



The American College of
Obstetricians and Gynecologists
WOMEN'S HEALTH CARE PHYSICIANS

ACOG COMMITTEE OPINION

Number 729 • January 2018

(Replaces Committee Opinion Number 493, May 2011)

Committee on Health Care for Underserved Women

This Committee Opinion was developed by the American College of Obstetricians and Gynecologists' Committee on Health Care for Underserved Women in collaboration with committee members Carolyn Sufrin, MD, PhD, Autumn Davidson, MD, MS, and Glenn Markenson, MD.

Importance of Social Determinants of Health and Cultural Awareness in the Delivery of Reproductive Health Care

ABSTRACT: Awareness of the broader contexts that influence health supports respectful, patient-centered care that incorporates lived experiences, optimizes health outcomes, improves communication, and can help reduce health and health care inequities. Although there is little doubt that genetics and lifestyle play an important role in shaping the overall health of individuals, interdisciplinary researchers have demonstrated how the conditions in the environment in which people are born, live, work, and age, play equally as important a role in shaping health outcomes. These factors, referred to as social determinants of health, are shaped by historical, social, political, and economic forces and help explain the relationship between environmental conditions and individual health. Recognizing the importance of social determinants of health can help obstetrician-gynecologists and other health care providers better understand patients, effectively communicate about health-related conditions and behavior, and improve health outcomes.

Recommendations

The American College of Obstetricians and Gynecologists makes the following recommendations for obstetrician-gynecologists and other health care providers to improve patient-centered care and decrease inequities in reproductive health care:

- Inquire about and document social and structural determinants of health that may influence a patient's health and use of health care such as access to stable housing, access to food and safe drinking water, utility needs, safety in the home and community, immigration status, and employment conditions.
- Maximize referrals to social services to help improve patients' abilities to fulfill these needs.
- Provide access to interpreter services for all patient interactions when patient language is not the clinician's language.
- Acknowledge that race, institutionalized racism, and other forms of discrimination serve as social determinants of health.

- Recognize that stereotyping patients based on presumed cultural beliefs can negatively affect patient interactions, especially when patients' behaviors are attributed solely to individual choices without recognizing the role of social and structural factors.
- Advocate for policy changes that promote safe and healthy living environments.

Background

Traditional biomedical explanations of disease tend to focus on biologic and genetic factors as well as individual health behavior as determinants of who gets sick and from what conditions. Although there is little doubt that genetics and lifestyle play an important role in shaping the overall health of individuals, interdisciplinary researchers have demonstrated how the conditions in the environment in which people are born, live, work, and age, play equally as important a role in shaping health outcomes (1–5). These factors, referred to as social determinants of health, are shaped by historical, social, political, and economic forces and help explain the relationship

Table 1. Sample Screening Tool for Social Determinants of Health

Domain	Question
Food	In the last 12 months, did you ever eat less than you felt you should because there was not enough money for food?
Utility	The last 12 months, has your utility company shut off your service for not paying your bills?
Housing	Are you worried that in the next 2 months, you may not have stable housing?
Child care	Do problems getting childcare make it difficult for you to work, study, or get to health care appointments?
Financial resources	In the last 12 months, have you needed to see a doctor but could not because of cost?
Transportation	In the last 12 months, have you ever had to go without health care because you did not have a way to get there?
Exposure to violence	Are you afraid you might be hurt in your apartment building, home, or neighborhood?
Education/health literacy	Do you ever need help reading materials you get from your doctor, clinic, or the hospital?
Legal status	Are you scared of getting in trouble because of your legal status? Have you ever been arrested or incarcerated?
Next steps	If you answered yes to any of these questions, would you like to receive assistance with any of those needs?

Modified from Health Leads. *Social needs screening tool*. Boston (MA): Health Leads; 2016; and Bourgois P, Holmes SM, Sue K, Quesada J. Structural vulnerability: operationalizing the concept to address health disparities in clinical care. *Acad Med* 2017 92:299–307.

For More Information

The American College of Obstetricians and Gynecologists has identified additional resources on topics related to this document that may be helpful for ob-gyns, other health care providers, and patients. You may view these resources at www.acog.org/More-Info/SocialDeterminants.

These resources are for information only and are not meant to be comprehensive. Referral to these resources does not imply the American College of Obstetricians and Gynecologists' endorsement of the organization, the organization website, or the content of the resource. The resources may change without notice.

ILPQC Social Determinants Screening Tool Comparison

**Each tool below includes screening for the following common social determinants of health (food, housing, transportation, utilities) in addition to other categories listed below:

Screening Tool Name:	How many questions/categories?	Other information	Scoring instructions to assist staff?
SDOH EMR Screener (Developed by Erie Health Center)	8 item screening tool Additional categories: <ul style="list-style-type: none"> Healthcare access Household supplies Stress Additional needs 	<ul style="list-style-type: none"> Used by Erie Family Health Centers SDOH team members are utilizing NowPow 	
ACOG Committee Opinion #729: Sample Screening Tool for Social Determinants of Health	10 item screening tool Additional categories: <ul style="list-style-type: none"> Exposure of violence Child care Legal Status Financial Education Assistance/Next Steps (Would you like to receive assistance with any of the categories?) 	<ul style="list-style-type: none"> Patient self-report Sample tool included in American College of Obstetricians and Gynecologists CO 729 Modified from Health Leads Social Needs Screening Toolkit 	
Social Determinants of Health in Pregnancy Tool (SIP) with SPs (Used by Chicago PCC Communities Wellness Centers) and Actionable Map and Scoring Sheet	26 item screening tool Additional categories: <ul style="list-style-type: none"> Relationship And Family Stress Stress Domestic Violence Screener Substance Use Financial Stress 	<ul style="list-style-type: none"> Used by West Suburban Patient self-report Mapping tool integrated within the screening tool Ps included 	✓
Partner Healthcare Screening Tool Used by Massachusetts General Hospital Obstetrics & Gynecology, and Mass General Brigham)	7 item screening tool Additional categories: <ul style="list-style-type: none"> Employment Childcare Paying for medications 	<ul style="list-style-type: none"> Used by Massachusetts General Hospital Obstetrics & Gynecology 	

We understand there are factors that may affect your health that are not related to your medical care. We are asking all of our patients if you would like to be connected with community resources that can help. For example, getting food or baby items, or affording medications, utilities or rent.

