State of Maternal Health Commission on Race and Access to Opportunity

Edward Miller MD

**Division Director Maternal Fetal Medicine** 

**UofL Health** 

# No Disclosures



# Objectives

Review of Maternal health in Kentucky and the development on consensus for the need for bold action

### **Review of MMRC Data**

Discussion of policy that can improve Maternal Health in the Commonwealth

# What is Health Equity

Health equity means the attainment of the highest level of health for all people, where everyone has a fair and just opportunity to attain their optimal health regardless of race, ethnicity, disability, sexual orientation, gender identity, socioeconomic status, geography, or other factors that affect access to care and health outcomes.



# Health Equity Attainment

Health equity is achieved when everyone can reach their full health potential, and no one is disadvantaged from this potential due to socially determined circumstances, constructs, or positions. Healthcare must examine its role in creating, perpetuating, and correcting systemic inequities and biases in the healthcare delivery system to achieve equitable outcomes and anti-racist clinical encounters.



## Social Determinants of Health

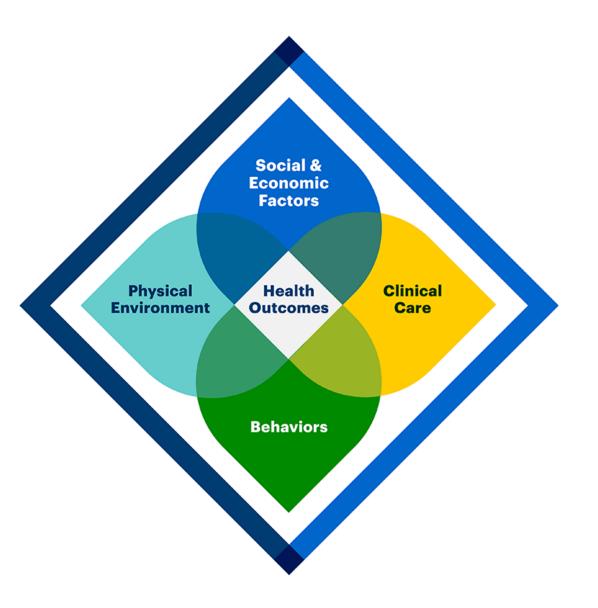


# Drivers of Health Disparities and inequities

- 1. Economic Instability
- 2. Neighborhood and physical environment
- 3. Education
- 4. Food
- 5. Community Safety and Social Context
- 6. Health care system and health literacy

80% of a person's health outcomes are influenced by these factors, rather than the medical care that they receive, or we provide.

## Health Outcomes are Multifactorial



THE KRESGE FOUNDATION



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blue 😈 of california

#### PRAPARE: Protocol for Responding to and Assessing Patient Assets, Risks, and Experiences Paper Version of PRAPARE for Implementation As of September 2, 2016

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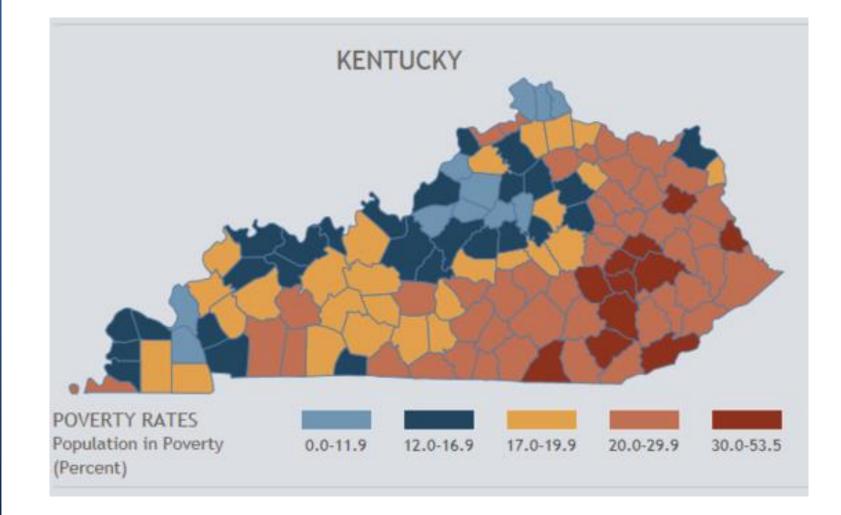
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The main challenge our organization faces is lack of available resources in our service areas. Several of Juniper Health's service areas were affected by the historic flooding in July 2022. Our service area in Breathitt County was hit hard by the flood, which destroyed a food pantry and several churches that provided resources to the community. Overall, the natural disaster created a larger need for resources than this area can provide.

Disparities exist in poverty rates in Kentucky



## Impact of poverty on Maternal Health

Maternal mortality: Women living in more impoverished areas have a higher risk of maternal death. For example, women in middle- and high-poverty areas are 60% and 100% more likely to die, respectively, than women in lowpoverty areas.

Pregnancy complications: Poverty can increase the risk of pregnancy and birth complications.

Low birth weight: Poverty during pregnancy can lead to lower birth weight. Malnutrition: A lack of fruits and vegetables during pregnancy can lead to deficiencies in micronutrients that are important for fetal development. This can lead to health issues in children, such as obesity, diabetes, and heart disease.

Mental health: Poverty can affect maternal mental health, and loss of a child can increase the risk of developing mental illness.

Access to healthcare: Women from lower socioeconomic backgrounds may have limited access to healthcare. Stress: Women from lower socioeconomic backgrounds may experience higher stress levels. Health Care Disparities in the Commonwealth of Kentucky

- Ranks #1 cancer deaths with 185.7 per 100,000 people.
- Ranks #3 adults overweight/obese
- With 72% of adults self-reporting
- Ranks #4 drug overdoses with 37.2 per 100,000 people.
- Ranks #9 heart disease deaths with 195.9 per 100,000 people.
- Ranks #13 liver related deaths with 12.8 per 100,000.
- Ranks #21 suicides with 16.9 per 100,000 people.

