

TALKING TREND

Maternal and Infant Mortality: Barriers to Prenatal Care



[Region V Public Health Training Center 5/3/24](#)

The United States has the highest maternal and infant mortality rates out of any other comparable high-income country despite spending the most on healthcare out of those countries ([Tikkanen et al., 2020](#)). The Centers for Disease Control and Prevention (CDC) states that more than 80% of pregnancy-related deaths were preventable and cites that improving prenatal care is one of the top recommended interventions needed ([CDC, 2022](#)).

According to the [Office on Women’s Health in the U.S. Department of Health and Human Services \(2021\)](#), “babies of mothers who do not get prenatal care are three times more likely to have low birth weight and five times more likely to die than those born to mothers who do get care.”

Health Net’s [Start Smart for Your Baby®](#) * program is designed help our pregnant members get the customized care they need for a healthy pregnancy and baby.

PROGRAM HIGHLIGHTS

- Supportive care management during and after pregnancy
- Interdisciplinary care before, during, and post hospitalization
- Assistance in cessation of smoking, alcohol, or drugs
- Linkage to needed physical health, mental health, and/or substance use disorder services
- Referrals to available community agencies
- Members can learn more about the program and get started on our [Start Smart for Your Baby®](#) webpage, or by calling their health plan at the number listed on their ID card.

*Available through submission of a Notification of Pregnancy (NOP) form.

INDUSTRY NEWS

Centene Ranks No. 22 on the 70th Anniversary Fortune 500® List

Fortune® released its 70th anniversary list of the 500 largest companies and Centene ranked at No. 22, up from No. 25 last year.

Each year, Fortune publishes the ranking of U.S. corporations by total revenue for their respective fiscal years. Debuting on the list in 2010 at No. 486, this marks Centene's 15th year as a Fortune 500 honoree.

While making the respected list recognizes our size and revenue, it also is a reflection of our ability to impact more lives by providing access to affordable, high-quality and culturally sensitive healthcare to the more than 28 million members we serve nationwide.

“Centene is honored to be recognized in the Fortune 500 list for the 15th consecutive year,” said Centene President Ken Fasola. “Being ranked No. 22 on the list reflects the dedication of our CenTeam, who work hard each day in support of the members and communities we serve.”



Over 2,200 companies have been listees since the Fortune 500 began in 1955. Fortune 500 companies represent two-thirds of the U.S. economy, with \$18.8 trillion in revenue.

This recognition joins the list of accolades Centene has received so far in 2024, including one of the [Top 50 Companies for Diversity by Fair360](#), [2024 World’s Most Admired Companies by Fortune](#), and [America’s Most Innovative Companies 2024](#).

Learn more about [Centene's national and global recognitions on Centene.com](#).

IN THE COMMUNITY

Community Conversation: Social-Emotional Health of Children

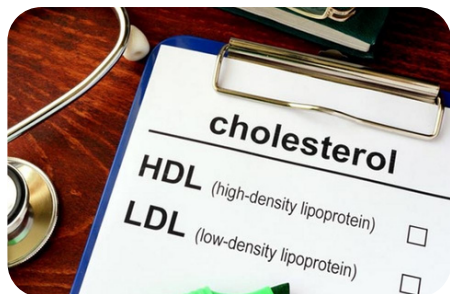


Trillium Community Health Plan and Health Share of Oregon co-hosted a successful community engagement event exploring ways we can collaborate with providers and community partners to support the social-emotional health of children as related to kindergarten readiness, an Oregon Health Authority metric for Medicaid members.

The event featured keynote speaker Representative Lisa Reynolds, MD and a community innovation panel with staff from the [Immigrant and Refugee Community Organization](#), [Adelante Mujeres](#), and the [All:Ready Regional Kindergarten Readiness Network](#).

All:Ready highlighted their development of a Somali resource booklet for parents with children with disabilities which was funded through a grant from Trillium. This system-level work will increase access to whole health services for our members.

