Westside Healthy Start Breastfeeding Support Model

Engaging Patients to Initiate Breastfeeding
About ACCESS

Our Mission

The mission of ACCESS is to provide outstanding preventive and primary health care, accessible to all in their own communities.

Our Vision

ACCESS is the health care home of choice for individuals, families and communities, exceeding quality standards, and engaging patients and staff in addressing health disparities.
About ACCESS

• 36 health centers across Cook and DuPage counties
• More than 180,000 patients served annually
• ACCESS' patient demographics:
  • 40% are children age 17 and under
  • 51% are Hispanic
  • 29% are African-American
  • 74% live at or below 200 percent of Federal Poverty Level ($22,980 annually) – common measure of economic stability
What are FQHCs?

- Federally qualified health centers (FQHCs) include all organizations receiving grants under Section 330 of the Public Health Service Act (PHS).
- FQHCs qualify for enhanced reimbursements from Medicare and Medicaid, as well as other benefits.
- FQHCs must serve an underserved area or population, offer a sliding fee scale program, provide comprehensive services, have an ongoing quality assurance program and a governing board of directors.
About Westside Healthy Start

• Westside Healthy Start (WHS) is a national Healthy Start leader with an established model for integrating medical care, social supports, and community action to improve birth outcomes and reduce infant mortality on Chicago’s West Side.

• The area has a legacy of poverty that has perpetuated health disparities with an infant mortality rate more than double the national rate.

• WHS is comprised of three FQHCs: ACCESS, Lawndale Christian Health Center and PCC Community Wellness Center
  • Serves 800 low income, predominantly African-American patients annually

• WHS has a 17-year history of collaborating with safety net hospitals and other community service providers
WHS Partnership Model

ACCESS is the lead agency with two additional FQHC partners on Chicago’s West Side:

- Lawndale Christian Health Center
- PCC Community Wellness Center
WHS Breastfeeding Support Model

An *evidence-informed* breastfeeding initiation and duration approach including:

- Prenatal education and Best Start Three Step Counseling
- Hospital partnership to implement Baby-Friendly Hospital Initiative
- Weekday hospital rounds to provide lactation support at time of delivery
- Routine contact to six months postpartum
Using Best Start Three Step Counseling

Step 1. Ask an open-ended question

Step 2. Affirm her concerns

Step 3. Provide targeted education directed to her specific concerns

Hospital Breastfeeding Rounds

Breastfeeding Counselors:

• Complete rounds to all women on the Mother Baby unit, whether breastfeeding or not, to provide education

• Encourage mom to attempt initiation

• Assist mom if she is having trouble with latching or positioning, and will model and coach mom until it is corrected

• “Case conference” with hospital staff (IBCLC, nurse, and or provider) to best support mom
Thank You and Contact Information

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