### States with the Highest Cancer Rates

Average U.S. National Cancer Rate = 436



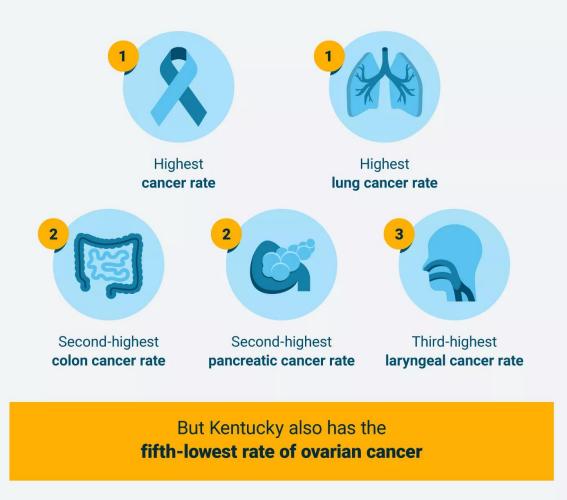
### Cancer in the Commonwealth

#### Average annual new cancer cases per 100,000 people

| 1 Kentucky      | 503.4 | 6 Nebraska    | 477.7 |
|-----------------|-------|---------------|-------|
| 2 Louisiana     | 486.6 | 7 Iowa        | 475.7 |
| 3 Arkansas      | 486.4 | 8 NewYork     | 472.2 |
| 4 West Virginia | 484.3 | 9 Mississippi | 471.4 |
| 5 New Jersey    | 479.9 | 10 Maine      | 465.8 |

## Cancer in the Commonwealth

Compared to the rest of the United States, Kentucky has the:



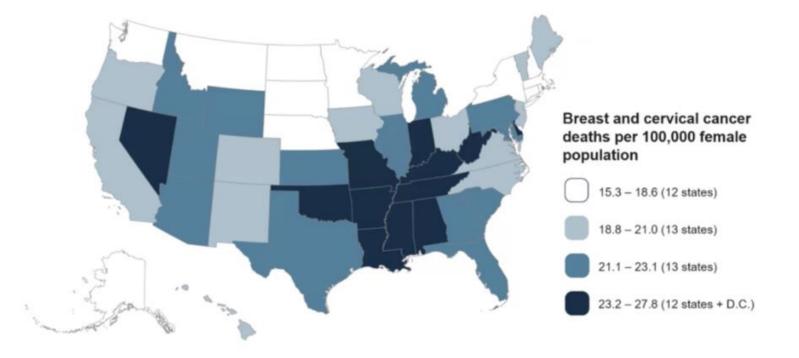
## Cancer in the Commonwealth

Access to Resources: Poverty can directly impact a person's access to medical care, including critical cancer screenings. Early detection through screenings creates greater chances for survival. Low awareness of potential symptoms and cancer risks can lead to delayed diagnoses and increased fatalities.

**Smoking Rates:** States with higher numbers of adult smokers often have higher cancer rates, since smoking cigarettes is known to increase your risk of getting lung cancer 20 times. Overall, smoking is responsible for at least 87% of lung cancer deaths.

**Obesity Rates:** Carrying excess body weight is linked to a heightened risk of developing 13 types of cancer. These cancers, including breast, esophageal, thyroid and pancreatic, comprise 40% of all cancer diagnoses in the United States each year.

Breast and Cervical Cancer Deaths are highest in the Southern United States Breast and cervical cancer deaths are highest in southern states.





# Preventative Care in Women in the Commonwealth of Kentucky

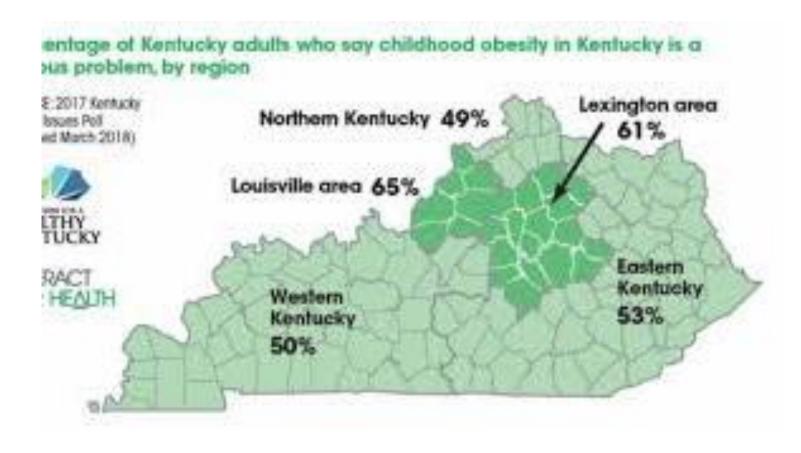
73% of Kentucky women between the ages of 50-74 reported getting a mammogram in the last two years compared with 77% nationally.

80% of Kentucky women ages 21-65 reported getting a pap smear in the past three years, compared with 82% nationally.

69% of Kentucky women 65 and older received a pneumonia vaccine, compared with 73% nationally.

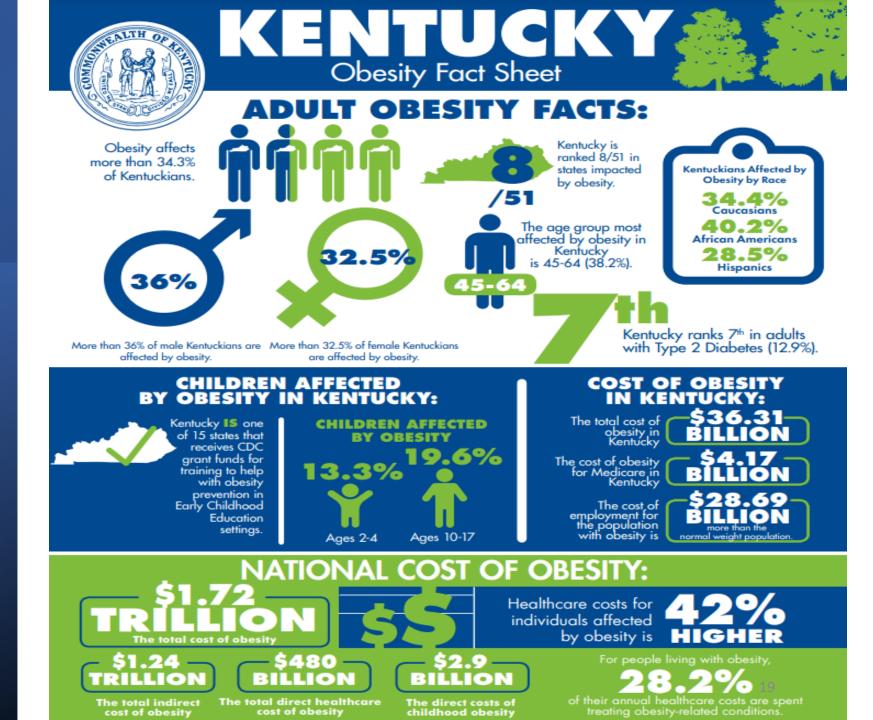
33% of Kentucky women between the ages of 18-64 have received an HIV or AIDS test, compared with 44% nationally.