Would you like to be connected to resources?

___ No

___ Yes

If yes, ask the following questions:

Yes/No/No Response—select one)

1. Are you having trouble paying your rent or bills right now?
2. Are you worried about having a safe and reliable place to sleep?
3. Are you unable to get medications that you need?
4. If you have children, do you have difficulty getting diapers, formula, or internet for school?
5. Do you have trouble getting food when you need?
6. Stress is common, and it can be very overwhelming. Do you experience stress that makes it hard to care for yourself or work?
7. Do you have trouble getting transportation to medical appointments?
8. Are there any other needs you have that we have not discussed?

If patient's answer yes to any of the 8 questions, utilizing NowPow and other internal resource lists to provide the patient with resources and consider social work consult.

ILPQC Mapping Tool
Resources/ Services in Hospital's Service Area to
Address Patients' Social Determinants of Health

This worksheet can be used to organize social determinants of health key contacts, resources and services in your local area available to support patients.

Perinatal Social Work Services:

- Contact Information:
- Process for linking patients to social work services at your hospital:

Hotlines:

- **National Domestic Violence Hotline:** (800) 799-7233
- **National Suicide Prevention Lifeline:** (800) 273-8255
- **National Sexual Assault Hotline:** (800)-656-4673
- **National Human Trafficking Hotline:** (888)-373-7888
- **SAMSHA's National Helpline:** (Substance Abuse and Mental Illness Service Administration) free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders is **800-662-HELP** (800.662.4357)
- **CARES Hotline:** (Crisis and Referral Entry Services) is a telephone response service that handles mental health crisis calls for children and youth in Illinois call (800) 345-9049
- **Illinois Perinatal Depression Hotline:** free, confidential hotline is available 24 hours a day to patients and their families for information, support and connection to local resources call **866-364-MOMS** (866.364.6667)
- **Illinois Helpline for opioids and other substances:** Illinois also has a 24-hour helpline devoted to connecting individuals to treatment for OUD and other SUDs. If you need help for yourself, or on behalf of a loved one, call **833-2FINDHELP** (833.234.6343)
- **United Way Illinois 211** - 2-1-1 is a vital service that connects millions of people to help every year. Highly trained 2-1-1 call specialists and the online portal are available 24/7 to help individuals locate health and human service assistance during times of non-emergency crisis and for everyday needs

Use "Summary of Resources and Services to address Social Determinants of Health" document to identify resources / services for each category:

Child Care (Daycare, Before/After School Care, Family Resource Centers Assistance w/Child Care):

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Education/Health Literacy (Assistance w/Finding School, Higher Education, Skills & Training, English Second Language support):

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Exposure to Violence (Assistance w/ crisis or hotlines, Domestic Violence, Safe Housing or Safety Education):

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Financial (Assistance w/ Health Insurance, Government Benefits, Loans, Healthcare bills):

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Food (Food Pantry, Food Benefits, Emergency Food, Nutrition Education):

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Housing (Shelter, Nursing home, Short/Long Term Housing, Housing Vouchers):

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Legal Status (Translation/Interpretation or Representation, Legal Aid Assistance):




























- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Transposition (Assistance w/traveling to medical appointments or school):



Patient Information

This form gives us more information about you and your family. Your answers will help us put more support services in place in the future.

	Has the lack of transportation kept you from medical appointments or from getting medications?	<input type="radio"/> Yes	<input type="radio"/> No
	Within the past 12 months we worried whether our food would run out before we got money to buy more.	<input type="radio"/> Never True	<input type="radio"/> Sometimes True <input type="radio"/> Often True
	Within the past 12 months the food we bought just didn't last and we didn't have money to get more.	<input type="radio"/> Never True	<input type="radio"/> Sometimes True <input type="radio"/> Often True
	What is your housing situation today?	<input type="radio"/> I do not have housing (staying with others, in a hotel, in a shelter, living outside on the street, on a beach, in a car, or in a park)	<input type="radio"/> I have housing <input type="radio"/> I choose not to answer
	How many times have you moved in the past 12 months?	<input type="radio"/> Three or more times	<input type="radio"/> Two times <input type="radio"/> One time <input type="radio"/> Zero (I did not move) <input type="radio"/> I choose not to answer
	Are you worried that in the next 2 months, you may not have your own housing to live in?	<input type="radio"/> Yes	<input type="radio"/> No <input type="radio"/> I choose not to answer
	Do you have trouble paying your heating or electricity bill?	<input type="radio"/> Yes	<input type="radio"/> No <input type="radio"/> I choose not to answer
	Do you have trouble paying for medicines?	<input type="radio"/> Yes	<input type="radio"/> No <input type="radio"/> I choose not to answer
	Are you currently unemployed and looking for work?	<input type="radio"/> Yes	<input type="radio"/> No <input type="radio"/> I choose not to answer
	Are you interested in more education?	<input type="radio"/> Yes	<input type="radio"/> No <input type="radio"/> I choose not to answer
	Do you have trouble with childcare or the care of a family member?	<input type="radio"/> Yes	<input type="radio"/> No <input type="radio"/> I choose not to answer
	Would you like information today about any of the following topics?		
<input type="checkbox"/>  Transportation	<input type="checkbox"/>  Food	<input type="checkbox"/>  Housing	
<input type="checkbox"/>  Paying utility bills	<input type="checkbox"/>  Paying for medications	<input type="checkbox"/>  Job search or training	
<input type="checkbox"/>  Education	<input type="checkbox"/>  Childcare	<input type="checkbox"/>  Care for elder or disabled	
In the last 12 months, have you received assistance from an organization or program to help you with any of the following:			
<input type="checkbox"/>  Transportation	<input type="checkbox"/>  Food	<input type="checkbox"/>  Housing	
<input type="checkbox"/>  Paying utility bills	<input type="checkbox"/>  Paying for medications	<input type="checkbox"/>  Job search or training	
<input type="checkbox"/>  Education	<input type="checkbox"/>  Childcare	<input type="checkbox"/>  Care for elder or disabled	

