

PH 210: Foundations of Maternal and Child Health Policy, Practice, and Science
“MCH Core Course”
Course Syllabus Fall 2021

Course Information

Wednesdays, 2-5 PM
Berkeley Way West (BWW), Room 1217

Course Description

The Maternal and Health (MCH) Core Course is designed for both one- and two-year students in the Maternal, Child, and Adolescent Health (MCAH) Program as well as for students seeking to earn a certificate in the MCAH Specialty Area or others interested in learning about MCH. The MCH Core Course offers an overview and introduction to selected MCAH-related issues primarily in the U.S. and includes a focus on the ways in which poverty, politics, and racial and ethnic inequities affect the health of families, women, children and adolescents globally.

In this class, students will examine the history and organization of MCH related services in the U.S. as well as paradigm shifts in the field toward the Life Course Perspective, health equity, and social determinants of health. We will review current issues central to maternal and child health, discuss the organization of MCH health services, and analyze the ways in which the political context in the U.S. and internationally affects the health and well-being of families. We will critically examine the ways in which knowledge about an issue, an understanding of the social strategies to address that issue, and political will are all leveraged to influence the creation of MCH policy.

The MCH Core Course is designed to be a rigorous and engaging undertaking. Readings will be discussed in class, student participation will be a vital part of class sessions, course assignments will be expected to be completed on time and to be of high quality, and lively and intellectually stimulating discussions will be the hallmark of the class.

Prerequisites

Consent of Instructor

Course Learning Objectives

After successfully completing this course, you will be able to:

1. Discuss the historical roots of Maternal and Child Health services in the U.S.
2. Describe new approaches in the field of MCH that suggest disparities/inequities in birth outcomes are the consequence of differential exposures not only during pregnancy but across the span of a person's life.

3. Describe at least 3 domestic and/or international health strategies central to improving maternal and child health globally.
4. Explain how many aspects of health status previously attributed to cultural or demographic factors (race, socioeconomic status, sexual orientation, gender identity, physical ability, religious background) represent the downstream consequences of decisions reflecting larger structural contexts (racism, classism, homophobia, transphobia, sexism, and ableism) and the environment.
5. Demonstrate an understanding of the importance of knowledge, social strategies, and political will in shaping public health policy and practice with regard to MCH.
6. Demonstrate strategic thinking and problem-solving skills with regard to a specific MCH related topic.

Instructor Information

Cassandra (Cassie) Marshall, DrPH, MPH
cassiejm@berkeley.edu (best to contact me through bCourses)
<https://sph.berkeley.edu/cassandra-marshall-drph>

Office Hours: Please sign up [here](#); If you don't see an open slot that works for you, please message me

Graduate Student Instructor (GSI)

Julia Ryan, MSc
juliahryan@berkeley.edu

Office Hours: Please sign up [here](#) - if you don't see an open slot that works for you, please message me

Course Format

Each class will provide an opportunity to discuss the key issues identified for that day. Class sessions will be a combination of lecture and discussion and will be structured for small and large group discussions. Guest speakers have been invited in order to give students an opportunity to interact with professionals with diverse expertise and perspectives. Students will also prepare and present their ideas in class presentations.

Course Schedule

Week	Date	Topic
PART 1		
1	8/25	Welcome, Class Overview, Expectations, and Goals Introduction to MCH
2	9/1	MCH History and Structure Determinants of MCH Due: Public Health Autobiography
3	9/8	Theoretical and Conceptual Foundations Lifecourse Perspective Health Equity Socioecological Model Additional Frameworks (Reproductive Justice, Intersectionality)
4	9/15	Theoretical and Conceptual Foundations (cont.) Rights, Justice, Equity
5	9/22	'Unnatural Causes' Guest: Expecting Justice, SFDPH
PART 2		
6	9/29	Family Planning Guest: Ariana Bennett, MPH, DrPHc, and Jennet Arcara, PhD, MPH, MPP Due: Reflection Video

