



The First 1,000 Days[®]

Newsletter

November 2016

The First 1,000 Days Program aims to work across early-life systems to prevent obesity, promote healthy routines and behaviors, and reduce health disparities among vulnerable children and families.

First 1,000 Days OB Program

The First 1,000 Days Program has launched at the MGH Chelsea and Revere OB Centers and DotHouse Health! During the first prenatal visit at roughly 8-10 weeks gestation, mothers and fathers complete an iPad assessment that screens for primary care, adverse health behaviors, social determinants of health, and eligibility for public health services/programs. Around 26–28 weeks gestation, women complete a second iPad assessment which the Patient Navigator uses to provide health coaching services for women with excess gestational weight gain. We are excited to provide women and their families with the following support: 1) patient and family educational materials, 2) obstetric focused nutrition and activity counseling, 3) referrals to health center and community resources, and 4) weekly standardized text messages to promote healthy habits. Below is more information on support services provided to families.

Support Service	Scope of Service
Patient and family educational materials	<ul style="list-style-type: none"> • Healthy gestational weight gain booklet provided for 8-24 weeks gestation • Preparing to be a parent booklet provided for 21-40 weeks gestation • Vidscrips focused on a range of topics including pregnancy and exercise, smoking, family/partner support and sleep during pregnancy (link here) • Information on the Boston Basics (link here)
Referrals to health center and community resources	<ul style="list-style-type: none"> • Patient Navigator/Health Coach uses assessments to create individualized resource sheets to send to patients via mail or e-mail • EPIC templates used to coordinate care between providers and Patient Navigator/Health Coach
Obstetrics focused nutrition and activity counseling for high-risk patients	<ul style="list-style-type: none"> • Patient Navigator/Health Coach focuses on five goals to encourage healthy weight gain: 1) eating a healthy diet, 2) drinking water, 3) being physically active, 4) getting plenty of sleep, and 5) knowing where to seek social support
Weekly standardized text messages to promote health habits	<ul style="list-style-type: none"> • Patients receive 2-3 texts per week to keep First 1,000 Days goals present in women's minds and to support them in a healthy pregnancy.

Check out our [website](#) for more detailed information on the First 1,000 Days Program and services!

Save the Dates & Timeline

- November 14, 2016 Pediatric Provider Training on First 1,000 Days program components in Revere
- November 21, 2016 Pediatric Provider Training on First 1,000 Days program components in Chelsea
- December 2016: Provider Training on Pediatric Program and EPIC tools
- January 2017: MI Training & Program launch begins in pediatrics
- Winter/Spring 2017: Collective Impact Meeting

What's Happening Now?

The Program Team continues to refine the OB program and is currently developing the pediatric portion of the program.

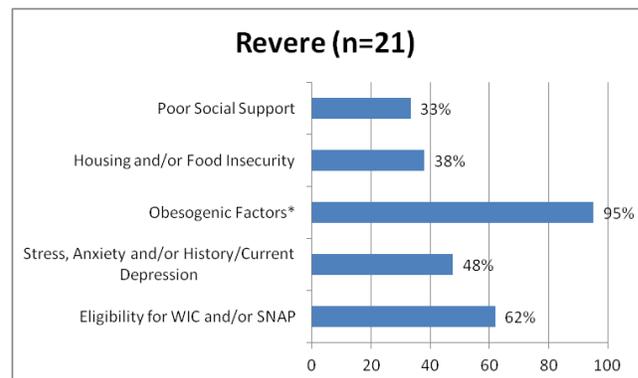
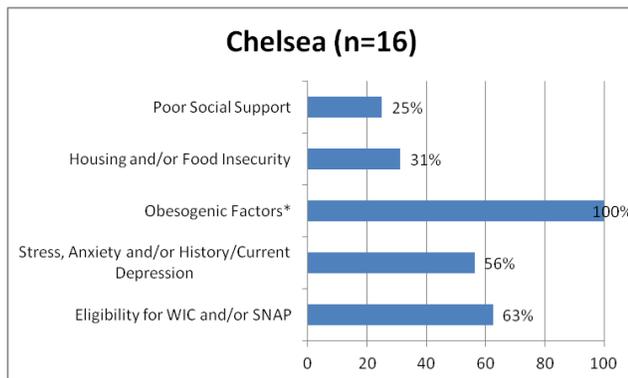
- **Website.** The 1,000 Days Program website has launched! The website contains tools and information for patients and clinical teams. Check out the site [here!](#)
- **26–28 Week OB Assessment** The second assessment pregnant women will complete has been finalized and will be implemented at the end of the month. We are using the assessment to further identify high-risk families to provide them with appropriate health coaching services.
- **Development of the First 1000 Days Pediatric Program** We have been engaging in conversation with health care providers at MGH Chelsea and Revere and DotHouse Health to develop a comprehensive pediatric program. We will continue seeking input throughout the development of the program.
- **Development of Pediatric Educational Materials** The pediatric program will include developmentally appropriate educational materials to help prevent rapid infant weight gain and obesity and support families with social determinants of health.