WELLNESS September is National Cholesterol Education Month



The Centers for Disease Control and Prevention (CDC) provides essential educational information and resource materials on their topic webpage, [CDC: About Cholesterol](#).

What is Cholesterol?

Cholesterol is a waxy, fat-like substance produced by your liver, essential for functions like hormone production and digestion. While your body produces all the cholesterol it needs, dietary cholesterol from animal products can add to this.

Experts suggest minimizing dietary cholesterol intake.

Understanding Cholesterol Levels: Cholesterol is measured in milligrams per deciliter (mg/dL) and typically includes:

- LDL ("bad") cholesterol: High levels can lead to plaque buildup in arteries, increasing heart disease and stroke risk.
- HDL ("good") cholesterol: High levels can lower your risk of heart disease and stroke.
- Triglycerides: High levels, combined with low HDL or high LDL, heighten the risk of heart attack and stroke.
- Total cholesterol: The sum of your HDL, LDL, and triglyceride levels.

What is High Cholesterol: High cholesterol, or hyperlipidemia, occurs when total cholesterol exceeds 200 mg/dL. It can lead to serious health issues, so it's important to work with your healthcare team to maintain optimal levels:

- Total cholesterol: about 150 mg/dL
- LDL: about 100 mg/dL
- HDL: at least 40 mg/dL in men and 50 mg/dL in women
- Triglycerides: less than 150 mg/dL

Risk Factors and Prevention: Risk factors for high cholesterol include conditions like type 2 diabetes, obesity, a high-fat diet, inactivity, and family history. While some factors, like age and genetics, are beyond your control, lifestyle changes can significantly lower your risk.

Dangers of High Cholesterol: High cholesterol can cause plaque buildup in arteries, leading to narrowed arteries, chest pain, heart attack, and increased risk for heart disease and stroke.

Prevention and Management: Adopting a diet low in cholesterol and working with your healthcare team are key to preventing and managing high cholesterol. Regular cholesterol checks are essential for maintaining heart health.

Health Net offers the [Sharecare Eat Right Now](#) program to our members. Eat Right Now is an innovative program that combines neuroscience and mindfulness to help change relationships to eating and make meaningful lifestyle changes that last.

JUST FOR FUN

The Biggest Barbecue Pitfalls and How to Avoid Them

If you’re planning on firing up the grill this Labor Day weekend or any weekend, here’s a few tips from the [Washington Post](#) and [Melissa Cookston](#), world barbecue champion, restaurateur and judge on Netflix’s “Barbecue Showdown,” on what to avoid.



1. Not cleaning the grill:

[Cleaning your grill](#) grates is important for flavor.

Also, “Clean grates are essential for killer grill marks, and they help keep food from sticking,” grilling guru Steven Raichlen wrote in his book, “The Barbecue! Bible.”

2. Using lighter fluid:

Lighter fluid is just chemicals. Do not put anything in grills or smokers, not even paper, that is not the flavor profile you want in your grill. Instead, use a chimney starter to get your charcoal going.

3. Rushing the coals:

Barbecue takes time and patience, and that starts with your coals. Don’t spread out the coals before they get a chance to get white hot and before the wood really catches on to stay consistent. 20 to 30 minutes is a good guesstimate.

4. Saucing too early:

Sauces contain sugars, and sugars burn. So, you don’t want to sauce until you’re at the very end of your cooking process, about 15 minutes before you’re ready to serve.

5. Using too much direct heat:

Having indirect and direct heat zones on the grill, which means having a portion directly over the heat source and a portion that is not, is important. You can get away with just using direct heat for things that cook hot and fast, such as hot dogs and hamburgers. But indirect heat, which allows for low-and-slow barbecuing, is imperative for anything else.

6. Opening the lid too much:

Think of your grill like an oven. It’s not a good idea to keep opening the oven door while cooking, and the same applies to the grill.

Have a great Labor Day weekend and happy grilling!