65% of Kentucky women between 45-74 reported getting a sigmoidoscopy or a colonoscopy in the past decade or a fecal occult blood test in the past two years, compared with 60% nationally.



## Obesity in the Commonwealth

## Obesity in the Commonwealth



# The impacts of obesity

Pregnancy complications: Obesity can increase the risk of many pregnancy complications, including gestational diabetes, preeclampsia, gestational hypertension, premature birth, and miscarriage.

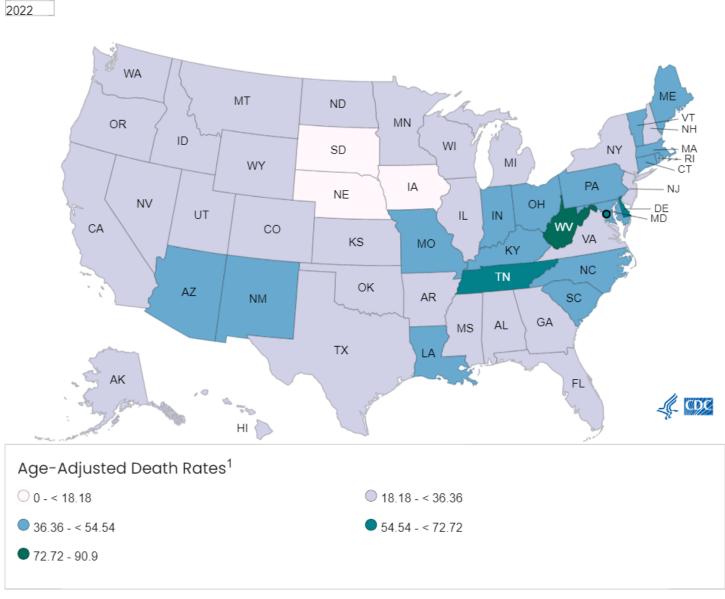
Fetal health: Obesity during pregnancy can increase the risk of congenital defects and macrosomia in the fetus. Child health: Obesity during pregnancy can negatively impact the child's health into adulthood, including an increased risk of cardiovascular disease (CVD) and mortality. A meta-analysis found that maternal obesity during pregnancy was associated with an increased risk of childhood asthma.

Metabolic changes: Obesity during pregnancy can lead to significant decreases in insulin sensitivity, which can affect glucose metabolism.

Heart dysfunction: Obesity during pregnancy can lead to fetal and postnatal cardiac dysfunction

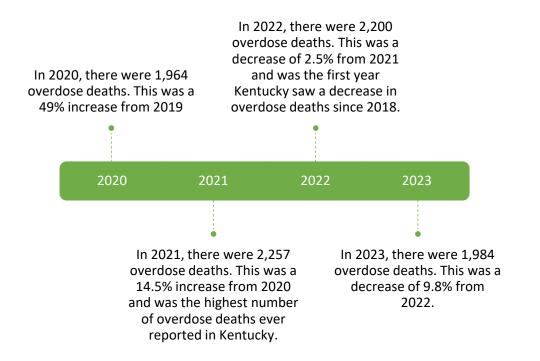
### Substance use in the Commonwealth

Year



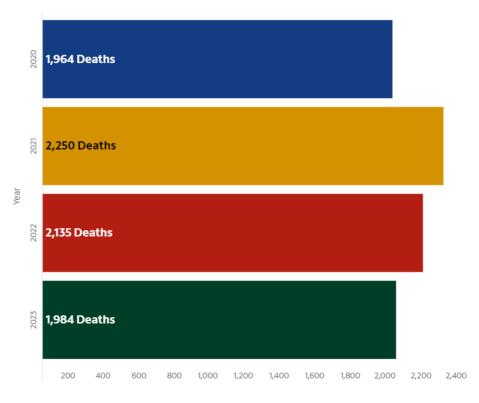
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## Kentucky Overdose Statistics



#### **Overdose Deaths in Kentucky by Year**

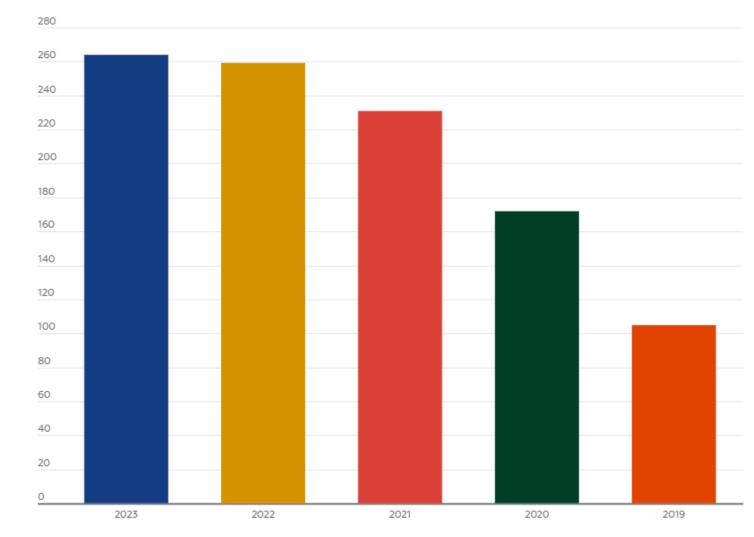
Kentucky saw a 9.8% decrease in overdose deaths in 2023 with 1,984 compared to 2022, which saw 2,135.