Social Determinants of Health In Pregnancy Tool (SIPT) with 5Ps (Used by Chicago PCC Communities Wellness Centers)

Father of baby involved (please circle one): Yes No

Date of survey completion: ____/____/____

Gestational age at time of completion ____

PATIENT STICKER

Social Determinants of Health In Pregnancy Tool (SIPT)

Instructions: Your answers to the questions will be kept confidential like the rest of your medical information. We want to help you and your baby have a healthy life. Studies have shown too much stress can cause problems to mom and baby during pregnancy. We'd like to help you if we can identify different areas of stress you may have. Please complete the questions below.

1. Please place an X in the box if you have you been bothered by any of the following problems IN THE PAST MONTH:

	Never	Almost never	Sometimes	Fairly often	Very often
How often have you felt that you were unable to control the important things in your life?					
How often have you felt confident about your ability to handle your personal problems?					
How often have you felt that things were going your way?					
How often have you felt difficulties were piling up so high you could not overcome them?					

Score: ____/16 Follow up plan: _____

2. Please place an X in the box to mark if any of the following are a stress or hassle for you CURRENTLY:

	No Stress	Some Stress	Moderate Stress	Severe Stress
Problems related to family				
Having to move, either recently or in the future				
Recent loss of a loved one				
Current pregnancy				
Problems related to friends				

Score: ____/15 Follow up plan: _____

3. Please place an X in the box to mark yes or no if the following have affected you EVER:

	No	Yes
Do you ever dread going home because there is someone living in the house who mistreats you or is unkind to you?		
Is there anyone who often says things that hurt you?		
Have you ever been hit, slapped, kicked, or hurt by someone?		
Since you have been pregnant, have you been hit, slapped, kicked, or hurt by someone?		
Have you ever been forced to have sex?		
Have you or your parents ever been involved in DCFS? If yes, please circle one: you your parents		
Did you ever experience any sexual, physical, verbal, or emotional abuse during your childhood?		

Score: POSITIVE/NEGATIVE Follow up plan: _____

4. Please place an X in the box to mark yes or no if the following have affected you EVER:

	No	Yes
Did any of your <u>Parents</u> have problems with alcohol or drug use?		
Do any of your <u>friends (Peers)</u> have problems with alcohol or drug use?		
Does your <u>Partner</u> have a problem with alcohol or drug use?		
Before you were pregnant did you have problems with alcohol or drug use? (<i>Past</i>)		
In the past month, did you drink beer, wine or liquor, or use other drugs? (<i>Pregnancy</i>)		

Score: POSITIVE/NEGATIVE Follow up plan: _____

5. Please place an X in the box to mark if you have worried about the following items IN THE PAST YEAR:

	Never true	Sometimes true	Often true
Worry food would run out before you had money to buy more			
Worry about not having a place to live			
Worry about transportation to appointments			
Worry about losing a job			
Other money worries like bills			

Score: ___/16 Follow up plan: _____

Provider signature after review: _____ Date: _____

Citations

1. Psychological Stress Screener – Adapted from the Cohen Perceived Stress Scale-4. Cohen S, Kamarck T, Mermelstein R. A global measure of perceived stress. *Journal of health and social behavior*. 1983;385-396. Karam F, Bérard A, Sheehy O, et al. Reliability and validity of the 4-item Perceived Stress Scale among pregnant women: Results from the OTIS antidepressants study. *Research in Nursing & Health*. 2012;35(4):363-375. 2. Relationship and Family Stress Screener – Adapted from Curry's Prenatal Psychosocial Profile. Curry MA, Burton D, Fields J. The prenatal psychosocial profile: A research and clinical tool. *Research in nursing & health*. 1998;21(3):211-219. 3. Domestic Violence Screener – From MacFarlane questionnaire and previously used internal clinic system questions. McFarlane J, Parker B, Soeken K, Bullock L. Assessing for abuse during pregnancy: severity and frequency of injuries and associated entry into prenatal care. *Jama*. 1992;267(23):3176-3178. 4. 5 P's. <https://ilpqc.org/wp-content/docs/toolkits/MNO-OB/5Ps-Screening-Tool-and-Follow-Up-Questions.pdf> 5. Finacial Stress – Adapted from Curry's Prenatal Pyschological Profile and Hager Hunger Screener. Hager ER, Quigg AM, Black MM, et al. Development and validity of a 2-item screen to identify families at risk for food insecurity. *Pediatrics*. 2010;126(1):e26-e32

ILPQC Hospital Team Access to NowPow to Identify Resources and Services to address Social Determinants of Health

NowPow is excited to partner with the Illinois Perinatal Quality Initiative Birth Equity (BE) initiative in its efforts to support birthing hospitals in meeting the social determinants of health needs for mothers across the state, connecting them with social resources to improve birth equity and addressing maternal disparities in our populations.

As we partner to launch access to NowPow through the BE Initiative, we are focused on meeting hospital teams where they are in regard to getting access to the NowPow platform. Through the platform, they will be able to screen and identify maternal and familial needs, generate personalized referrals, and manage ongoing referral activity and service fulfillment, tying all patient engagements and activities back to the patient profile.

