



Hamilton

## **Healthy Birth Weights Update**

**Board of Health  
January 13, 2014**

# COH Strategic Action 1.5

“the development and implementation of a maternal health strategy to decrease low birth weight.”



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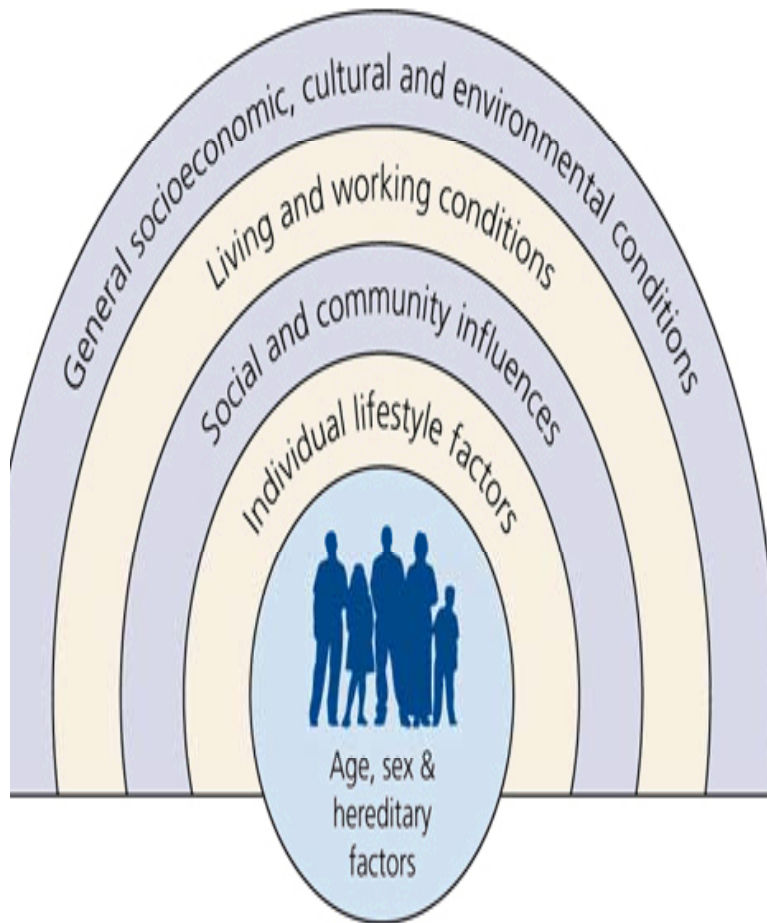
# Overview

- Low Birth Weight is a problem in the City of Hamilton
- Taking Action as a Community
- Next Steps



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# Determinants of Health and Low Birth Weight



## LBW Risk Factors

- Low Income
- Smoking
- Stress
- Mom Age <20 or >35
- Poor Nutrition
- Drugs; Alcohol
- Low Education
- Fetal Growth Restriction

## LBW Impacts

- Higher costs and risk at birth
- Risk of long-term chronic health problems
- Impaired brain and physical development

# Low Birth Weight in Hamilton

FSA	LBW	Low Income	Smoking during preg.	Age <20	No Prenatal in 1 <sup>st</sup> Tri (1 <sup>st</sup> time moms)	No prenatal classes (1 <sup>st</sup> time moms)
L8M	8.6	24.5	27.3	12.3	9.5	74.7
L8L	7.9	28.6	35.5	12.1	12.1	71.7
L8K	7.6	14.7	20.4	6.7	6.5	70.9
L8H	7.6	21.3	29.5	8.1	9.6	63.2
L8N	7.2	33.7	29.2	8.7	9.9	74.7
City	6.5	14.0	16.7	4.8	6.3	63.2
LOR	5.6	4.0	7.4	...	3.7	49.2
L8T	5.1	10.3	17.3	...	6.2	59.7
L8S	4.9	19.2	15.5	...	6.2	59.7

# Smoking in pregnancy

In certain areas of Hamilton, 30-40% of pregnant women smoke!

And have 2x the risk of delivering LBW.

More than 900 women smoke during pregnancy every year in Hamilton.



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# Teen births in Hamilton



Teen moms twice as likely to deliver LBW.

Teen moms more than 2x likely to smoke.

More than 250 babies are born to teen mothers every year in Hamilton.