#### Kentucky Justice and Public Safety<sup>2</sup> Cabinet

## Disparities in Overdose Deaths

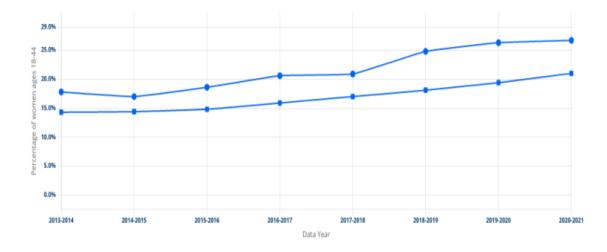
Overdose deaths among Black Kentuckians slowed by 5% in 2023, compared to 22% in the 2022 report.



## Mental Health

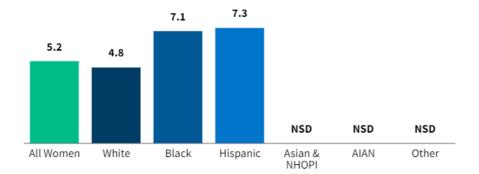
#### <u>Frequent Mental Distress - Women Trends</u>

Percentage of women ages 18-44 who reported their mental health was not good 14 or more days in the past 30 days



Source: CDC, Behavioral Risk Factor Surveillance System

Average Number of Poor Mental Health Days Reported in the Last 30 Days Among All Women by Race/Ethnicity, 2022, Kentucky



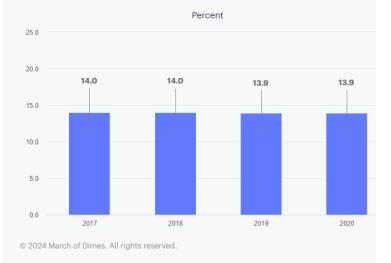
Note: AIAN refers to American Indian and Alaska Native. NHOPI referst to Native Hawaiian and Other Pacific Islander. Hispanic people may be of any race but are categorized as Hispanic; other groups are all non-Hispanic. "NSD" - not sufficient data.

**Source:** KFF, State Health Facts, Average Number of Poor Mental Health Days Reported in the Last 30 Days Among All Women by Race/Ethnicity, based on analysis of the Centers for Disease Control and Prevention's 2022 Behavioral Risk Factor Surveillance System (BRFSS)

## Maternal Mental Health in Kentucky

#### DATA FOR <u>KENTUCKY</u> ~

#### Frequent postpartum depressive symptoms: Kentucky, 2017-2020



#### Pre-pregnancy depression: Kentucky, 2017-2020



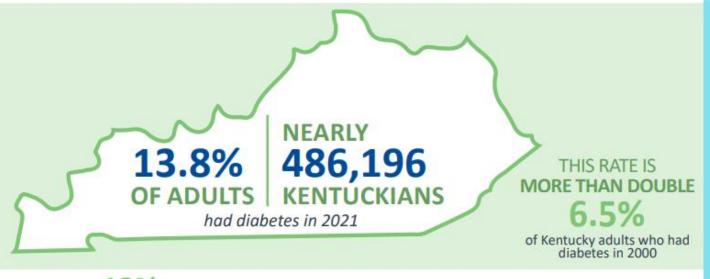
**Notes:** Data is not comparable to years prior to 2016. Prior to 2016, data refers to a diagnosis prior to pregnancy. Data in 2016 and after, refers to a diagnosis in the 3 months prior to pregnancy

Sources: Centers for Disease Control and Prevention, Pregnancy Risk Assessment Monitoring System. Retrieved September 9, 2024, from www.marchofdimes.org/peristats.

### Scope of Diabetes in Kentucky

# Diabetes in Kentucky

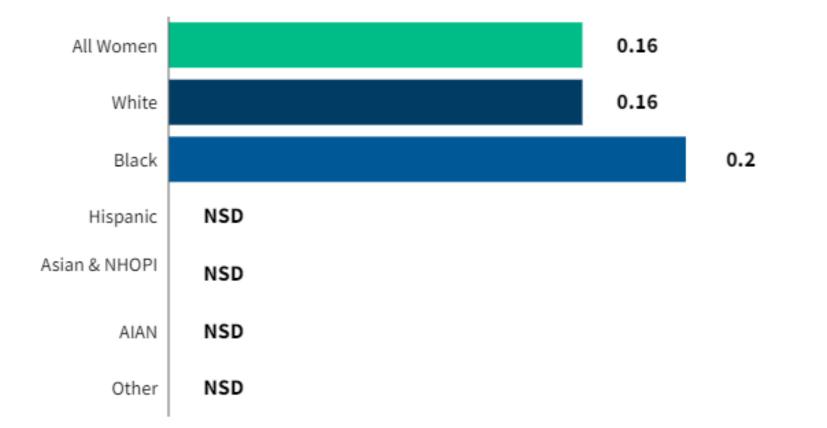




ANOTHER **12% HAVE PREDIABETES** AND ARE AT RISK FOR DEVELOPING DIABETES.

#### Kentucky Diabetes report 2023

### Women Who Report Ever Being Told by a Doctor that They Have Diabetes, by Race/Ethnicity, 2022, Kentucky



Note: AIAN refers to American Indian and Alaska Native. NHOPI refers to Native Hawaiian and Other Pacific Islander. Hispanic people may be of any race but are categorized as Hispanic; other groups are

### DIABETES IS MANAGEABLE AND CAN BE PREVENTABLE (TYPE 2).

Structured lifestyle change programs such as the National Diabetes Prevention Program have been proven to help prevent or delay type 2 diabetes through:



Individuals with prediabetes can cut their risk of type 2 diabetes



by losing weight through healthy eating and being more active.