7	10/6	Child Health Guest: Sara Marques, DrPH, MPH Due: Literature Review Table
8	10/13	Adolescent Health Guest: RYSE Center, Richmond, CA Due: Paper 1 DRAFT
9	10/20	Women's Health Guest: Kaiser Family Foundation Due: Paper 1
10	10/27	Perinatal & Reproductive Health Guest: Patience Afulani, PhD, MD, MPH, UCSF Due: MCH Vocab Assignment
PART 3		
11	11/3	MCAH Policy and Advocacy
12	11/10	TED Talks Due: TED Talk
13	11/17	TED Talks Due: TED Talk
14	11/24	Non-Instructional Day – No Class

15	12/1	MCH practice Guest Speaker: Kiko Malin, MSW, MPH; Alameda County Public Health Department Due: Paper 2 DRAFT
16 (RRR week)	12/8	MCAH Faculty Panel Wrap Up and Synthesize Due: Paper 2

Course Grading

Students are graded according to assignments and class participation according to the following break-down:

Assignment	Percentage of grade
Class Participation (including Leading Class Discussion, MCH Vocabulary Assignment)	15%
Reflection Video	10%
Paper 1 (including Literature Review Table)	20%
Paper 2	30%
TED Talk	25%

Course Materials

Course Readings

Readings for this course are posted on bCourses (<https://bcourses.berkeley.edu>) and listed at the end of this syllabus. Currently, several readings are TBA and will be updated throughout the semester. We have selected readings that are meant to be seminal and thought provoking. Many readings offer excellent references for further research. We have limited the readings for each week to a manageable amount as students are expected to carefully read all of the readings marked REQUIRED for the week. We have marked some of the readings as OPTIONAL that we believe offer a valuable complement to examine the topics being addressed in greater depth.

Textbook

- *Kotch's Maternal and Child Health: Programs, Problems, and Policy in Public Health*, 4th edition, Kirby S & Verbiest S, eds., Burlington, MA: Jones & Barlett Learning, 2022.

Course Requirements

1. Leading Class Discussion

Students will sign-up to facilitate class discussion for one class session. In groups, students will be asked to prepare a set of critical and thought-provoking questions based on the topic of the day and/or the assigned readings. Students will email their 'lesson plan' to the GSI by 5pm on the Monday prior to class for feedback. After incorporating instructor suggestions into their discussion questions, students will then lead and facilitate the class conversation. The initial class discussions will be led by the instructors, and further guidance will be provided on developing discussion questions and facilitating class discussions.

2. MCH Vocabulary

Each student will select one term or concept from the Glossary of MCH Terminology. Instructions and the glossary will be provided.

3. Reflection Video

Each student will prepare a reflection video. The reflection video is designed to have students formally and critically consider what they learned during Part 1 of the course and share with classmates. The reflection will also serve as an opportunity for students to discuss the topic they would like to focus on for Paper 1.

4. Literature Review Table

Students will identify 10-15 peer-reviewed journal articles as part of their background research for Paper 1. Students will categorize journal articles in a summary table, with key elements for quick reference (e.g., topic, study population, results, etc.)

5. Paper 1: Problem Statement

This will be a paper identifying and describing the MCAH topic you have selected. This paper should include a clear definition and description of the problem and/or issue with a rationale for why it is a topic of importance in the field. Details of this assignment will be discussed in class and posted on bCourses.

6. TED-style Talk

You will deliver a TED-style Talk in class. The purpose of this assignment is to give you the opportunity to educate an informed audience (fellow classmates) about the topic you are working on for your final paper. These well-rehearsed presentations will be delivered to classmates throughout the second half of the semester.

7. Paper 2: Policy Brief

For the final paper, students will prepare a policy brief. This paper, due the last day of class, will be an expansion of the issue you are describing in Paper 1 and in your TED talk. In this paper, you are asked to utilize the theories and concepts discussed in class and presented in the readings to present a policy proposal to address your specific issue.

Further details on each assignment will be posted on bCourses and discussed in class. Students are expected to regularly check bCourses for updates

NOTE: All students are expected to attend each class, participate in class discussion and other student-led activities, and read all the REQUIRED readings. If you cannot attend a particular class, please email the Instructor and GSI at least 24 hours ahead of time.

Course Communication

Announcements

Announcements will be posted on the home page of the bCourse site. Please check regularly for updates.

