

Washington

Maternal and Child Health Block Grant 2016

The Maternal and Child Health Services Block Grant, Title V of the Social Security Act, is the only federal program devoted to improving the health of all women, children and families. Title V provides funding to state maternal and child health (MCH) programs, which serve 42 million women and children in the U.S. To learn more about Title V, visit www.amchp.org.

MCH Block Grant Funds to Washington

FY 2013	FY 2014	FY 2015
\$8,342,133	\$8,774,366	\$8,833,309

Title V Administrative Agency:

Office of Healthy Communities, Division of Prevention and Community Health, Washington State Department of Health

*States must provide a three dollar match for every four Federal dollars allocated.

Protecting and Improving the Health of Washington's Families

Preconception Health —The Office of Healthy Communities created an internal Women's Health cross program team with staff from family planning, perinatal and chronic diseases. The purpose of this group is to promote women's health across the lifespan and provide direction to the office in planning and implementing projects. The department used focus groups to develop and test healthy living messages for non-pregnant women. These messages and links to additional resources for women of childbearing age are on the [women's health website](#) in English and [Spanish](#). The office is conducting outreach to Latina women through radio novelas. The office is also partnering with stakeholders to develop and disseminate preconception health care standards.

Healthy Weight Gain During Pregnancy - The office developed the "[Healthy Weight Gain During Pregnancy: a Clinician's Tool](#)" to support providers in the screening, assessing and promoting a healthy weight gain among pregnant women. We also developed the "[Healthy Weight Gain During Pregnancy](#)" handout for pregnant women to help women gain appropriate weight amount during pregnancy. This sheet contains tips for good nutrition and physical activity, space for goal setting and web resources. The sheet is available in Spanish and English. A SNAP-Ed project is working with providers using both tools. We also promote healthy weight gain during pregnancy through the [Women, Infants, and Children Supplemental Nutrition Program \(WIC\)](#) and the [Parent Help 123 website](#).

Promoting Breastfeeding- Aligning with healthy starts and chronic disease prevention, the department has directed efforts to increase initiation, duration and exclusivity of breastfeeding through *Washington Steps up* initiative. This initiative identified 4 focus areas for evidence based interventions (10 steps) to accomplish these goals: 1) Evidence-based Hospital Mother-baby hospital care 2) Breastfeeding friendly childcare facilities 3) Breastfeeding friendly worksites and 4) Best Starts for baby, targeting health care providers and parent education. Implementation of evidence based interventions in each of these focus areas involves partnerships with a number of agencies and organizations including hospitals, clinics, Childcare facilities, employers, WIC, Washington State Department of Early Learning and professional organizations.

Supporting Parents — A Family Involvement Coordinator supports the Washington State Fathers Network and the Parent to Parent Program which provide information, outreach and support to families with children and youth with special health care needs (CYSHCN).

Child and Adolescent Mental Health — The office identifies and implements strategies for health promotion, prevention, and access to early intervention and treatment for children's mental health. . The office administers a statewide Healthy Youth Survey of middle and high school students, including identification of those with disabilities. It collects data on mental health, violence and risk and protective factors that influence youth's well-being and mental health. School districts and many state agencies use the results to target prevention efforts and educate communities.

Promoting Health Equity — To reduce barriers to effective and appropriate health care, the office works with families and health care providers promoting culturally competent care for women, infants, children, adolescents, and their families. For example, work with the American Indian Health Commission focuses on prenatal care, infant case management, oral health and immunizations. Work with the University of Washington's Center for Genomics Healthcare Equality has focused on reducing barriers to clinical genetic services for low income families. Work with the Department of Early Learning promotes equity in child care and other early learning environments. The office provides training opportunities and resources for staff to incorporate health equity into their work.

Helping Families Find Services — The WithinReach toll free maternal and child health information line received over 32,000 calls in 2013. It provides consumer information, and referrals for maternity care, children's health insurance, nutrition services, and other health issues.

Preventing Injuries and Deaths — The department of Health's Injury Prevention and Suicide Prevention programs and community groups promote healthy behaviors, decrease risks and prevent injuries and deaths. Staff review the rules and regulations governing early learning, group care and foster care to promote and require a focus on injury prevention and child health and safety in state licensed programs serving over 200,000 children and youths.