Managing type 2 diabetes effectively reduces risk for serious health complications such as:

**Kidney Failure** 



Loss of toes,

feet, or legs











Stroke

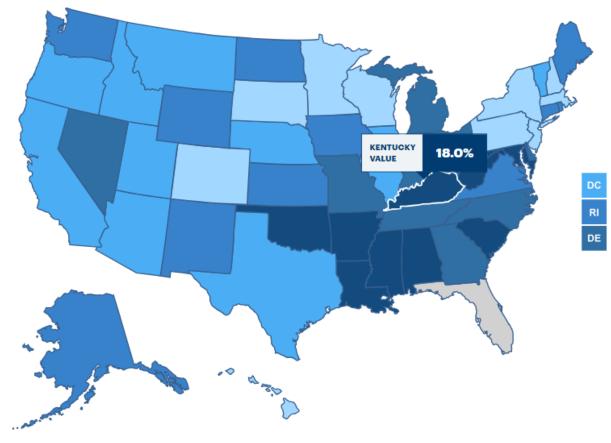


Blindness

#### Kentucky Diabetes report 2023

#### High Blood Pressure - Women

Percentage of women ages 18-44 who reported being told by a health professional that they have high blood pressure



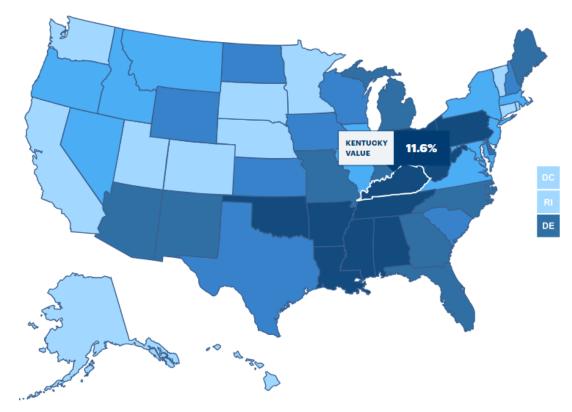
Data from CDC, Behavioral Risk Factor Surveillance System, 2021

| <= 8.8% | 8.9% - 9.8% | 9.9% - 11.1% | 11.2% - 14.3% | >= 14.4% | No Data |
|---------|-------------|--------------|---------------|----------|---------|

### Hypertension in the Commonwealth

#### Cardiovascular Diseases - Female

Percentage of adult females who reported being told by a health professional that they had angina or coronary heart disease, a heart attack or myocardial infarction, or a stroke



Data from CDC, Behavioral Risk Factor Surveillance System, 2022

| <= 6.8% | 6.9% - 7.5% | 7.6% - 8.3% | 8.4% - 9.3% | >= 9.4% |
|---------|-------------|-------------|-------------|---------|

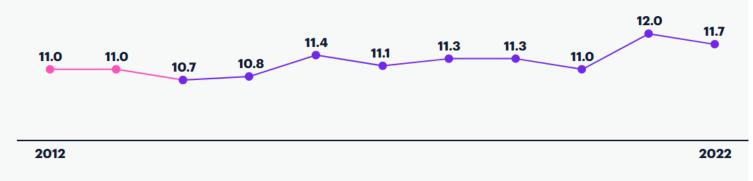
## Cardiovascular Disease

Preterm Birth in Kentucky

#### PRETERM BIRTH

# The preterm birth rate in Kentucky was **11.7%** in **2022**, lower than the rate in **2021**

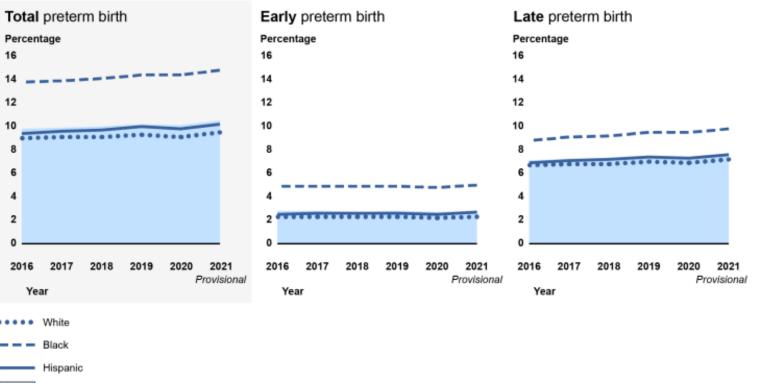
#### Preterm birth by year, 2012 to 2022



The presence of purple (darker color) indicates a significant trend (p <= 0.05)

## Preterm Birth Rates in Kentucky

#### Figure 4: Percentage of Preterm Births by Race and Ethnicity, 2016 through 2021



National average

## Preterm Birth in the Commonwealth

### **STATE SUMMARY FOR <u>KENTUCKY</u> ~**



- In 2022, **1 in 9 babies** (11.7% of live births) was born preterm in Kentucky.
- In 2022, 1 in 11 babies (8.9% of live births) was low birthweight in Kentucky.
- In Kentucky in 2021, 321 infants died before reaching their first birthday, an infant mortality rate of 6.1 per 1,000 live births.

- In Kentucky in 2022, 79.3% of infants were born to women receiving adequate/adequate plus prenatal care.
- In Kentucky in 2022, 34.5% of live births were Cesarean deliveries.
- In 2021, about 1 in 15 women of childbearing age (6.9%) was uninsured in Kentucky.