SPH Course Policies

Descriptions of and relevant campus links to SPH school wide course policies on Disability Support Services, Accommodation of Religions Creed, Course Evaluations, Academic Integrity can be found at:

<https://berkeley.box.com/s/knh3rbk9ikgvmca4ymy93msgj9bkebq5>

Additional Policies

Collaboration and Independence

Reviewing lecture and reading materials and studying can be enjoyable and enriching things to do together with one's fellow students. We recommend this. However, homework assignments should be completed independently and materials turned in as homework should be the result of one's own independent work.

Scheduling Conflicts

Please notify the Instructor and GSI in writing by the second week of the term about any known or potential extracurricular conflicts. We will try our best to help you with making accommodations, but cannot promise them in all cases. In the event there is no mutually-workable solution, you may be dropped from the class.

Late Assignments

Late submissions will be marked off 10% per day. For example, if an assignment due at 5:00 pm is turned in by 11:59pm the day it's due, it will be marked as 10% off. If turned in the next day, another 10% will be deducted, and so forth.

Disclaimer

Please note that the syllabus/schedule is subject to change. Announcements will be made in class and on bCourses.

Resources

Please check out the Graduate Division's "Resources & Services for Graduate Students" page. (<http://grad.berkeley.edu/students/>). See the Academic Advising and Resources section for resources such as The Graduate Writing Center.

Reading Assignments

Note: Most of the course readings are listed here. Some are not yet listed but will be posted on bCourses at least 2 weeks prior to the class session. Students are expected to read all **REQUIRED** readings. A few optional readings are included for students who want to learn a little more about a particular topic. These readings may be of interest and useful as you deepen and expand your interest in maternal and child health. They may also be good sources of other references or information as you pursue your research for your course assignments. If your time permits, we encourage you to read the optional readings.

August 25

- **REQUIRED:** Please review and note anything you find interesting in the [MCHB timeline](#)
- **REQUIRED:** McCloskey, L., Amutah-Onukagha, N., Bernstein, J. et al. Setting the Agenda for Reproductive and Maternal Health in the Era of COVID-19: Lessons from a Cruel and Radical Teacher. *Matern Child Health J* 25, 181–191 (2021).

September 1

- **REQUIRED:** Chapter 3 of *Kotch's Maternal and Child Health: Programs, Problems, and Policy in Public Health*, 4th edition, Kirby S & Verbiest S, eds., Burlington, MA: Jones & Bartlett Learning, 2022.
- **REQUIRED:** Chapter 4 of *Kotch's Maternal and Child Health: Programs, Problems, and Policy in Public Health*, 4th edition, Kirby S & Verbiest S, eds., Burlington, MA: Jones & Bartlett Learning, 2022.

September 8

- **REQUIRED:** Chapter 2 of *Kotch's Maternal and Child Health: Programs, Problems, and Policy in Public Health*, 4th edition, Kirby S & Verbiest S, eds., Burlington, MA: Jones & Bartlett Learning, 2022.
- **REQUIRED:** Braveman P. "What is Health Equity: And How Does a Life-Course Approach Take Us Further Toward It?" *Maternal Child Health J* (2014) 18:366–372
- **REQUIRED:** Alio AP, Richman AR, Clayton HB, Jeffers DF, Wathington DJ, Salihu HM. An ecological approach to understanding black-white disparities in perinatal mortality. *Matern Child Health J*. 2010;14(4):557–566. Pmid:19562474
- **REQUIRED:** Watch [this webinar](#) on Reproductive Justice from the American Public Health Association
- **OPTIONAL:** Bowleg L. The problem with the phrase women and minorities: intersectionality-an important theoretical framework for public health. *Am J Public Health*. 2012 Jul;102(7):1267-73. doi: 10.2105/AJPH.2012.300750. Epub 2012 May 17. PMID: 22594719; PMCID: PMC3477987.

September 15

- **REQUIRED:** Chapter 1 of *Kotch's Maternal and Child Health: Programs, Problems, and Policy in Public Health*, 4th edition, Kirby S & Verbiest S, eds., Burlington, MA: Jones & Bartlett Learning, 2022.
- **REQUIRED:** Braveman P, Acker J, Arkin E, Bussel J, Wehr K, and Proctor D. Early Childhood Is Critical to Health Equity. Executive Summary. Princeton, NJ: Robert Wood Johnson Foundation, 2018.
- **REQUIRED:** Wallack, Lawrence, and Kent Thornburg. "Developmental Origins, Epigenetics, and Equity: Moving Upstream." *Maternal and Child Health Journal* 20, no. 5 (May 2016): 935-40.
- **REQUIRED:** Reno R, Warming E, Zaugg C, Marx K, Pies C. Lessons Learned from Implementing a Place-Based, Racial Justice-Centered Approach to Health Equity. *Maternal Child Health J.* 2021 Jan;25(1):66-71. doi: 10.1007/s10995-020-03076-1. Epub 2020 Nov 26. PMID: 33242209.

