatal care services is critical**
  - Level III facilities have the ability to care for very low birth weight (VLBW) and very preterm (VPT) infants.
  - VLBW and VPT infants not born in a level III hospital are more likely to die.
  - Access to risk-appropriate perinatal care improves infant mortality outcomes in VLBW and VPT deliveries

# Inductions Have Increased Steadily in Texas and the US



## Induction Rates, U.S. and Texas, 2000-2008



Texas 2008 Natality File,  
DSHS, FCH, OPDS 7/7/11

# Elective Inductions Increase Prematurity and C-Section Rates

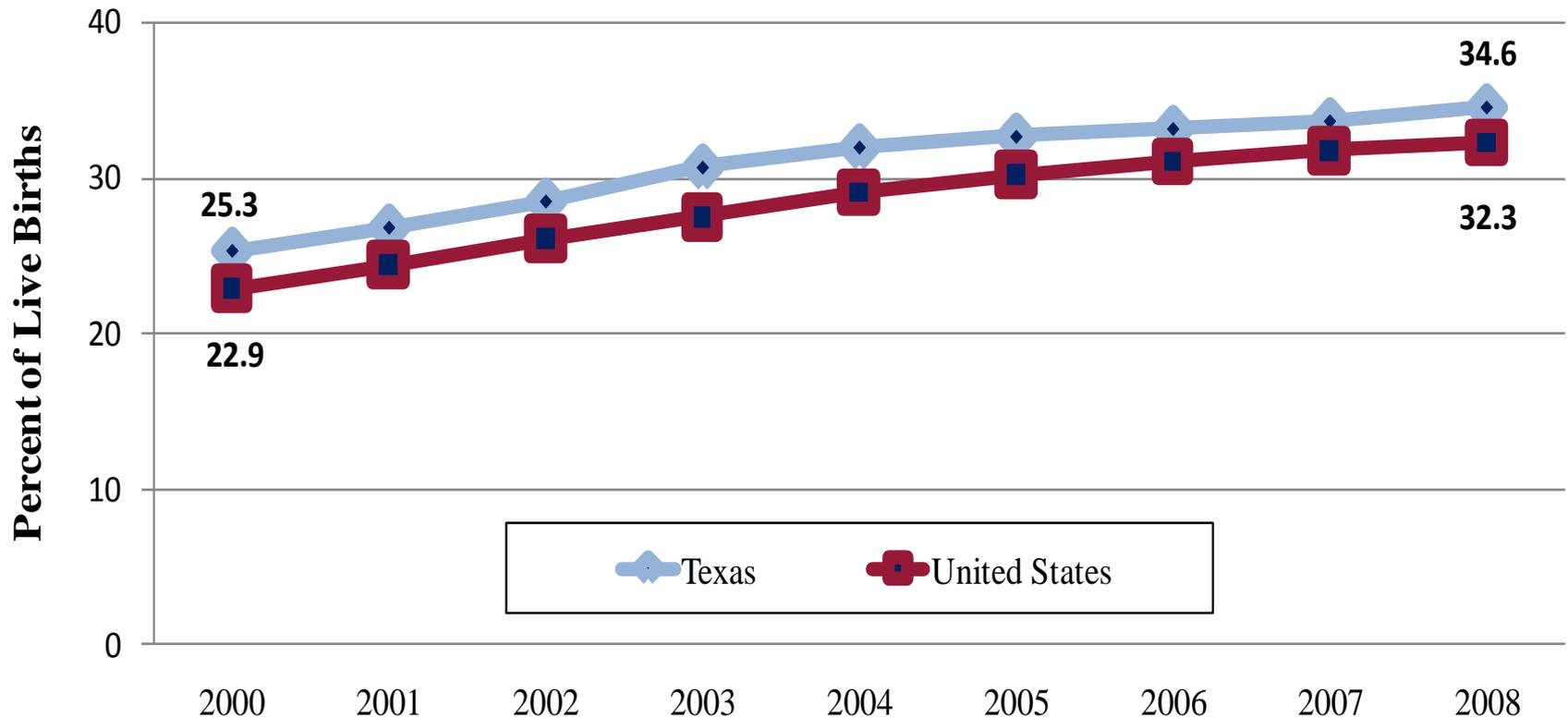


- ❖ In 2008, 1 in 4 deliveries were induced in Texas
- ❖ Induction rates increased by 38% in Texas between 2000-2008
- ❖ In 2008, 37.6% of single-birth inductions were performed before 39 weeks of gestation
- ❖ Labor induction is associated with an increased risk of delivery by cesarean section (C-section)