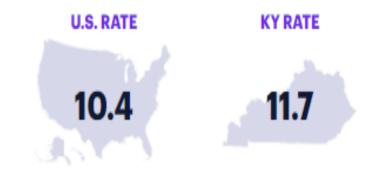
# Risks factors for Preterm birth

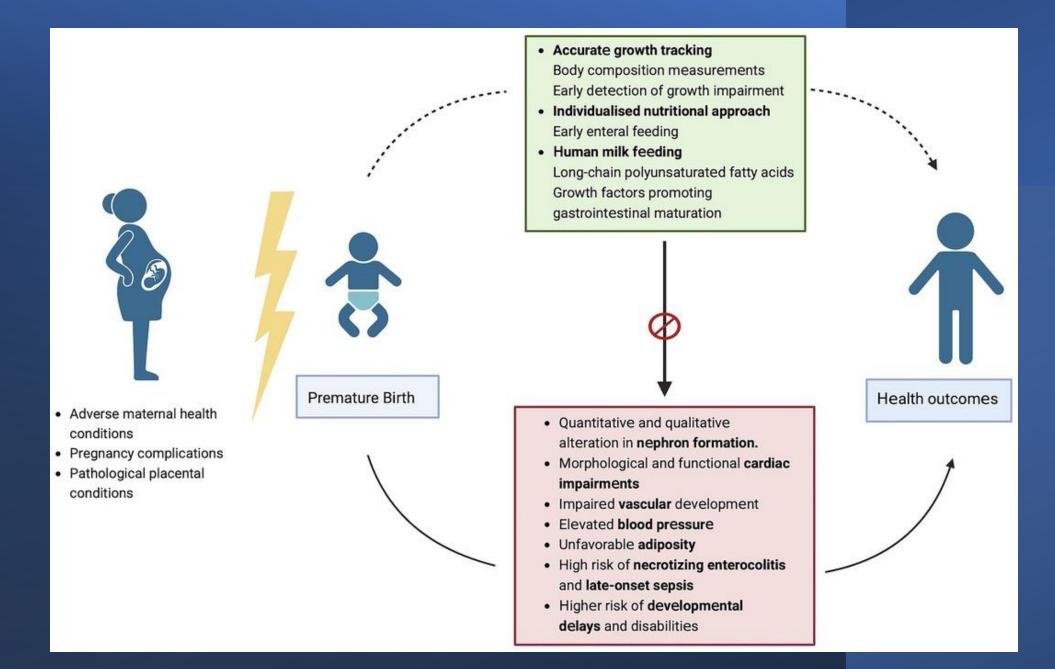


## Not Making the Grade









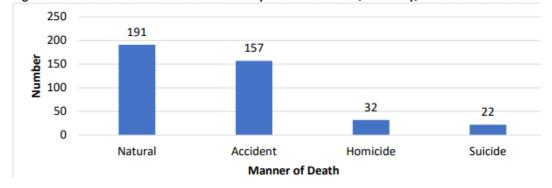
# Maternal Mortality Review Committee: Key Terms

**Pregnancy-associated death:** Death while pregnant or within one year of the end of the pregnancy, irrespective of cause.

**Pregnancy-related death:** Death during pregnancy or within one year of the end of pregnancy from a pregnancy complication, a chain of events initiated by pregnancy, or the aggravation of an unrelated condition by the physiologic effects of pregnancy.

*Maternal mortality:* Death while pregnant or within 42 days of the end of pregnancy, irrespective of the duration and site of the pregnancy, from any cause related to or aggravated by the pregnancy or its management, but not from accidental or incidental causes.

## 2023 MMRC Data



#### Figure 2: Total Number of Maternal\* Deaths by Manner of Death; Kentucky, 2013-2020 Combined

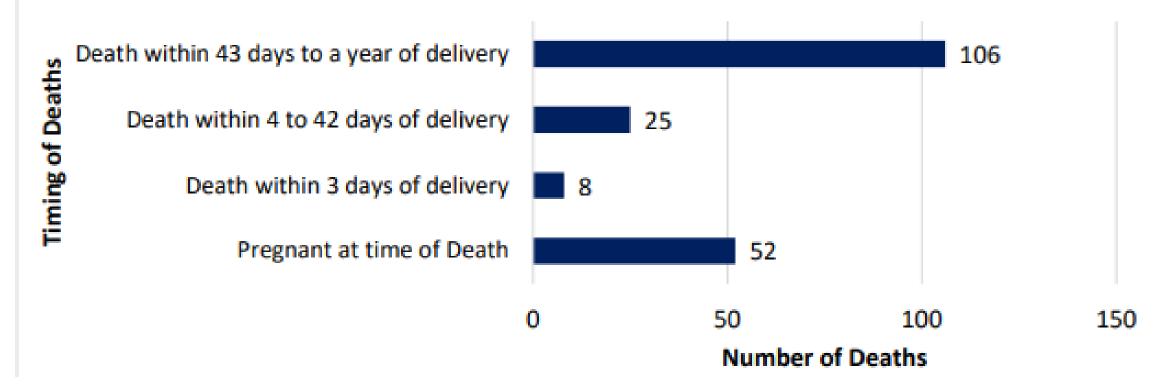
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Figure 4: Difference in Maternal Deaths from Any Cause by Race, 2020

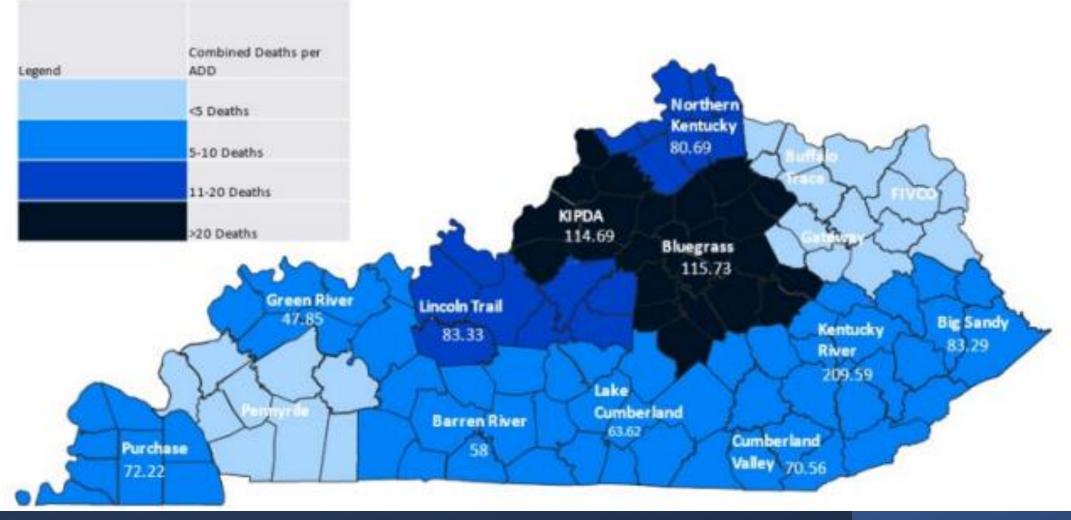
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**Rate of Maternal Deaths for Black Women Rate of Maternal Deaths for White** Women

#### Figure 8: Timing of Maternal Deaths; Kentucky MMR 2017-2020



## Figure 9: Kentucky Maternal Deaths and Rate of Death by Area Development District; Kentucky MMRC 2017-2020\*



## Takeaways from MMRC 2023 Report

• 88% of maternal mortality cases were deemed to be preventable.