- **OPTIONAL:** McClaine RJ, Garcia VF. Unnatural Causes: Social Determinants of Child Health and Well-being. *Arch Pediatr Adolesc Med.* 2011;165(5):476. doi:10.1001/archpediatrics.2011.48

September 22

- **REQUIRED:** Malawa Z, Gaarde J, Spellen S. Racism as a Root Cause Approach: A New Framework. *Pediatrics.* 2021 Jan;147(1):e2020015602. doi: 10.1542/peds.2020-015602. PMID: 33386339.
- **REQUIRED:** WATCH ONE of March of Dimes [webinars](#) "How systemic racism harms moms and babies" OR LISTEN to Reveal Podcast "[Reproducing Racism](#)"

- **OPTIONAL :** Trent M, Dooley DG, Dougé J, AAP SECTION ON ADOLESCENT HEALTH, AAP COUNCIL ON COMMUNITY PEDIATRICS, AAP COMMITTEE ON ADOLESCENCE. The Impact of Racism on Child and Adolescent Health. *Pediatrics.* 2019;144(2):e20191765
- **OPTIONAL:** Jones CP, "Levels of Racism: A Theoretic Framework and a Gardener's Tale," *AJPH*, August 2000, Vol. 90, NO. 8, pp. 1212-1215.
- **OPTIONAL:** Geronimus AT, "Understanding and Eliminating Racial Inequalities in Women's Health in the U.S.: The Role of the Weathering Conceptual Framework," *Journal of the American Medical Women's Association*, 2001, No. 56, pp. 133-136.
- **OPTIONAL:** "[The impact of institutional racism on maternal and child health](#)" from The National Institute for Children's Health Quality

September 29

- **REQUIRED:** Chapter 6 of *Kotch's Maternal and Child Health: Programs, Problems, and Policy in Public Health*, 4th edition, Kirby S & Verbiest S, eds., Burlington, MA: Jones & Bartlett Learning, 2022.
- **REQUIRED:** Berglas, N.F., Wingo, E., Woodruff, K. *et al.* Approaches, barriers, and facilitators to abortion-related work in U.S. health departments: perspectives of

maternal and child health and family planning professionals. *BMC Public Health* 20, 299 (2020). <https://doi.org/10.1186/s12889-020-8389-2>

- **OPTIONAL:** Rosenzweig C, Ranji U, and Salganicoff A. Kaiser Family Foundation. Women's Sexual and Reproductive Health Services: Key Findings from the 2017 Kaiser Women's Health Survey. March 2018.
- **OPTIONAL:** Roberts S, Fuentes L, Berglas N, and Dennis A. A 21st- Century Public Health Approach to Abortion. *Am J Public Health*. 2017 December; 107(12): 1878–1882.
- **OPTIONAL:** Report Highlights. The Safety and Quality of Abortion Care in the United States. The National Academies of Sciences, Engineering, and Medicine. March 2018. Can be read here: <https://www.nap.edu/resource/24950/03162018AbortionCarehighlights.pdf>

October 6

- **REQUIRED:** Chapter 8 of *Kotch's Maternal and Child Health: Programs, Problems, and Policy in Public Health*, 4th edition, Kirby S & Verbiest S, eds., Burlington, MA: Jones & Barlett Learning, 2022.
- **REQUIRED:** Chapter 9 of *Kotch's Maternal and Child Health: Programs, Problems, and Policy in Public Health*, 4th edition, Kirby S & Verbiest S, eds., Burlington, MA: Jones & Barlett Learning, 2022.
- **REQUIRED:** Mistry KB, Minkovitz CS, Riley AW, Johnson SB, Grason HA, Dubay LC, Guyer B. A new framework for childhood health promotion: the role of policies and programs in building capacity and foundations of early childhood health. *Am J Public Health*. 2012 Sep;102(9):1688-96. doi: 10.2105/AJPH.2012.300687. Epub 2012 Jul 19. PMID: 22813416; PMCID: PMC3482035.
- **OPTIONAL:** Summary. Vibrant and Healthy Kids: Aligning Science, Practice, and Policy to Advance Health Equity. The National Academies of Sciences, Engineering, and Medicine. 2019.
- **OPTIONAL:** Watch this TED Talk by Nadine Burke Harris: <https://www.youtube.com/watch?v=95ovIJ3dsNk>

