

Bright Spot Application County: *Washington County Health Department*

Initiative Name: *Hispanic Prenatal Classes at Washington County Health Department*

Primary Prevention Focus Area(s):

- *Prenatal Care: Healthy Pregnancy, complications of gestational period, nutrition during pregnancy and Breastfeeding period (Speaker C. Lopez)*
- *Understanding labor and delivery (Speaker C. Lopez)*
- *Newborn Care including SAFE SLEEP (Speaker Judy Williams)*
- *Breastfeeding/WIC Formula (Judy Williams)*
- *Family Planning (Speaker C. Lopez)*

There were 5 consistently active participants during the classes. A bonus to the classes was that Judy Williams, RN 3 and Claudia Lopez, APN were able to have open dialogue with the participants and provide education on the services provided at Washington County Health Department.

Primary Contact Name, Email, Phone:

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Bright Spot Award Questions

Why is this initiative important to your community? (150 words max: 10 points available)

This initiative is important to our community because there are limited options for Spanish speaking individuals to receive intentional, Spanish led, education on health topics. There is a significant portion of the patients at the health department who are Spanish speaking and we wanted to provide a cost free opportunity to learn about prenatal and postpartum topics.

Is this initiative contributing to a policy, systems, and/or environmental change¹ in the community? (300 words max: 75 points available)

This initiative is not directly contributing to a policy, systems, or environmental change in the community. However, this initiative is the first step in creating a new norm and offering access to more Spanish resources.

What are the SMART objective goals and major purpose(s) of this initiative? (SMART objectives are Specific, Measurable, Attainable, Relevant, and Time Bound. Example: By May 2023; all soft drink machines in Lauderdale County Schools will be turned off during the school day, per school board policy.) (300 words max: 10 points available)

By July 2023, Washington County Health Department staff will work with community partners to increase awareness of resources to promote healthy pregnancies through outreach and education to improve measures related to healthy pregnancies and improving birth outcomes.

Overall Objective (SMART Format): By June 2023, Washington County Health Department staff will conduct (quarterly) outreach in the community to increase and improve awareness and utilization of LHD services with emphasis on Immunizations, Family Planning Services and WIC.

When this class began, there were not strong SMART goals created, the health department was without a county director and health educator, so the providers took it upon themselves to lead these classes without delaying it further. The main purpose of this initiative is to provide educational opportunities to the Spanish speaking community on topics relating to prenatal and postpartum care.

This class will begin again in January 2024, with more intentional recruitment, promotion, and goals to ensure that we are being successful.

What is the annual budget and funding source for this initiative? If no funding is available, how have you implemented or sustained the initiative? (150 words max; 5 points available)

There was no additional funding needed for this initiative. In the future, we may look for funding to provide participation incentives.

Have community partners helped with the initiative? What are the roles of these partners? (300 words max: 20 points available)

At this time, there are no community partners involved with this initiative. Washington County Health Department is working on partnering with Ballad Health for other child safety classes, and we hope to explore what Spanish resources and tools they have to utilize the partnership more.

Describe your staff's involvement, including the interdisciplinary team approach taken with this initiative? Begin with the planning process; explain staff roles in planning and implementing the initiative. Discuss how you foster creative scheduling so that clinical staff can lend their expertise? (350 words max: 20 points available)

The staff involvement included an RN and an APN working together to lead this course. They were the perfect team as they both are native Spanish speakers and were able to take the lead on this. Judy Williams and Claudia Lopez recognized a need for education and informational classes accessible by the Hispanic population in the northeast region of Tennessee. The clinic schedule was adapted so that they both could attend, lead, and answer any questions during the class time monthly.

In what way is this initiative especially innovative? How is this initiative different from other similar programs? Is there a specific idea tested with this approach? Is this work informed by relevant literature or research studies? (400 words max: 20 points available)

This initiative was innovative in Washington County since there are very limited options to receive education on prenatal topics in Spanish. This initiative was created around common needs and question and trying to fill in the gaps that were identified through experience serving in the WIC clinic. This initiative may be like other prenatal classes, but it differs by being taught only in Spanish.

Is this initiative considering or addressing an inequity in your community? What is that inequity and how are you addressing it? (350 words max: 20 points available)

Yes, there is an inequity in access to educational materials that are offered in Spanish compared to the opportunities that are available to those individuals who speak English. By solely leading this initiative in Spanish, they created a safe, dedicated place for Spanish speaking mothers to come and learn ways to better care for their child that they might not have learned otherwise.

How are you evaluating the effectiveness of the initiative? Is the initiative on track to achieve stated goals or has it achieved stated goals? (350 words max: 20 points available)

During this pilot stage of the initiative, effectiveness was evaluated based on the number of participants. In 2022-2023, there were 5 participants who consistently participated. This initiative is on track to grow and to recruit more participants as it develops and is more known.

What limitations or obstacles might be expected if others wished to replicate this initiative? (300 words max: 50 points available)

Limitations that were experienced included class schedule, transport, and awareness. If others wish to replicate this initiative, be mindful of the time of the classes, we found that late mornings were best for a lot of non-working mothers but that 2-3pm was not a good time due to school pick up for other children. Transportation is a frequent barrier that our community faces, while public transit is an option, it might not be an ideal option for a pregnant individual, traveling alone. And lastly, awareness, finding the specific places in the county that will reach the target audience and entice their participation was an obstacle for us. We learned new locations in the county, stores, churches, parks, neighborhoods, places of employment, that will better allow us to promote this initiative in the future.

Is this initiative sustainable without the resources of the local health department being involved? (250 words max: 20 points available)

This initiative utilized local health department staff, it would not be sustainable without Spanish speaking individuals with the knowledge and expertise to teach on the prenatal topics. It could be replicated outside of the typical health department setting, with the applicable skills and space.