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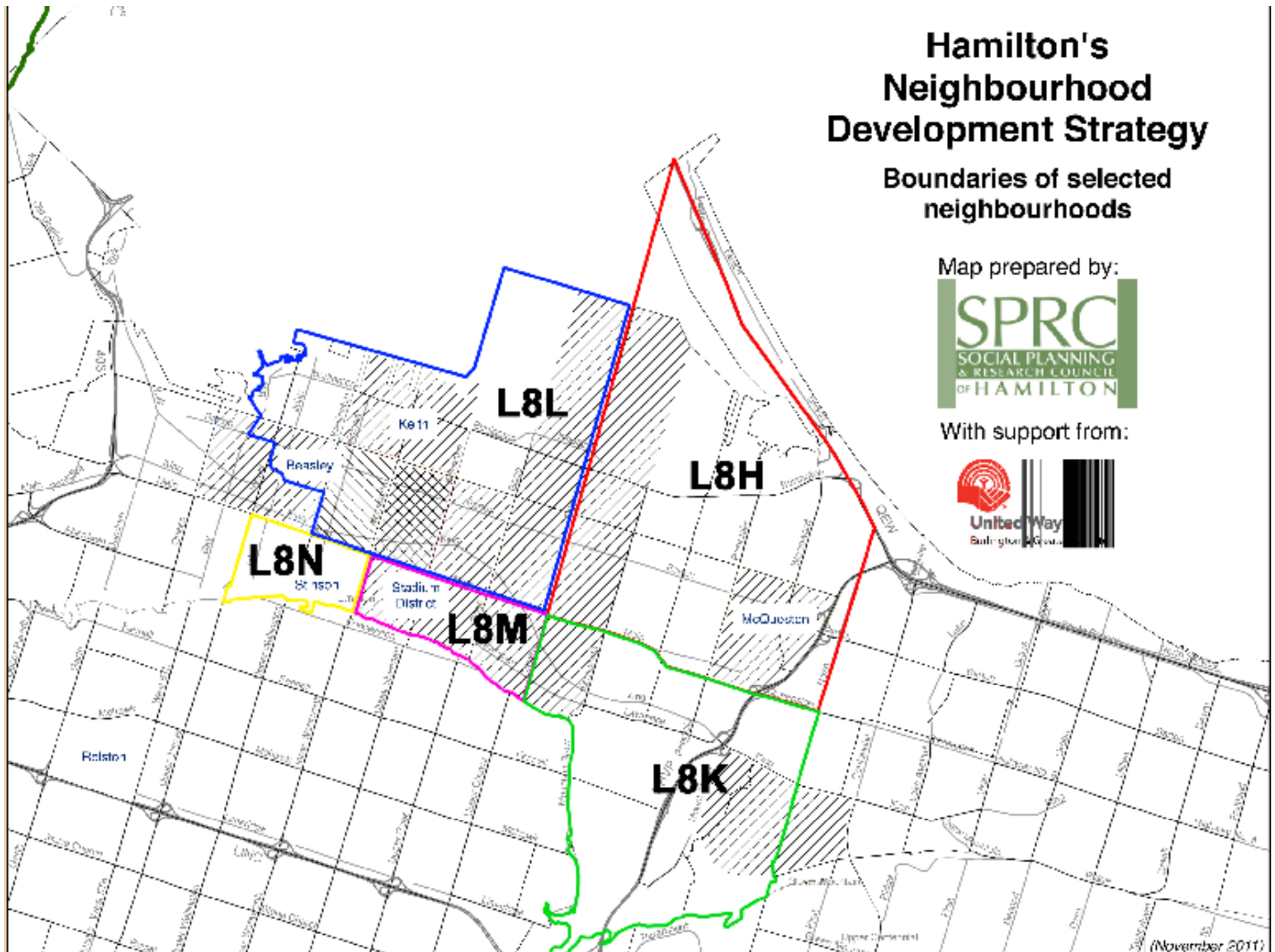
# Hamilton's Neighbourhood Development Strategy

Boundaries of selected  
neighbourhoods

Map prepared by:



With support from:



(November 2011)



# Taking Action as a Community: The Healthy Birth Weights Coalition



Strengthening Our Community by Supporting  
Healthy Lives and Healthy Relationships for  
Moms, Babies, and Neighbourhoods