There are three ways hospitals participating in the ILPQC Birth Equity Initiative can access NowPow:

1. For hospitals that are already NowPow customers, we will partner with them to expand access and usage to their OB departments, if not already. Whether that would be through distributing existing available licenses or adding to their current usage so their OB departments can leverage the tool. If you would like to inquire if your hospital or health system is already a NowPow customer, you may contact Priscilla Daboni at priscilla.daboni@nowpow.com.
2. For hospitals that are not currently NowPow customers that would like to partner with NowPow for access to the platform through their hospital, you may contact Priscilla Daboni at priscilla.daboni@nowpow.com.
3. For hospitals that would like to have access to the resource information and sharing resources with mothers but are unable to integrate this at their hospital for their OB departments at this time, ILPQC has made available to all of its members a self-serve version of the NowPow platform. It will provide access to NowPow's high quality resource directory via an ILPQC branded and curated self-serve website to search, find and share services in support of mothers and their families.

NowPow Platform Description

NowPow makes it easy to connect people to just the right community resources so everyone can stay well, meet basic needs, manage with illness and care for others. The power caring for people across all of life's ages and stages and across networks of all sizes and sectors.

Identify all opportunities to support every person in your care. NowPow leverages the full range of information you have about people in your care and collects additional insights if needed to determine all relevant community resources. Lack of exercise, food insecurity, dealing with a new cancer diagnosis, trouble paying bills and loneliness are a few examples of the full spectrum of needs we address.

Match and connect everyone with the right community resources. NowPow's technology and integration expertise make it easy to e-prescribe referrals and share them by print, email or text message. For people needing more support to connect to resources, referrals can also be tracked and coordinated across a community care network.

Optimize impact. NowPow's deep analytics tools report on activity and outcomes at the individual, population and community levels to support process improvement, network health and quality, and care access and experience.

Evidence-based. NowPow's growing library of over 40 proprietary algorithms match people with expert-recommended resources for basic needs, wellness, disease self-management and caregiving.

Services

NowPow Team Support. NowPow includes a dedicated project team to support the implementation, ongoing support and maintenance, and measure ongoing value for your program and the community network for each partner. The project team consists of a Customer Success Account Manager, Community Engagement Manager, Project Manager, and Technical Project Manager.

Training Package. NowPow includes user training with all product launches, developed and managed by the Training Manager. This includes a tailored training approach including in-person, train-the-trainer sessions, direct user training, bi-weekly live training webinars, custom training workbooks, and ongoing support.

Resource Maintenance and Validation. Includes vetting and validation of resources by our in-house Community Resource team. NowPow's team confirms service level details with the community-based organizations every 5-6 months.

Product Support. 24/7 user and admin access to Support Portal, ongoing enhancements, and bug fixes.

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Utility (Assistance w/Rent, Electric, Gas, Oil, or Water):

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Other Resources:

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

THE BIRTH EQUITY INITIATIVE

Working together to reduce maternal disparities, promote equity, and help all mothers and babies thrive



The Problem

Significant racial disparities in health outcomes exist for pregnant and postpartum patients in Illinois.¹

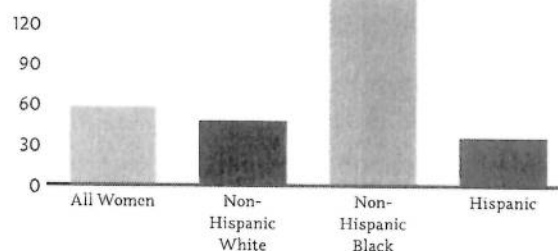
3x

Non-Hispanic Black women are about 3 times more likely than non-Hispanic white women to die during or within a year of pregnancy from a related complication.

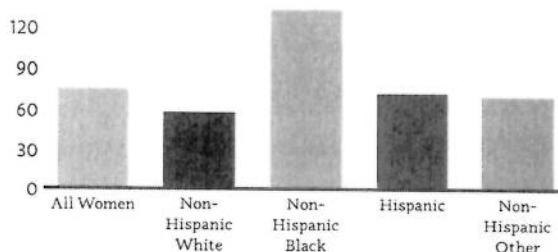


Compared to non-Hispanic white women, all other racial and ethnic groups have higher rates of severe complications during pregnancy and in the year postpartum.

Pregnancy-Associated Mortality Ratio (PAMR),
By Demographics, Illinois, 2016-2017¹
NUMBER OF DEATHS PER 100,000 LIVE BIRTHS



Severe Maternal Morbidity Rates among Illinois Delivery Hospitalizations, by Demographics, Illinois, 2016-2017¹
RATE PER 10,000 DELIVERY HOSPITALIZATIONS



Patient-Centered Approach Improves Obstetric Care for Women of Color

To reduce inequities in reproductive health care for Black women and other women of color and ensure that all mothers and babies thrive, the American College of Obstetricians and Gynecologists (ACOG) has published guidance for clinicians to:

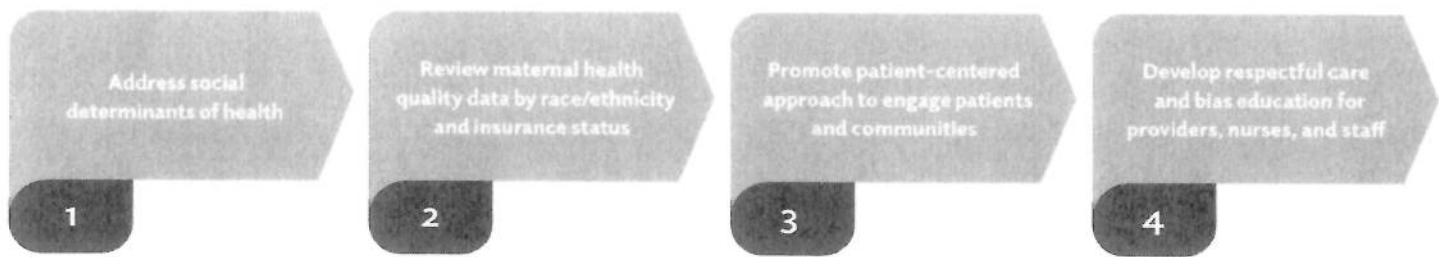
- ▶ Support patients by identifying social and structural determinants of health during pregnancy and postpartum that may influence a patient's health and link patients to needed resources, such as access to food, stable housing, utilities, safety in the home and community, and immigration or employment support.
- ▶ Recognize that cultural stereotyping, implicit bias, and racism can significantly influence pregnancy health outcomes.
- ▶ Ensure that the needs and preferences of all women are valued through respectful, patient-centered obstetric care.

