HEALTH EQUITY AND STILLBIRTH

Stillbirth Summit
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Star Legacy Foundation
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Objectives

• Relate the concept of health equity to poor pregnancy outcomes.
• Investigate the impact that lack of health equity has on stillbirth rates.
• Discuss how the concept of health equity maybe considered in future initiatives and programming to reduce stillbirths.
• Recommend priorities to address health equity related to stillbirth.
• Propose two ways health equity could be incorporated into the work you are doing in your agency, practice or community.
• Discuss action steps you might take in your community begin this process..

What determines health?

• 30% of health is determined by health care.
  • Health services
    • "Access" vs access
  • 70% of the factors that determine health can be attributed to social determinants of health

Gilbert C Gee @ Discrimination in Health Care: What Can be done? University of Minnesota, April 9, 2016.
Disparity

- **Health disparities** are preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by socially disadvantaged populations.

What is health equity?

Health equity refers to the study and causes of differences in the quality of health and healthcare across different populations. Health equity is different from health equality, as it refers only to the absence of disparities in controllable or remediable aspects of health.

- American Public Health Association [https://www.apha.org/topics-and-issues/health-equity](https://www.apha.org/topics-and-issues/health-equity)

How do we achieve health equity?

- We value all people equally.
- We optimize the conditions in which people are born, grow, live, work, learn and age.
- We **work with other sectors** to address the factors that influence health, including employment, housing, education, health care, public safety and food access.
- We name **racism** as a force in determining how these social determinants are distributed.

- American Public Health Association [https://www.apha.org/topics-and-issues/health-equity](https://www.apha.org/topics-and-issues/health-equity)
Why do we want to achieve health equity?

Ted talk by Richard Wilkinson

http://www.ted.com/talks/richard_wilkinson.html
Inequality in Birth Outcomes

World Inequality vs. Infant Mortality, 2012

http://inequality.org/inequality-health/#sthash.yzGZuS aW.dpuf
State of the Union

Inequity and IMR/IMR by Race
- http://datacenter.kidscount.org/data/Bar/21-infant-mortality-by-race?loc=1&loct=2#1/any/false/36/10,11,9,12,1,13/284

The Cost of Stillbirth
Cost of Racial Disparities in Health

- Excess death and human life lost

- Days away from work

- Excess health care expenses

- ASSESSING THE COSTS OF RACIAL AND ETNIC HEALTH DISPARITIES @https://www.hcup-us.ahrq.gov/reports/race/CostsofDisparitiesIB.pdf

The Cost of Racial Disparities in Health

Harvard Business Review @https://hbr.org/2015/10/the-costs-of-racial-disparities-in-health-care

Costs of Lack of Health Equity
Five Principles for Eliminating Racial Disparities

• Provide insurance coverage and access to high-quality care for all Americans.
• Promote a diverse health care workforce.
• Deliver patient-centered care.
• Maintain accurate, complete race and ethnicity data to monitor disparities in care.
• Set measurable goals for improving quality of care, and ensure that goals are achieved equitably for all racial and ethnic groups


Make a mole hill out of a mountain…
Ending Preventable Stillbirths: A Call to Action in High-income Countries

- Stillbirth rates vary across high-income countries (HICs) from 1.3 to 8.8 per 1000 total birth
- Reduction in stillbirths is possible in HIC


A Call to Action in High-income Countries

- Improvements in data collection, investigation, classification and understanding of causal pathways
- Setting and monitoring targets in all HICs to reduce preventable stillbirths.
- Substandard care contributes to 20-30% of all stillbirths; even more to late gestational intrapartum stillbirths
- Reduce stigma and improve bereavement care

Infant Mortality Rate by State

- [http://kff.org/other/state-indicator/infant-death-rate/#map](http://kff.org/other/state-indicator/infant-death-rate/#map)
Call to Action

Social determinants of maternal and fetal wellbeing should be:
• monitored in all high income countries (by home visiting nurses)
• addressed through education and alleviation of poverty
• improved access to health care, especially timely, culturally appropriate antenatal care.

Call to Action: Star Legacy
Recommendations to Practitioners

Women from high risk populations benefit from being:
• Monitored as high-risk pregnancies
• Educated about their risk factors for poor pregnancy outcomes and how to reduce those risks
• Carefully listened to and counseled as high-risk pregnancies
• Provided quality prenatal care

Propose two ways the concept of health equity could be incorporated into the work you are currently doing or want to do in the future.

Discuss action steps you might take in your community to begin this process.

In summary…
Bibliography

- Unnatural Causes: http://www.unnaturalcauses.org/media_and_documents_video.php


- Additional Resources

  - TED how inequality harms societies
    http://www.ted.com/talks/richard_wilkinson.html


  - Investing in the Healthiest Nation

  - Sick Around the World.
    http://www.pbs.org/wgbh/pages/frontline/sickaroundtheworld/