# More Than One Third of Texas Women Deliver by C-Section



## Cesarean Section Rates, U.S. and Texas, 2000-2008



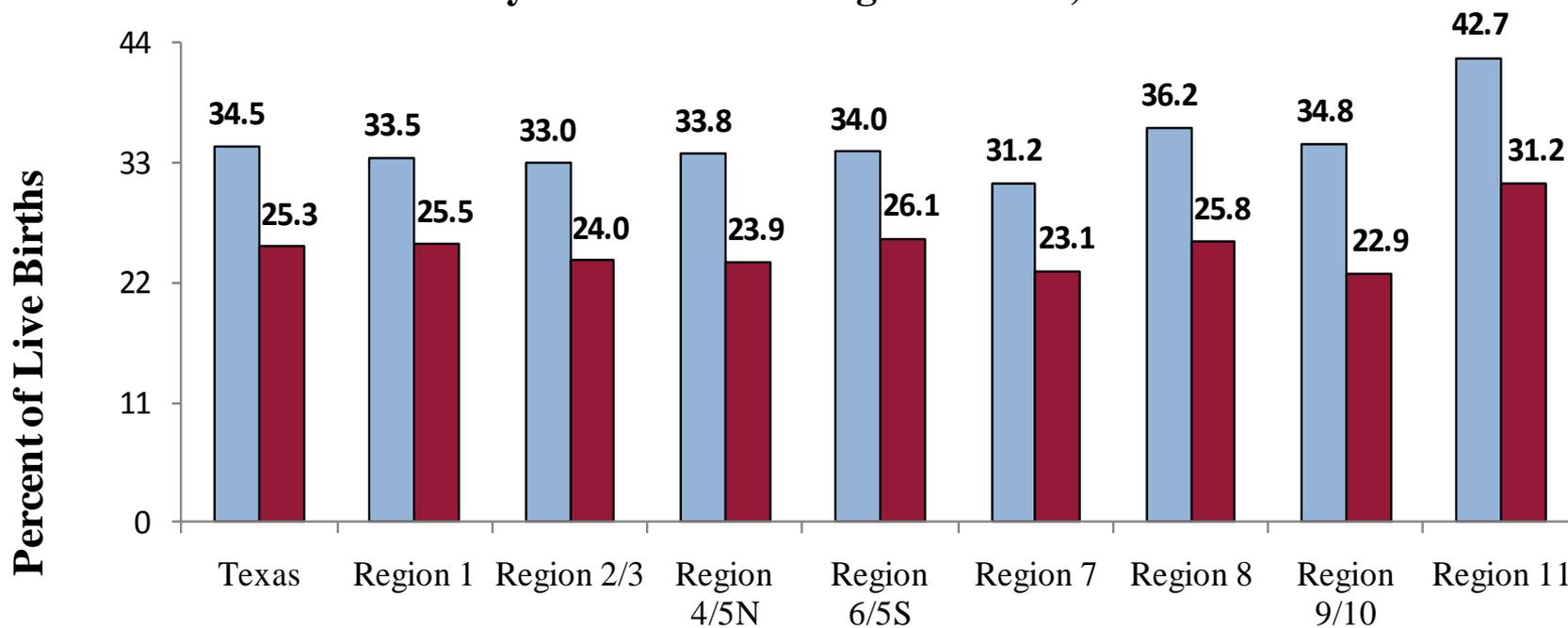
Texas 2008 Natality File,  
DSHS, FCH, OPDS 7/7/11