Making Change Happen

The Illinois Perinatal Quality Collaborative (ILPQC) worked with patients, physicians, midwives, nurses, hospitals, stakeholders, and community groups to develop a Birth Equity Initiative focused on actionable strategies to address disparities in birth outcomes for Black women and women of color in Illinois. The goal of the initiative is to help Illinois birthing hospitals work together to reduce maternal disparities and promote birth equity by ensuring all women receive respectful care.

The initiative has the support of the Illinois Department of Public Health Perinatal Advisory Committee and Statewide Quality Council, with funding from I PROMOTE-IL, the Illinois Department of Public Health, and the Illinois Department of Human Services. ILPQC will work with all birthing hospitals across the state to promote opportunities for collaborative learning, develop a rapid response data system to evaluate progress within and across hospitals, and provide quality improvement support to optimize birth equity improvement goals.

Key Drivers to Promote Birth Equity



Birth Equity Initiative AIM

By December 2023, more than 75% of Illinois birthing hospitals will be participating in the Birth Equity Initiative and more than 75% of participating hospitals will have all key strategies in place.



Birth Equity Key Strategies

1. Implement universal social determinants of health screening prenatally and during delivery admission and connect patients to needed resources and services.
2. Review hospital-level maternal health quality data by race, ethnicity, and Medicaid status to identify disparities and opportunities for improvement.
3. Engage patients and community members to provide input on quality improvement efforts.
4. Implement a strategy for sharing expected respectful care practices during delivery admission with patients, labor support persons, and obstetric staff; and survey patients before discharge on their care experience to obtain feedback.
5. Standardize postpartum patient safety education prior to hospital discharge on urgent warning signs, including tips for communicating with health care providers and early follow-up.
6. Implement patient-centered staff and provider training to promote respectful care and active listening to patients and address implicit bias.

Early Success

The Birth Equity Initiative launched in June 2021 with 86 Illinois birthing hospitals participating. Patient focus groups and community stakeholders have provided important input for key strategies and resource development. Early 2021, 16 birthing hospitals participated in Wave 1 of the Birth Equity Initiative to provide early feedback on data collection strategies.

The Illinois Perinatal Quality Collaborative (ILPQC) is a statewide network of perinatal clinicians, nurses, hospitals, patients, community stakeholders, public health leaders, and policymakers that aims to improve outcomes for mothers and babies across Illinois.

Thank you to our sponsors: Centers for Disease Control and Prevention, Illinois Department of Public Health, Illinois Department of Human Services, I PROMOTE-IL, Alliance for Innovation on Maternal Health.

Want to Get Involved?

Visit ILPQC.org or email us at info@ilpqc.org to learn more about the collaborative and identify opportunities to get involved.

1. <http://web.archive.org/web/20170701000000/http://www.idph.state.il.us/pressroom/2017/07/01/2016-2017-illinois-maternal-morbidity-and-mortality-report>
Illinois Maternal Morbidity and Mortality Report, 2016-2017, Illinois Department of Public Health. (April 2021)
The terms mothers and women are used here to represent birthing people with an awareness that not all persons who give birth identify as a mother or woman.



ILPQC Summary of Tools to Identify Resources and Services to address Social Determinants of Health

Resource Name/ Website (hyperlinked)	Child Care	Education	Family & community Support	Financial	Food	Housing	Utility	Cost	Service Area/ Notes
Findhelp.org (formerly Aunt Bertha's)	✓	✓	✓	✓	✓	✓	✓	Free	<u>National</u> Enter your zip code. Options to customize or integrate into your EMR.
NowPow (See note below)	✓	✓	✓	✓	✓	✓	✓	See Note	<u>Illinois/statewide</u> See note below to learn about access. Check to see if your hospital and department have access. Basic access will be available via hospital team login on ILPQC website.
Find Food IL Community Food Map					✓			Free	<u>Illinois/statewide</u> Scroll down to the Find Food IL community food map search tool. Enter zip code or city. Lists location of free food/ meals and stores and that accept SNAP/LINK/WIC.
Illinois Financial Assistance Programs	✓		✓		✓	✓	✓	Free	<u>Illinois/statewide</u> Scroll down to the "Assistance From Illinois Cities and Counties" section and click the county.
Illinois Department of Commerce & Economic Opportunity: Help for Illinois Families				✓	✓	✓	✓	Free	<u>Illinois/statewide</u> Review programs and scroll down to check eligibility and complete the pre-application to be connected with a local agency. Factsheet .
2-1-1	✓	✓	✓		✓		✓	Free	<u>Illinois/certain zip codes</u> Within 60 counties in Illinois. Type in your zip code or call 211 to be connected to local resources
Chicago Resource Hub		✓				✓		Free	<u>Chicago area</u> 10,000+ organizations within Chicagoland areas. Resources listed on website or search by zip code for a resource n your service area.

ILPQC Summary of Tools to Identify Resources and Services to address Social Determinants of Health

Table includes common social determinant of health needs included on screening tools suggested by ILPQC. All websites listed may provide listings for other resources as well. Insurance companies may offer specific social services or referral programs free of charge included in patient insurance plan. Check these resources first.

NOTE: NowPow is excited to partner with the Illinois Perinatal Quality Initiative in its efforts to support birthing hospitals in meeting the social determinants of health needs for mothers across the state, connecting them with social resources to improve birth equity and address maternal disparities in our populations.

As we partner to launch this statewide obstetric initiative, we are focused on meeting hospital teams where they are in regard to getting access to the NowPow platform. Through the platform, they will be able to screen and identify maternal and familial needs, generate personalize referrals, and manage ongoing referral activity and service fulfillment, tying all patient engagements and activities back to the patient profile.