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# Approach

## **Research-based**

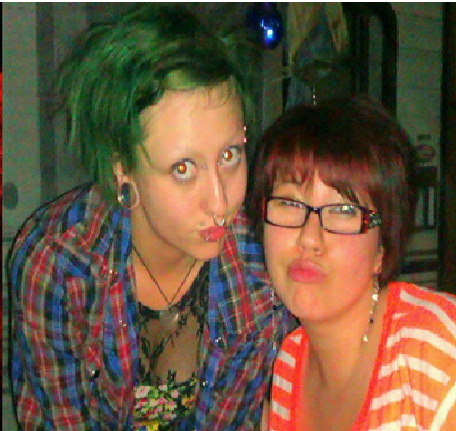
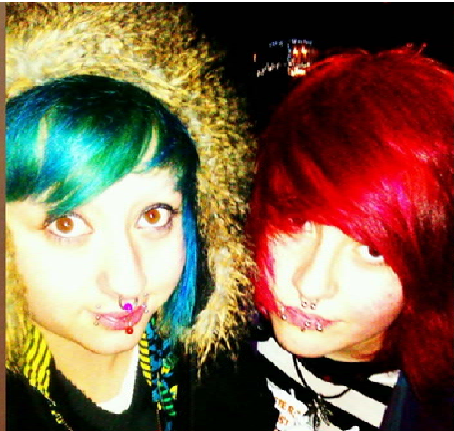
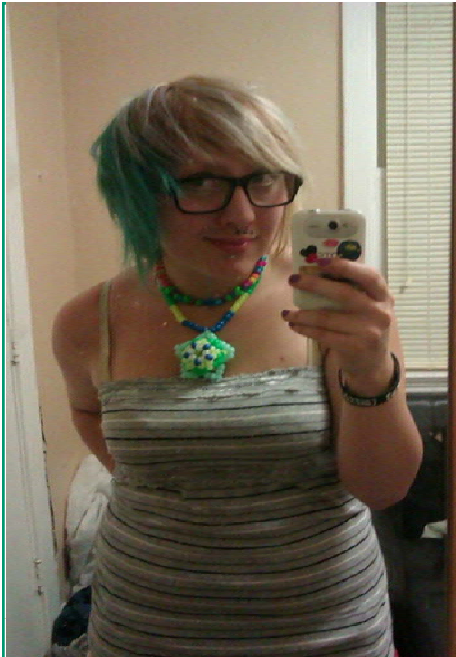
- Baseline of best practices
- Improve existing programs
- Both universal and targeted programs

## **Community-Driven**

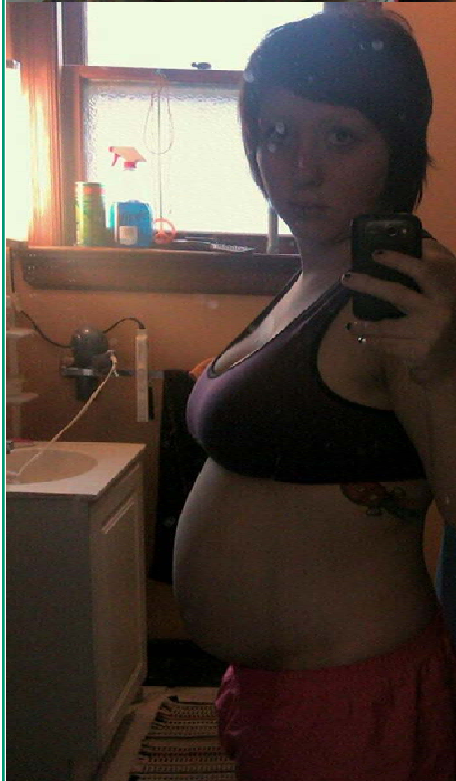
- Neighbourhood Development Strategy
- Address barriers
- Community Strengths
- Residents' Stories