Intake Assessment Update

Starting August 9, 2016, the program had a “soft launch” of the OB program at the MGH Chelsea and Revere sites to refine the program and processes for the full launch in September. During the soft launch period, 37 pregnant women completed the initial intake. The table and graphs below show selected information from the soft launch assessments.

Site	Assessments at start of pregnancy	Overweight/Obese	Average Number of Positive Screens*
Chelsea	16 (43%)	4 (25%)	5.56
Revere	21 (57%)	7 (33%)	5.48

Percentage of Women with Positive Screens By Site



* Obesogenic factors include: diet, consumption of sugar-sweetened beverages, physical activity, sleep, and smoking.

Spotlight!

Learn about what else is happening in the area of early life child development and obesity prevention from experts in the field. If you have a "spotlight" to share for a future newsletter, please contact Etna Tiburcio, etiburcio@mgh.harvard.edu.



Congratulations, Alessandra Peccei, MD!

On May 14th, Alessandra Peccei, MD was awarded the McGovern Award for Clinical Excellence. The McGovern Award, established in memory of Brian A. McGovern, MD, recognizes those who "emulate his dedication, compassion, and kindness." Colleagues praised Dr. Peccei's "commitment to caring for patients in the community health centers and for providing outstanding and culturally competent care." Colleagues also noted Dr. Peccei's ability to listen to patients' stories without judging them, enabling her to "coax them to a healthier place". Congratulations!



Welcome to our First 1000 Days Staff, Etna Tiburcio and Grace Lovell

We would like to formally introduce and welcome our First 1,000 Days staff, Etna Tiburcio, MPH (left) and Grace Lovell (right)! Etna received her Master in Public Health with a focus in Social and Behavioral Sciences from the Yale School of Public Health. She will serve as a Health Coach/Patient Navigator to connect families with resources to achieve healthy lifestyles. Grace received her bachelor's in Public Health from the University of California Berkeley. She brings her experience working with the United Nations Foundation and Umtha Elanga organization in South Africa and her strong interest in maternal and child health to the First 1,000 Days team. Welcome to both!



Welcome to our students, Julie Gonzalez and Leanne Duhaney!

Welcome to our two medical students: Julie (left) and Leanne (right)! Julie is a fourth year medical student at Harvard Medical School. She is taking a research year to work with the First 1,000 Days team to examine the effects of food/housing insecurity and social support on health behaviors at the start of pregnancy. Leanne is also a fourth year medical student at Columbia College of Physicians and Surgeons and is completing a one-year program at the Harvard T.H. Chan School of Public Health to obtain her Master in Public Health with a focus on Health Policy. She will be using the assessments to examine maternal depression and health behaviors at the start of pregnancy.

Boston Basics Kick-Off



On September 13th, Mayor Marty Walsh hosted a celebration at the Boston Children's Museum to discuss and celebrate Boston Basics Campaign achievements during its kickoff phase. Guests heard from several partners who described innovative ways in which they are integrating the Boston Basics into their programs. Dr. Elsie Taveras spoke about the First 1,000 Days Program and how it has used the Boston Basics in its curriculum for expecting and new mothers using text messages, print materials and online videos. Guests also heard from Carole Charnow, President and CEO of the Boston Children's Museum and Wanda McClain, Vice President of Community Health and Health Equity at Brigham and Women's Hospital.



Chelsea Health Starts at Home (HSAH)

Massachusetts General Hospital, Neighborhood Developers, Metropolitan Boston Housing Partnership and Roca, a program for high-risk young mothers, partnered with MGH Chelsea to launch the Chelsea Health Starts at Home initiative. HSAH will screen families with children under 12 for housing instability. The screening will provide partners with the knowledge and capacity to refer families to existing, robust services at CONNECT, including access to short-term rental assistance and long-term stabilization support, with the goal of helping families maintain their housing over the long term.

Contact us!

Elsie Taveras, MD, MPH: elsie.taveras@mgh.harvard.edu | Derri Shtasel, MD, MPH: dshtasel@partners.org
Tiffany Blake-Lamb, MD, MSc: tblakelamb@partners.org | Meghan Perkins, MPH: meperkins@mgh.harvard.edu
Alexy Arauz Boudreau, MD, MPH: aaruaz@mgh.harvard.edu | Brianna Roche: broche@partners.org
Etna Tiburcio, MPH: etiburcio@mgh.harvard.edu