October 13

- **REQUIRED:** Chapter 10 of *Kotch's Maternal and Child Health: Programs, Problems, and Policy in Public Health*, 4th edition, Kirby S & Verbiest S, eds., Burlington, MA: Jones & Bartlett Learning, 2022.
- **REQUIRED:** National Academies of Sciences, Engineering, and Medicine. 2020. Promoting Positive Adolescent Health Behaviors and Outcomes: Thriving in the 21st Century. Washington, DC: The National Academies Press. Summary.
- **OPTIONAL:** Watch [this webinar](#) on Adolescent Health and Positive Youth Development from the American Public Health Association

- **OPTIONAL:** Viner R.M., Ozer E.M., Denny S., Marmot M., Resnick M., Fatusi A., Currie C. Adolescence and the social determinants of health. *The Lancet*. 2012;379(9826):1641–1652.
- **OPTIONAL:** Ginwright S and Cammarota J., New terrain in youth development: The promise of a social justice approach. *Social Justice*; 2002; 29, 4.

October 20

- **REQUIRED:** Chapter 5 of *Kotch's Maternal and Child Health: Programs, Problems, and Policy in Public Health*, 4th edition, Kirby S & Verbiest S, eds., Burlington, MA: Jones & Bartlett Learning, 2022.
- **REQUIRED:** Kaiser Family Foundation. [Public Perspectives on Women's Health Policy Priorities for the Biden-Harris Administration and Congress](#). Feb 2021.
- **REQUIRED:** Stuenkel CA, Manson JE. Women's Health - Traversing Medicine and Public Policy. *N Engl J Med*. 2021 Jun 3;384(22):2073-2076. doi: 10.1056/NEJMp2105292. Epub 2021 May 29. PMID: 34080809.

October 27

- **REQUIRED:** Chapter 7 of *Kotch's Maternal and Child Health: Programs, Problems, and Policy in Public Health*, 4th edition, Kirby S & Verbiest S, eds., Burlington, MA: Jones & Bartlett Learning, 2022.
- **REQUIRED:** Crear-Perry J, Correa-de-Araujo R, Lewis Johnson T, McLemore MR, Neilson E, Wallace M. Social and Structural Determinants of Health Inequities in Maternal Health. *J Womens Health (Larchmt)*. 2021 Feb;30(2):230-235. doi: 10.1089/jwh.2020.8882. Epub 2020 Nov 12. PMID: 33181043; PMCID: PMC8020519.
- **REQUIRED:** Farrell ME, Evans ML. Leaving half the population behind-the continued fight to cover America's mothers: a call to action. *Am J Obstet Gynecol*. 2020 Sep;223(3):379.e1-379.e5. doi: 10.1016/j.ajog.2020.05.034. Epub 2020 May 21. PMID: 32446998.
- **OPTIONAL:** Owens DC, Fett SM. Black Maternal and Infant Health: Historical Legacies of Slavery. *Am J Public Health*. 2019 Oct;109(10):1342-1345. doi: 10.2105/AJPH.2019.305243. Epub 2019 Aug 15. PMID: 31415204; PMCID: PMC6727302.
- **OPTIONAL:** "Nothing Protects Black Women from Dying in Pregnancy and Childbirth". By Nina Martin (ProPublica) and Renee Montagne (NPR). <https://www.propublica.org/article/nothing-protects-black-women-from-dying-in-pregnancy-and-childbirth>
- **OPTIONAL:** New York Times. Why America's Black Mothers and Babies are in a Life-or-Death Crisis. By Linda Villarosa. <https://www.nytimes.com/2018/04/11/magazine/black-mothers-babies-death-maternal-mortality.html>
- **OPTIONAL:** Lu, M, Highsmith, K, de la Cruz, D, and Atrash, HK. Putting the "M" back in the Maternal and Child Health Bureau: reducing maternal mortality and morbidity. *Matern Child Health J* (2015) 19:1435–1439 DOI 10.1007/s10995-015-1665-6