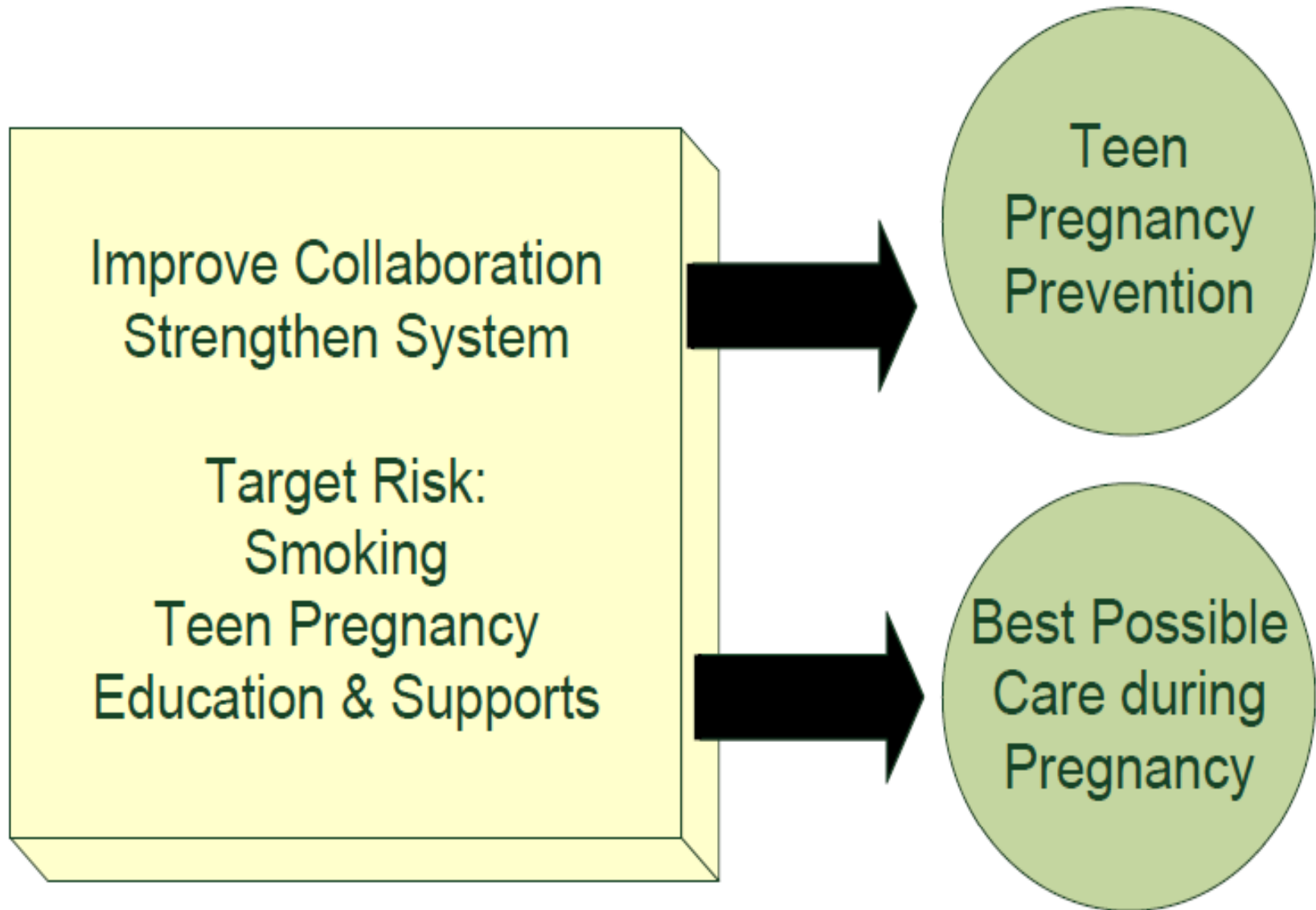
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# Rebecca's Story



# Target Priorities



# 3 Action Strategies

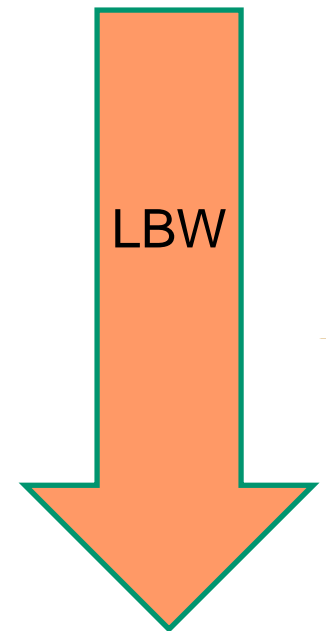
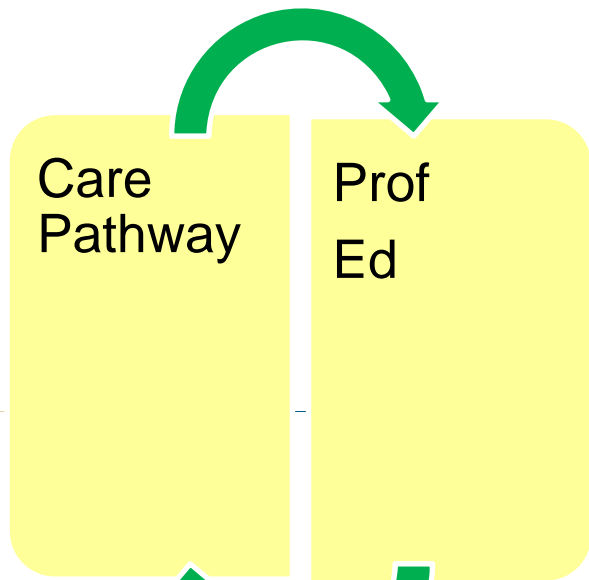
**1. Care Pathway for Young Parents**

**2. Professional Education**

**3. Smoking Cessation Supports**



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Improve Collaboration  
Strengthen System

Target Risk: Smoking,  
Teen Pregnancy,  
Education and  
Supports

Reduce LBW  
Risk

# Enhancing PHS Services

## Quit Smoking Clinic

- Intensive supports for pregnant and postpartum women
- Improved referral process
- Quit aids (gum, patch, incentives)



## Canadian Prenatal Nutrition Project

- Shown to reduce LBW, smoking, alcohol abuse; increase breastfeeding
- Working with community partners to improve access



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# Next Steps

- Collaboration
- Action Plans
- Youth-driven strategy
- Monitor best practices
- Review teen pregnancy prevention activities



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