



Maternal-Child Health Community Newsletter



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MEMBER OF THE MONTH



What made you interested in being a CAB member?

Being a mom is the biggest accomplishment of my life. Every single person either is a mom, loves a mom, has a mom, or knows a mom and yet there are still so many areas that can be improved as far as maternal health and postpartum services are concerned. I was ecstatic to be able to take part on this board and give a voice to other moms in the state. I feel so honored to get to share similar passions with everyone involved with the CAB.

What is your favorite aspect of being a CAB member?

I love getting to unite with all of our amazing board members to discuss anything and everything having to do with maternal health in Iowa. A large focus has been on improving maternal health services in rural areas of the state, and that is a huge passion of mine. Ensuring that women in rural areas of the state receive high quality care based on evidence based practice, decreasing rural healthcare disparities, and advocating for some of our state's most vulnerable populations is extremely important to me.

Last Book I read: We, the Drowned

Favorite vacation I've ever been on: Turks and Caicos.

MEMBER OF THE MONTH



What made you interested in being a CAB member?

The first thing that drew me to becoming a CAB member was the ability to share, learn, listen, and advocate. It has been my passion advocating for children as a school counselor, but it wasn't until my traumatic birth story I fully grasped just how important advocacy was within the medical field between patient and provider. I read about the CAB and I thought it would provide an opportunity to bring awareness, start conversations, add to the good work being done to open up the dialogue, it seemed like a great fit!

What is your favorite aspect of being a CAB member?

My favorite aspect of being a CAB member is the collaboration and opportunities it provides. It is offering a dialogue and bringing other mothers across the state to discuss all things maternal health. I think the fact that we have real providers and researchers at the table hearing, listening, taking our feedback, looking at our discussions as opportunities, is imperative and validates how important this is to them and us as moms. The opportunities it provides for mothers to share their stories, or be a part of ongoing learning, advocacy is huge. I didn't know this type of group existed until I joined.

Last Book I read: *Shifting the Monkey*, by Todd Whitaker

Favorite vacation I've ever been on: Florida with my family♥

UPCOMING EVENTS



May 13th 10:30-12:00: IMQCC Stakeholder Advisory Board Meeting featuring Director Garcia of Iowa DHS and IDPH speaking about the IDPH-DHS merge and how this will affect maternal health services. This meeting is open to all stakeholders, healthcare providers, and community partners.

Zoom link: <https://uiowa.zoom.us/j/96068471520?pwd=cmo4L2RCV3FJeDhxTO91bG1GbytUQT09&from=addon>



September 15th 8:00-4:15PM: 2nd Annual Substance Use in Pregnancy Conference

Zoom link forthcoming

For further details, please contact Nicole-Anderson@uiowa.edu

RESEARCH PROJECTS UPDATES

Perinatal Mood and Anxiety Disorders (PMADs)

Perinatal Mood and Anxiety Disorders (PMADs), including antenatal and postpartum depression, and anxiety, are among the most common complications of pregnancy and childbirth. PMADs are associated with poor health outcomes for the birthing person such as an impairment in bonding with the infant, anxiety, thoughts of self-harm, and suicide. Rural and micropolitan residents have a greater chance of experiencing undiagnosed or untreated PMADs because of barriers to accessing mental health support. It is therefore important that diagnosis and treatment interventions are specifically tailored to rural populations. Our project, led by Drs. Kelli Ryckman, Stephanie Radke and Emily Chasco, was recently funded by the University of Iowa's Institute for Clinical and Translational Sciences Pilot Grant Program to talk to pregnant and postpartum people in rural areas of Iowa (Figure) to identify barriers and facilitators to mental health support. This study will provide critical data to inform the development of maternal mental health interventions that can be delivered to rural areas of Iowa.

Figure 1: Counties of Interest for Focus Group Recruitment