• 20% of maternal deaths were pregnancy-related deaths.

• Over 50% of maternal deaths occur within 43 days to a year of end of pregnancy.

• 60% of mothers without documented prenatal care had Medicaid funded healthcare.

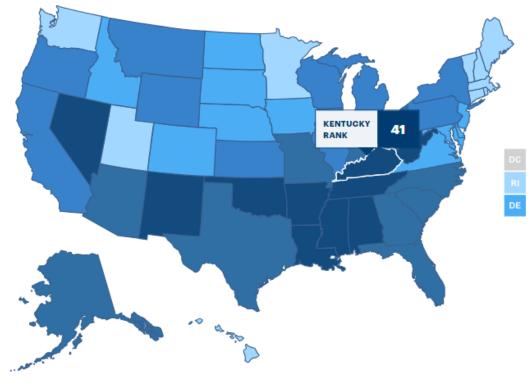
• 58% of all deaths had substance use as a contributing factor.

## We Have Work To Do

### **Overall by State**

Rank based on: Sum of weighted z-scores of all Annual Report ranking measures

**Overall Ranks** Rank Based On: Sum of weighted z-scores of all Annual Report ranking measures

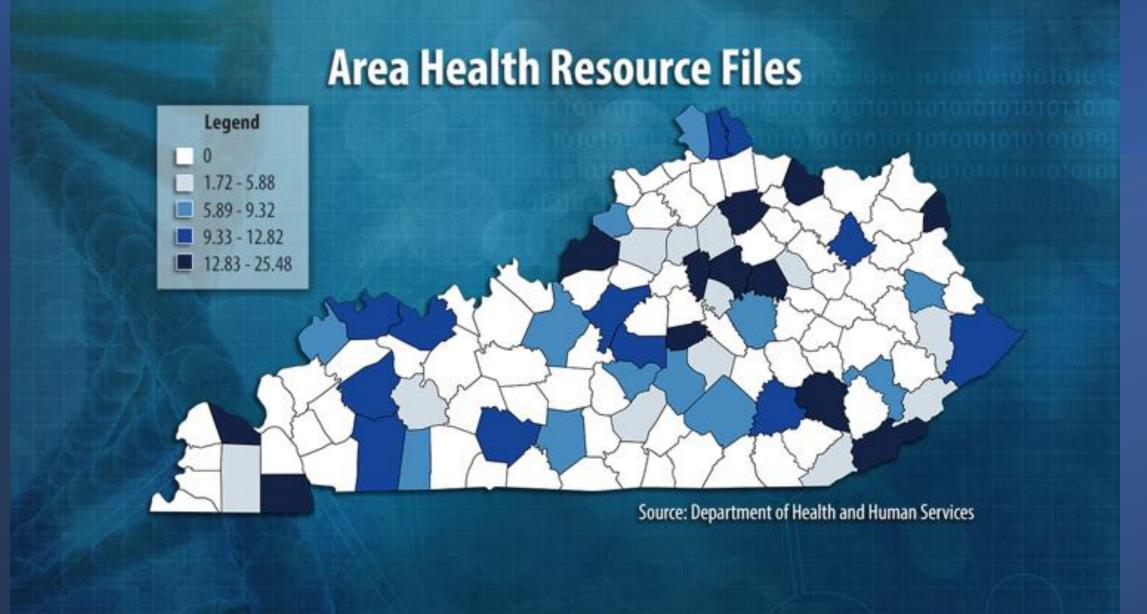


Data from America's Health Rankings composite measure, 2023

| 1 - 10 | 11 - 20 | 21 - 30 | 31 - 40 | 41 - 50 | N/A |
|--------|---------|---------|---------|---------|-----|

## Starting Point: Senate Bill 74

Aims to support maternal and infant health and reduce the high mortality rate for mothers in Kentucky. Establishes a state Maternal Fatality Review Team and require state Medicaid services to cover lactation consulting, breastfeeding equipment and in-home and telehealth services.



#### Д

## Primary Care Development Corporation



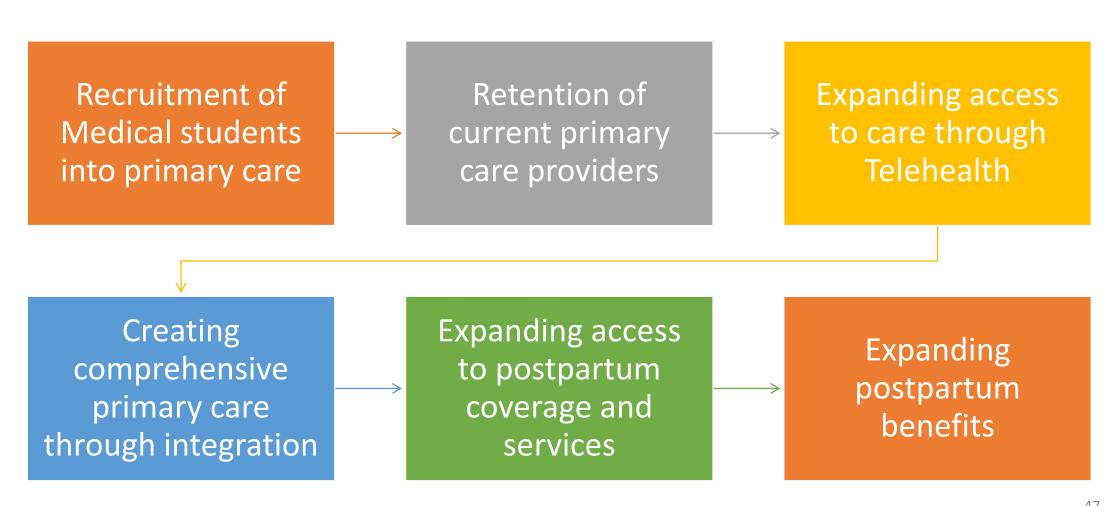
Improving the way we pay for care so that providers are paid for delivering the right care to the right patient at the right time Increasing reimbursement for primary care Investing in primary care infrastructure

Investing in both the existing primary care workforce and the pipeline

### In 2023, at least three states increased Medicaid reimbursement rates for primary care, moving closer to Medicare parity.