1. For hospitals that are already NowPow customers, we will partner with them to expand access and usage to their OB departments, if not already. Whether that would be through distributing existing available licenses or adding to their current usage so their OB departments can leverage the tool. If you would like to inquire if your hospital or health system is already a NowPow customer, you may contact Priscilla Daboni at priscilla.daboni@nowpow.com.
2. For hospitals that are not currently NowPow customers that would like to partner with NowPow for access to the platform through their hospital, you may contact Priscilla Daboni at priscilla.daboni@nowpow.com.
3. For hospitals that would like to have access to the resource information and sharing resources with mothers but are unable to integrate this at their hospital for their OB departments at this time, ILPQC has made available to all of its members a self-serve version of the NowPow platform. It will provide access to NowPow's high quality resource directory via a ILPQC branded and curated self-serve website to search, find and share services in support of mothers and their families.

Tip Sheet- Food



State and Federal Programs

•Supplemental Nutrition Assistance Program (SNAP):

- Helps low-income people who qualify
- Money is provided on an Electronic Benefit Transfer (EBT) card, which works like a debit card
- Eligibility calculator: <https://fscalc.dhs.illinois.gov/FSCalc/>
- Apply for assistance: <https://www.dhs.state.il.us/page.aspx?item=33698>

•Women, Infants and Children (WIC):

- A food assistance program for Women, Infants, and Children
- Helps low-income pregnant, post-partum, and breast-feeding women, infants, and children up to 5 years old who need food to help stay healthy
- Provides money for healthy foods, vouchers for formula, and other great benefits
- Can be used at grocery stores and pharmacies
- IL WIC Services: (<https://www.dhs.state.il.us/page.aspx?item=30513>)

•Farmers Market Nutrition Program (FMNP)

- Eligible WIC participants are issued FMNP coupons in addition to their regular WIC benefits
- Coupons can be used to buy foods from farmers, farmers' markets or roadside stands
- More information: <https://www.fns.usda.gov/fmnp/wic-farmers-market-nutrition-program>

•Emergency Food Program (EFP)

- A USDA food commodities program administered by the Illinois Department of Human Services with distribution through regional foodbanks.
- List of participating foodbanks:
[https://www.dhs.state.il.us/page.aspx?item=60131#:~:text=Emergency%20Food%20Program%20\(EFP\),with%20distribution%20through%20regional%20foodbanks.&text=The%20primary%20purpose%20of%20EFP,an%20emergency%20response%20to%20hunger.](https://www.dhs.state.il.us/page.aspx?item=60131#:~:text=Emergency%20Food%20Program%20(EFP),with%20distribution%20through%20regional%20foodbanks.&text=The%20primary%20purpose%20of%20EFP,an%20emergency%20response%20to%20hunger.)

Local Resources & Programs

•Local Food Pantry:

- Food pantries are available in many neighborhoods to provide food to those in need
- Hours and types of food can vary at different places
- Your local food pantry: _____
- INSERT other resources local from your hospitals mapping tool

Tip Sheet- Housing



State and Federal Programs

- **U.S. Department of Housing and Urban Development**
 - Website: <https://www.hud.gov/states/illinois/offices>
- **Illinois Shelter List**
 - An online directory of shelters in Illinois
 - <https://www.shelterlist.com/state/illinois>
- **IDHS: Homeless Prevention Providers**
 - An online list of homeless prevention providers in Illinois
 - <https://www.dhs.state.il.us/page.aspx?item=110583>
- **IDHS: Emergency and Transitional Housing**
 - An online list of emergency and transitional housing providers in Illinois
 - <https://www.dhs.state.il.us/page.aspx?item=98150>
- **Illinois Housing Development Authority, Rental Payment Program**
 - An emergency rental assistance program designed to support households in Illinois that are unable to pay rent due to the COVID-19 pandemic
 - <https://www.ihda.org/about-ihda/illinois-rental-payment-program/>
 - Call 312-836-5200
- **National Call Center for Homeless Veterans**
 - A 24-hour call center for veterans who are homeless or at risk of homelessness
 - <https://www.va.gov/homeless/nationalcallcenter.asp>
 - Call 1-877-4AID VET (877-424-3838)
- **Heartland Alliance: Supportive Services for Veteran Families**
 - Provides temporary financial assistance directly to the landlord of a veteran family
 - Eligibility requirements: <https://www.heartlandalliance.org/program/supportive-services-for-veteran-families/>
- **Catholic Charities: Supportive Services for Veteran Families (SSVF)**
 - A rapid rehousing/homeless prevention program that assists eligible veterans who are literally homeless or imminently at risk
 - [https://catholiccharitiesjoliet.org/supportive-services-for-veteran-families-ssvf-2/#:~:text=Supportive%20Services%20for%20Veteran%20Families%20\(SSVF\)%20is%20a%20rapid%20rehousing,to%20stabilize%20their%20housing%20situations](https://catholiccharitiesjoliet.org/supportive-services-for-veteran-families-ssvf-2/#:~:text=Supportive%20Services%20for%20Veteran%20Families%20(SSVF)%20is%20a%20rapid%20rehousing,to%20stabilize%20their%20housing%20situations)

Tip Sheet- Housing continued



Local Resources & Programs

- INSERT other resources local from your hospitals mapping tool

Helpful Steps for How to Search for Housing

1. Prepare to look
 - a. Housing Consumer Education HCECs: <https://www.smoc.org/housing-consumer-education-center.php> - Can explain your options and help you apply
 - b. Local housing authorities in Illinois can help you find housing. There is not a single place to apply so apply to as many places as possible to have a better chance of finding housing.
 - c. You can use the U.S. Department of Housing and Urban Development (HUD) which helps low-income IL residents find housing at rents they can afford:
<https://www.hud.gov/states/illinois/renting>
2. Begin looking
 - a. For help in finding affordable housing, visit the IL Housing Search website. This is a free online resource to help find housing that fits into your needs and budget :
<https://www.ilhousingsearch.org/>
 - b. Put your name on waitlists and do not limit yourself to only one option.
 - c. Make sure that you get confirmation that your application has been received
3. Follow-up and keep looking
 - a. Create a list to help you keep track of where you apply
 - b. Let them know if your contact information changes
4. Finalize your housing
 - a. Make sure you understand your lease BEFORE you sign it
 - i. <https://www.illinoislegalaid.org/legal-information/public-housing-rent>
 - b. Talk with your landlord about making reasonable accommodations if you have a special need