**YEAR OF BIRTH**

# 74% Single-Birth C-Sections in Texas Performed Without Trial of Labor



**Cesarean Section (C-section) Rates Overall and Without Trial of Labor by Health Service Region - Texas, 2008**



## TEXAS HEALTH SERVICE REGION

Texas 2008 Natality File,  
DSHS, FCH, OPDS 7/7/11



# Promising strategies to reduce preterm birth and infant mortality

# Borrowing Best Practices from Other States



- Kentucky - March of Dimes *Healthy Babies Are Worth the Wait™*
- California Perinatal Quality Care Collaborative & Maternal Quality Care Collaborative
- Hospital Quality Improvement Projects: Seton Family of Hospitals
- Ohio Perinatal Quality Collaborative

# Promising Practices from Texas



- Healthy Moms-Healthy Babies Initiative -  
University of North Texas Health Science  
Center School of Public Health
- Tarrant County Infant Mortality Network
- IMPACT Collaborative of Greater Houston

# Implementing a “Tex-ified” Strategy



# What is Healthy Texas Babies?



- ❖ Healthy Texas Babies (HTB) is an initiative to decrease infant mortality
- ❖ Goals of Healthy Texas Babies Initiative:
  - Provide local partnerships and coalitions with major roles in shaping programs in their communities
  - Use evidence-based interventions
  - Decrease preterm birth rate by 8% over 2 years
  - Save ~ \$7.2 million in Medicaid costs over 2 years

# Origins of Healthy Texas Babies



## ❖ Fall 2010

- Presentation on Kentucky's **Healthy Babies are Worth the Wait** initiative.

## ❖ Winter 2011

- Key Stakeholders/Expert Panel Conference held
- Developed a plan to implement evidence-based initiatives to reduce infant mortality

# Healthy Texas Babies Expert Panel Output



## ❖ Spring 2011

- Three workgroups convened: community, providers and payers
- Each workgroup developed two deliverables
- Each deliverable included:
  - Measurable, evidence-based intervention
  - Literature review
  - Plan for scalability and sustainability

# Workgroup Deliverables



## ❖ Provider workgroup

- Eliminate non-medically indicated elective births prior to 39 weeks
- Develop a system of NICU regionalization in Texas

## ❖ Community workgroup

- Develop effective support for fathers' participation in their children's lives
- Develop plan for creation of effective local coalitions

## ❖ Payer workgroup

- Develop a Healthy Texas Babies Certification for hospitals
- Develop a pregnancy management program for mothers with previous negative birth outcomes or risk factors

# Simultaneous Policy Actions



- ❖ **Legislature passed three related perinatal health bills**
  - HB 1983 – Eliminates Medicaid payment for elective inductions and c-sections before the 39th week
  - HB 824 – Creates an outreach campaign to promote fathers' involvement with their children before birth
  - HB 2636 – Creates a council to study neonatal intensive care unit regionalization
  
- ❖ Legislature appropriated \$4.1 million in General Revenue funds to DSHS funding the Healthy Texas Babies initiative

# What We Have Accomplished So Far



## ❖ NICU Regionalization

- ❖ Development of and plan for dissemination of NICU survey under direction of HHSC
- ❖ HHSC convening NICU council using materials developed by workgroup

## ❖ 39-Weeks initiative

- ❖ Medicaid rules change for reimbursement of non-indicated pre-39 week deliveries
- ❖ March of Dimes donated 2000 English & Spanish posters to WIC local clinics
- ❖ 250,000 English and Spanish brochures “Why the Last Weeks of Pregnancy Count”
- ❖ Training for local WIC staff
- ❖ Development of web-based well-woman curriculum for WIC participants

# What We Have Accomplished So Far



- ❖ **Increased public awareness of the issue**
  - DSHS Healthy Texas Babies website
  - Text4baby – DSHS is lead outreach partner for Texas
- ❖ **Fatherhood initiatives**
  - WIC is distributing Office of the Attorney General “Maps for Dads” publication in all WIC sites
  - DSHS, OAG working on development of fatherhood survey

# Distribution of HTB Information & Funds



- ❖ Fund local initiatives led by coalitions of stakeholders and government organizations
  
- ❖ Provider education
  - Community Health Worker/Promotor(a) trainings
  - DSHS Grand Rounds scheduled for October 26
  - Texas Health Steps modules
  - Conference presentations (Healthy Start, AMCHP)



For more information or to get involved in the  
Healthy Texas Babies Initiative:

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# Case Study: Regionalization