Screening Newborns and Infants — The office partners with the University of Washington to establish a universal developmental screening system that identifies and refers infants and young children to early intervention and other services they need. The program identifies existing state and community systems and successes in other states. The office also ensures that all infants born in Washington receive timely hearing screening and those with suspected hearing loss are referred for the services indicated.

Preventing Adversity and Promoting Resilience

The office participates in partnerships related to preventing Adverse Childhood Experiences (ACEs), including Harvard Frontiers of Innovation (FOI), ACE Public-Private Initiative, and state-level early learning, home visiting and behavioral health groups. Participation increases leaders' ability to work on toxic stress and brain development. Twenty-one local health jurisdictions chose to work on ACEs with this grant's funds. The office provides technical assistance to local health.

The office has a Centers for Disease Control and Prevention Essentials for Childhood grant that supports a collective impact approach to prevent child maltreatment and its consequences. In this planning year the office is working with partners to develop a common agenda and indicators to align work across sectors.

Medical Homes —The office partners with the University of Washington to support a statewide Medical Home Leadership Network of providers and parents. Network members work together to identify and access the medical and non-medical services needed to help CYSHCN and their families reach their full potential. The office also contributes to the Washington Patient-Centered Medical Home Collaborative to assure the voices of families and CYSHCN are heard.

People Served by the Washington MCH Program*

Title V population-based preventive and systems building services benefit all women and children in the state. In addition, the MCH Block Grant provided direct services to the following individuals:

15,254	pregnant women
86,128	infants under one
427,256	children and adolescents
10,471	children with special health care needs
46,585	others
585,694	total served

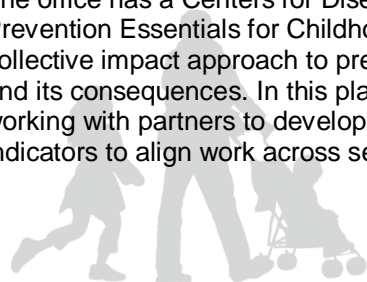
*2013 State/Jurisdiction Annual Reports Submitted to the Maternal and Child Health Bureau

Health Priorities in Washington

- Healthy starts
- Sexual and reproductive health
- Tobacco and substance use prevention
- Active and safe environments
- Healthy eating
- Screening, referral, and following up
- Social and emotional wellness
- Quality clinical and preventive treatment services
- Health equity

State Selected National Performance Measures

- Well Woman Visit
- Breastfeeding
- Safe Sleep
- Developmental Screening
- Injury
- Adolescent Well-Visit
- Medical Home
- Adequate Insurance Coverage





ASSOCIATION OF MATERNAL & CHILD HEALTH PROGRAMS

State Profile

A SNAPSHOT OF HOW THE TITLE V MATERNAL AND CHILD HEALTH BLOCK GRANT WORKS IN YOUR STATE

Grants to Washington*

State Implementation Grants for Integrated Community Systems for CSHCN
HEALTH, WASHINGTON STATE DEPARTMENT OF
Olympia, WA
\$300,000

STATE SYSTEMS DEVELOPMENT INITIATIVE (SSDI)
HEALTH, WASHINGTON STATE DEPARTMENT OF
Tumwater, WA
\$100,000

Leadership Education in Adolescent Health
UNIVERSITY OF WASHINGTON
Seattle, WA
\$379,201

Pediatric Pulmonary Centers
UNIVERSITY OF WASHINGTON
SEATTLE, WA
\$358,642

Maternal and Child Health Public Health Training Program
UNIVERSITY OF WASHINGTON
SEATTLE, WA
\$338,548

*These grants were awarded in FY 2013.

For more information, contact:

Maternal & Child Health

Janna Bardi
MCH Director, Chronic Disease Director
PO Box 47830
Olympia, Washinon 98504-7830
Phone: (360) 236-3723
E-mail: janna.bardi@doh.wa.gov

Children with Special Health Care Needs

Maria Nardella
Manager CSHCN Program
WA State Department of Health
PO Box 47880
Olympia, WA 98504-7880
Phone: (360) 236-3573
E-mail: maria.nardella@doh.wa.gov