Tip Sheet-Utility



State and Federal Programs

- **Help Illinois Families**
 - Website with programs for eligible individuals seeking emergency assistance to cover costs of utility bills, rent, temporary shelter, food, and other household necessities.
 - <https://www2.illinois.gov/dceo/CommunityServices/HomeWeatherization/CommunityActionAgencies/Pages/HelpIllinoisFamilies.aspx>
- **Utility Bill Assistance**
 - The Low Income Home Energy Assistance Program (LIHEAP) helps eligible low-income households pay for home energy services (primarily heating during winter months).
 - Call the LIHEAP Hotline at 1-877-411-WARM (9276).
- **Community Action Agencies**
 - Community Action Agencies across the State provide a variety of services, including but not limited to, Rental/Mortgage Assistance, Food, Energy Utility Bill Assistance, Water/Sewer Payment, Employment Training/Placement, Financial Management, and Temporary Shelter.
 - <https://www2.illinois.gov/dceo/communityservices/utilitybillassistance/pages/default.aspx>
- **USA.gov**
 - Help with Bills - <https://www.usa.gov/help-with-bills>
- **Keep Warm Illinois**
 - This is a one-stop site for information about how to battle winter in Illinois and how to tap to resources that help you keep yourself and your homes and businesses warm, and to do so efficiently and cleanly.
 - Call (800) 252-8643.
- **Illinois Legal Aid Online**
 - Legal resources to help you with utilities issues.
 - <https://www.illinoislegalaid.org/legal-information/utilities-heat-electricity-gas-or-water>

Local Resources & Programs

- **INSERT other resources local from your hospitals mapping tool**

Tip Sheet- Education



State and Federal Programs

- **Illinois Reemployment Services Program Hotline**
 - Search for jobs online
 - Phone number: (877) 342-7533, option 1
 - <https://illinoisjoblink.illinois.gov/ada/r/>
- **Listing of Community Colleges in IL**
 - <https://www.collegesimply.com/colleges/illinois/>
- **Adult Learning Resource Center**
 - Provides referral services for students, volunteers, and employers wishing to access adult education and literacy programs throughout Illinois.
 - <https://alrc.thecenterweb.org/other/illinois-adult-learning-hotline/>
- **High School Equivalency (HSE or HiSET) programs, formerly GED**
 - https://www.iccb.org/adult_ed/illinois-high-school-equivalency/

Local Resources & Programs

- INSERT other resources local from your hospitals mapping tool

Helpful Resources

- **The Education Success Kit**
 - Provides a thorough guide for anyone thinking about college
 - https://www.elearners.com/sites/all/files/public/pdfs/eLearners_success_kit_2013.pdf

Tip Sheet- Financial



State and Federal Programs

- **Temporary Assistance for Needy Families (TANF)**
 - Provides temporary financial assistance for pregnant women and families with one or more dependent children
 - <https://www.dhs.state.il.us/page.aspx?item=30358>
- **Earned Income Tax Credit (EITC)**
 - Provides a tax break for people who work
 - <https://www.dhs.state.il.us/page.aspx?item=30365>
- **Aid to the Aged, Blind, and Disabled (AABD)**
 - Cash assistance program for persons who are aged, blind, or disabled
 - <https://www.dhs.state.il.us/page.aspx?item=30370>
- **Help looking for work**
 - Illinois Department of Employment Security (IDES)
 - Provides access career development tools and career information resources. Also provides you with hot leads on the latest job postings so you can find employment fast
 - https://www2.illinois.gov/ides/Pages/Workforce_Career_Information.aspx
 - Goodwill Community Foundation
 - Provides information on looking for work, writing a resume, and other job search topics
 - <https://edu.gcfglobal.org/en/subjects/career/>
- **Preparing for a job interview**
 - IDES Job Seeker Resource
 - Resource full of tips on how to create a resume and prepare for a job interview
 - <https://www2.illinois.gov/ides/IDES%20Forms%20and%20Publications/Employment-Resources-Job-Seekers.pdf>
- **Improving Your Skills and Job Training**
 - **Explore Culinary Arts Careers:** List of Illinois Training for careers in the culinary arts
 - <https://www.culinaryschools.org/us/illinois-cooking-schools/>
 - **Explore Health Careers:** Website that helps provide information on trainings, resources and certification in the healthcare field. Also provides a portal to help find assistance in paying for the needed education.
 - <https://explorehealthcareers.org/>
 - **EarnFare**
 - Provides adults who receive SNAP benefits and who volunteer an opportunity to gain valuable work experience, earn cash assistance, and become self-sufficient
 - <https://www.dhs.state.il.us/page.aspx?item=31772>

Local Resources & Programs

- **INSERT other resources local from your hospitals mapping tool**

Tip Sheet- Child Care



State and Federal Programs

- **Temporary Assistance for Needy Families (TANF)**
 - TANF program provides temporary financial assistance for pregnant women and families with one or more dependent children. TANF provides financial assistance to help pay for food, shelter, utilities, and expenses other than medical.
 - General program information
 - Website: <https://www.dhs.state.il.us/page.aspx?item=30358>
 - See brochure here:
<https://www.dhs.state.il.us/OneNetLibrary/27897/documents/Brochures/586.pdf>
 - You can apply online or at your nearest DHS office.
 - To apply online: <https://abe.illinois.gov/abe/access/>
 - To find the nearest office: <https://www.dhs.state.il.us/page.aspx?module=12>
 - If you are receiving TANF, you may qualify for additional services.
- **ChildCare.gov**
 - Online database broken down by state to help identify resources and options to assist with childcare for those in need
 - <https://www.childcare.gov/state-resources?state=18>