- In Hawaii, the <u>annual budget</u> included an appropriation of at least \$30,000,000 to bring Medicaid reimbursement rates up to parity with Medicare rates.
- In New York State, the annual budget increased Medicaid reimbursement rates for primary care to 80% of Medicare rates.<sup>18</sup>
- California enacted <u>Assembly Bill 118</u>, setting Medicaid reimbursement rates for primary care providers at "87.5% of the lowest maximum allowance established by the federal Medicare Program for the same or similar services[.]"<sup>19</sup>
- Kentucky passed <u>Senate Joint Resolution 54</u>, directing the Department for Medicaid Services to study and examine Medicaid reimbursement rates, noting that the state "ranked 45th among the United States in its primary care physician workforce with just 58 primary care physicians per 100,000 residents."<sup>20</sup>

## Critical Next Steps



States that passed MMH legislation in 2023



| THEME                                | STATES                 |  |
|--------------------------------------|------------------------|--|
| MMH Awareness                        | CA, CT, DE, NY         |  |
| Maternal or Black Maternal Awareness | CE, DE, DC, SC         |  |
| Misc. Resolution                     | CA, DE, LA, NY, TX, HI |  |
| Screening                            | AR, IL, TX             |  |
| Provider Education                   | тх                     |  |
| Insurance Requirements               | AR, WA                 |  |
| Insurance Coverage                   | NV                     |  |
| MMH Task Force                       | NY                     |  |
| Funding for MMH Programs             | MA, WA                 |  |
| Department of Corrections            | NV                     |  |
| Other Category                       | КҮ                     |  |

## The Benefits of Doula Services

Fewer cesarean sections

Less anxiety and depression for pregnant people

Less pain-relief medication during labor

Shorter time in labor

Fewer negative childbirth experiences

Better communication between pregnant people and their health care providers

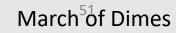
Lower healthcare costs

## Expansion of Doula Services

A Doula is a trained professional who provides continuous physical, emotional, and informational support to their client before, during, and shortly after childbirth to help them achieve the healthiest most satisfying experience possible.



- Two times less likely to experience a <u>birth</u> <u>complication</u>
- Four times less likely to have a <u>low</u> <u>birthweight</u> baby
- More likely to breastfeed
- More likely to feel happy about the care they received





States actively providing coverage

States in process of implementation

 States with related or adjacent action

# Examples of Successfully Medicaid Doula Expansion: Oregon

| State  | Federal Medicaid Authority  | Training and/or Licensing<br>Requirements   | Reimbursement Structures   | Billing Procedures   |
|--------|---|---|--|--|
| Oregon | <ul> <li>State Plan Amendment</li> <li>Effective Date: May 1, 2017</li> <li>Benefit Category: Preventive Service</li> </ul> | <ul> <li>Complete a state-approved<br/>doula training and requirements</li> <li>Register on the state's doula<br/>registry (requires an application)</li> <li>Obtain certification as a<br/>Traditional Health Worker<br/>(requires an application)</li> <li>Enroll as a Medicaid provider</li> </ul> | Fee-for-service global<br>payment (except in<br>extenuating circumstances)<br>• The reimbursement rate is<br>at the lower of: Submitted<br>charge; OR<br>A \$1,500 per pregnancy,<br>including at least two prenatal<br>visits, care during delivery,<br>and two required postpartum<br>visits | <ul> <li>Doulas may:</li> <li>Practice and bill<br/>independently; OR</li> <li>Work with an organization<br/>or clinic that bills on their<br/>behalf</li> </ul> |

## Examples of Successful Medicaid Doula Expansion: Virginia

| State    | Federal Medicaid<br>Authority  | Training and/or Licensing<br>Requirements  | Reimbursement Structures  | Billing Procedures   |
|----------|--|--|---|--|
| Virginia | <ul> <li>State Plan</li> <li>Amendment</li> <li>Effective Date:</li> <li>January 1, 2022</li> <li>Benefit Category:</li> <li>Preventive Service</li> </ul> | Complete doula training, which must<br>include core competencies (perinatal<br>support services, labor support),<br>community-based/cultural<br>competency training, and care<br>coordination. Doula trainings must be<br><u>approved</u> by the Virginia Department<br>of Health (VDH)<br>Be certified by an entity designated by<br>VDH<br>Enroll as a Medicaid provider | Fee-for-service<br>The <u>reimbursement rate</u> is:<br>\$859 for up to 8 prenatal/postpartum visits and<br>labor support<br>\$50 value-based incentive payment if the doula<br>performs at least one postpartum service visit and<br>the client is seen by an obstetric clinician for one<br>postpartum visit after a labor and delivery claim<br>\$50 value-based incentive payment will be made if<br>the doula performs at least one postpartum service<br>visit (this may be the same postpartum visit used for<br>the first value-based payment) and the newborn is<br>seen by a pediatric clinician for one visit after a labor<br>and delivery claim. | Doulas may:<br>Practice and bill<br>independently; OR<br>Join a provider agency or<br>clinic and bill<br>independently; OR<br>Enroll as a MCO provider |

## Kentucky Considerations of Doula Services Expansion







Certification

#### Reimbursement

### Initiation of pilot programs

Future Areas of Legislative Expansion

Care Delivery Transformation

Data and Oversight

Coverage and Benefits

#### "Of all the forms of inequality, injustice in health care is the most shocking and inhumane."

Dr. Martin Luther King Jr

