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.

Collective Impact Meeting– OB Preliminary Data
In May we held our 4th Collective Impact Meeting to present preliminary OB data. A brief summary of our baseline data is presented in the table below, and we expect to have complete OB data to share next summer.

<table>
<thead>
<tr>
<th></th>
<th>MGH Chelsea n=276</th>
<th>MGH Revere n=248</th>
<th>DotHouse Health n=74</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maternal age in years, mean (SD)</td>
<td>28.5 (6.5)</td>
<td>30.3 (5.8)</td>
<td>-</td>
</tr>
<tr>
<td>Had PCP visit in last year, n (%)</td>
<td>181 (66.3)</td>
<td>185 (75.5)</td>
<td>48 (64.9)</td>
</tr>
<tr>
<td>Gestational age at intake (wks), mean (SD)</td>
<td>11.1 (6.7)</td>
<td>11.0 (6.26)</td>
<td>9.9 (7.2)</td>
</tr>
<tr>
<td>Pre-gravid BMI, n (%)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BMI &lt; 18.5</td>
<td>5 (1.9)</td>
<td>9 (3.6)</td>
<td>-</td>
</tr>
<tr>
<td>BMI 18.5- 24.9</td>
<td>72 (27.0)</td>
<td>95 (38.5)</td>
<td>-</td>
</tr>
<tr>
<td>BMI 25-29.9</td>
<td>94 (35.2)</td>
<td>82 (33.2)</td>
<td>-</td>
</tr>
<tr>
<td>BMI ≥ 30</td>
<td>96 (36.0)</td>
<td>61 (24.7)</td>
<td>-</td>
</tr>
<tr>
<td>Pregnancy desirability, n (%)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I wanted to be pregnant sooner/now</td>
<td>150 (55.1)</td>
<td>157 (64.3)</td>
<td>48 (64.9)</td>
</tr>
<tr>
<td>I wanted to be pregnant later/not at all</td>
<td>122 (44.9)</td>
<td>87 (35.7)</td>
<td>26 (35.1)</td>
</tr>
</tbody>
</table>

Save the Dates:
- August 28, 2017: First 1,000 Days presentation at Chelsea Pediatrics staff meeting
- August 29, 2017: August executive committee meetings at Revere and Chelsea
- October 25, 2017: First 1,000 Days presentation at Revere Med-Peds provider meeting
- January 2018: Collective Impact Meeting #5
Pediatric Program Outline

The First 1,000 Days pediatric program launched in March of 2017 and we are now beginning to shift our focus from OB to the early infancy period. We will stop enrolling new OB patients in September 2017 but will continue working with First 1,000 Days families throughout the first 2 years of a baby’s life. There are many parts to our pediatric program. Here is a brief summary of the primary components:

1. **Universal health behavior & social determinants screenings** to identify familial areas of need and support

2. **Universal Patient Navigation** phone calls to connect families to health center and community programs and to review healthy child growth recommendations

3. **Health coaching for high risk families** focused on responsive infant feeding, sleep practices, screen time, and age appropriate play

4. **Care coordination with pediatric care team via EPIC templates** to provide a brief summary of screening results and our work with the family thus far

5. **Educational materials** including posters, booklets, text messages, and vidscrips to educate mothers and families about healthy behavior choices for themselves and their babies.

Vidscrips

A key aspect of the First 1,000 Days program is to educate expecting parents and new families about risk factors for childhood obesity using accessible and engaging platforms. Vidscrips are an example of this. Short, informational videos filmed by our very own pediatric providers on a variety of topics, the First 1,000 Days pediatric vidscrips cover recommendations for infant sleep, screen time, breastfeeding, responsive feeding, and soothing.

Our vidscrips are texted to patients in our text messaging campaign and are also publicly available and accessible to anyone with internet access. We encourage you to share them with any patients, colleagues, friends, or family who may be interested!

All videos are available in English and Spanish and can be viewed by navigating to the following links:

- **English**: [vidscrip.com/First1000Days](vidscrip.com/First1000Days)
- **Spanish**: [vidscrip.com/Primeros1000Dias](vidscrip.com/Primeros1000Dias)
Spotlight!

Learn about what else is happening in the area of early life child development and obesity prevention from experts in the field. Please contact Karolyn Moni, kmoni@partners.org, to share a “spotlight” for a future newsletter.

Jennifer Bronsdon, Community Health Day Recipient

Jennifer was an award recipient at this year’s Annual Community Health Day on June 6, 2017. She was selected to receive this award for her many contributions working to improve the lives of Revere children and families. Her dedication to the Revere community is an inspiration. Congratulations Jen!

Tara McCarty, Partners in Excellence Award

On April 27, 2017 MGH held its 21st Annual Partners in Excellence Award Celebration, where Tara received the Partners in Excellence Award for her outstanding and innovative leadership as the MGH WIC Program Director. Tara has been an incredible partner for the First 1,000 Days program and we are thrilled to have the opportunity to collaborate with such an instrumental leader at the MGH Revere and Chelsea HealthCare Centers.

Welcome to our new health coach and patient navigators!

Courtney Coleman joined the First 1,000 Days program in August of 2017 as a health coach, and will dedicate her time to working with our high risk families. Courtney is bilingual and received her MPH/MS from Barry University in 2012. She previously worked as a health coach at Harken Health in Chicago. We are thrilled to have her join our team!

Camille Harris joined MGH&C in November 2016 as a Clinical Research Coordinator I and joined the First 1,000 Days team in May 2017 to assist in the Pediatrics portion of the program as a patient navigator. Camille received her BS in Nutrition from the University of Massachusetts Amherst. As a student, she worked in various roles with the Massachusetts SNAP Education program.

Karolyn Moni has also joined MGH&C as a Patient Navigator/Clinical Research Coordinator I for the First 1,000 Days Program and has been working with families in both the Obstetric and Pediatric portions of the program. She received a Bachelor’s in Psychology with a focus in Social Work and a minor in Business. Karolyn is also an MGH Bicentennial Scholar, an initiative that supports local college students interested in health and science careers.

Congratulations Brianna!

This July, Brianna was promoted to Senior Clinical Research Coordinator for the First 1,000 Days Program. Joining the team in April 2016, Brianna has worked as a health coach for our obstetric and pediatric families, and has also played an instrumental role in the program implementation. In her new role, she will focus primarily on overseeing the entire intervention implementation, but will continue health coaching with the families she has been working with.

Contact us!

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