Local Resources & Programs

- **INSERT other resources local from your hospitals mapping tool**

General Tips for finding child care

1. Start looking for child care as soon as you know you will need it.
2. Put yourself on a waitlist before your baby is born.
3. Call local experts and referral agencies.
 - **Childcare Resources and Referral Agencies (CCR&Rs)**
 - Can help with advice and child care searches
 - Can also assist with filling out and taking applications for financial help if you qualify
 - <https://www2.illinois.gov/sites/OECD/Pages/ChildCare.aspx>
 - The Office of Head Start (OHS)
 - National program that helps prepare children for school by providing special services and experiences
 - <https://www2.illinois.gov/sites/OECD/Pages/HeadStart.aspx>

Tip Sheet- Exposure to Violence



- **State and Federal Programs**

- Illinois Child Abuse Hotline
 - A 24-hour hotline to call if you suspect that a child has been harmed or is at risk of being harmed by abuse or neglect.
 - Phone number: (800) 252-2873
- Illinois Domestic Violence Helpline
 - A 24-hour hotline that provide safety assistance to victims of domestic violence. The hotline is toll free, confidential, and multilingual.
 - Phone number: (877) 863-6338
- National Domestic Violence Hotline
 - A 24-hour national hotline that provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.
 - Phone number: (800) 799-7233
- National Sexual Assault Hotline
 - A 24-hour national crisis support hotline for victims of sexual assault.
 - Phone number: (800) 656-4673
- National Human Trafficking Hotline
 - A 24-hour hotline that connects victims and survivors of sex and labor trafficking with services and supports to get help and stay safe. Toll-free phone calls, SMS text lines, and live online chat functions are available.
 - Phone number: (888) 373-7888

Local Resources & Programs

- **INSERT other resources local from your hospitals mapping tool**

Tip Sheet- Mental Health



State and Federal Programs

- **National Suicide Prevention Lifeline**
 - Phone number: (800) 273-8255
 - Website: <https://suicidepreventionlifeline.org/>
- **SAMSHA's National Helpline** (Substance Abuse & Mental Illness Service Administration)
 - Free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish)
 - Phone number: (800) 662-4357
 - Website: <https://www.samhsa.gov/find-help/national-helpline>
- **Crisis and Referral Entry Services Hotline**
 - Telephone response service that handles mental health crisis calls for children and youth in Illinois
 - Phone number: (800) 345-9049
 - Website: <https://www.dhs.state.il.us/page.aspx?item=92597>
- **Illinois Perinatal Depression Hotline**
 - Free, confidential hotline is available 24 hours a day to patients and their families for information, support and connection to local resources
 - Phone number: (866) 364-6667
 - Website: <https://www.dhs.state.il.us/page.aspx?item=30524>
- **Illinois Helpline for opioids and other substances:**
 - Illinois also has a 24-hour helpline devoted to connecting individuals to treatment for OUD and other SUDs
 - Phone number: (833) 234-6343
 - Website: <https://helplineil.org/>

Local Resources & Programs

- **INSERT other resources local from your hospitals mapping tool**

Other Helpful Resources

- **Helpful Smart Phone Apps**
 - Mind the Bump: A mindfulness meditation app to help individuals and couples support their mental and emotional wellbeing in preparation for having a baby and becoming a new parent.
 - Headspace: Perfect app for beginners interested in meditation. The free app contains 10 essential meditation sessions included or individual can subscribe for access to access meditation minis tailored to specific categories such as SOS Singles for spot-on mom meditations, Burned Out, and Flustered.
 - Expectful: A meditation app designed with pregnant women, new moms and women just embarking on their fertility journeys in mind

ILPQC Summary of Tools to Identify Resources and Services to address Social Determinants of Health

Resource Name/ Website (hyperlinked)	Child Care	Education	Family & community Support	Financial	Food	Housing	Utility	Cost	Service Area/ Notes
Findhelp.org (formerly Aunt Bertha's)	✓	✓	✓	✓	✓	✓	✓	Free	<u>National</u> Enter your zip code. Options to customize or integrate into your EMR.
NowPow (See note below)	✓	✓	✓	✓	✓	✓	✓	See Note	<u>Illinois/statewide</u> See note below to learn about access. Check to see if your hospital and department have access. Basic access will be available via hospital team login on ILPQC website.
Find Food IL Community Food Map					✓			Free	<u>Illinois/statewide</u> Scroll down to the Find Food IL community food map search tool. Enter zip code or city. Lists location of free food/ meals and stores and that accept SNAP/LINK/WIC.
Illinois Financial Assistance Programs	✓		✓		✓	✓	✓	Free	<u>Illinois/statewide</u> Scroll down to the "Assistance From Illinois Cities and Counties" section and click the county.
Illinois Department of Commerce & Economic Opportunity: Help for Illinois Families				✓	✓	✓	✓	Free	<u>Illinois/statewide</u> Review programs and scroll down to check eligibility and complete the pre-application to be connected with a local agency. Factsheet .
2-1-1	✓	✓	✓		✓		✓	Free	<u>Illinois/certain zip codes</u> Within 60 counties in Illinois. Type in your zip code or call 211 to be connected to local resources
Chicago Resource Hub		✓				✓		Free	<u>Chicago area</u> 10,000+ organizations within Chicagoland areas. Resources listed on website or search by zip code for a resource in your service area.

ILPQC Summary of Tools to Identify Resources and Services to address Social Determinants of Health

Table includes common social determinant of health needs included on screening tools suggested by ILPQC. All websites listed may provide listings for other resources as well. Insurance companies may offer specific social services or referral programs free of charge included in patient insurance plan. Check these resources first.

NOTE: NowPow is excited to partner with the Illinois Perinatal Quality Initiative in its efforts to support birthing hospitals in meeting the social determinants of health needs for mothers across the state, connecting them with social resources to improve birth equity and address maternal disparities in our populations.

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