- **OPTIONAL:** Vedam, S., Stoll, K., Taiwo, T.K., Rubashkin, N., Cheyney, M., Strauss, N., McLemore, M., Cadena, M., Nethery, E., Rushton, E., Schummers, L., Declercq, E., GVtM-US Steering Council, 2019. The Giving Voice to Mothers study: inequity and mistreatment during pregnancy and childbirth in the United States. *Reprod. Health* 16, 77. <https://doi.org/10.1186/s12978-019-0729-2>
- **OPTIONAL:** Please review the following website: <https://www.mhtf.org/topics/maternal-health-in-the-united-states/> (Maternal Health Task Force)

November 3

- **REQUIRED:** Chapter 21 of *Kotch's Maternal and Child Health: Programs, Problems, and Policy in Public Health*, 4th edition, Kirby S & Verbiest S, eds., Burlington, MA: Jones & Barlett Learning, 2022.
- **REQUIRED:** Hoagwood, K. E., M. J. Rotheram-Borus, M. A. McCabe, N. Counts, H. M. E. Belcher, D. K. Walker, and K. A. Johnson. 2018. The interdependence of families, communities, and children's health: Public investments that strengthen families and communities, and promote children's healthy development and societal prosperity. *NAM Perspectives*. Discussion Paper, National Academy of Medicine, Washington, DC. doi: 10.31478/201804a
- **REQUIRED:** Listen to [this](#) podcast
- **OPTIONAL:** Looman WS, Lindeke LL. Children and youth with special health care needs: partnering with families for effective advocacy. *J Pediatr Health Care*. 2008 Mar-Apr;22(2):134-6. doi: 10.1016/j.pedhc.2007.12.003. PMID: 18294584.
- **OPTIONAL:** Dorfman L, Krasnow ID. Public health and media advocacy. *Annu Rev Public Health* 2014;35(1):293-306. 10.1146/annurev-publhealth-032013-182503

November 10

- No Readings (TED Talks)

November 17

- No Readings (TED Talks)

November 24

No Class

December 1

- **REQUIRED:** Shrimali B, Luginbuhl J, Malin C, Flournoy R, Siegel A, "The Building Blocks Collaborative: Advancing a Life Course Approach to Health Equity Through Multi-Sector Collaboration," *Maternal and Child Health Journal*, 2014, Vol. 18, pp. 373-379
- **REQUIRED:** Storey-Kuyl M, Bekemeier B, Conley E. Focusing "upstream" to address maternal and child health inequities: two local health Departments in Washington State make the transition. *Matern Child Health J*. 2015;19(11):2329-35. doi: 10.1007/s10995-015-1756-4.
- **REQUIRED:** Hoenicke S, Cahlan S, and Costley D. Black Infants in the East Bay Are Experiencing Higher Negative Health Outcomes. *East Bay Express*. January 31, 2018.

<https://www.eastbayexpress.com/oakland/black-infants-in-the-east-bay-are-experiencing-higher-negative-health-outcomes/Content?mode=print&oid=12876573>

- **OPTIONAL:** Pies P, Parthasarathy P, Posner S, “Integrating the Life Course Perspective into a Local Maternal and Child Health Program “ *Maternal Child Health Journal*, Published Online on June 1, 2011.

December 8

- **REQUIRED:** Lu M. “Improving Maternal and Child Health Across the Life Course: Where Do We Go From Here?” *Maternal Child Health Journal*, Vol. 18, 2014, pp. 339-343.
- **REQUIRED:** Lu, MC. The Future of Maternal and Child Health. *Matern Child Health J*. 2018 Nov 19. doi: 10.1007/s10995-018-2643-6.
- **REQUIRED:** Petersen DJ. Leading maternal and child health (MCH): Past, present and future. *Maternal and Child Health Journal*. 2015;19:244–246. doi: 10.1007/s10995-014-1565-1.
- **REQUIRED:** Verbiest SV, Malin CK, Drummonds M, Kotelchuck M. Catalyzing a reproductive health and social justice movement. *Matern Child Health J*. 2016;20:741–8.