LEARN Survey Cultural Community Results: magnifying MN cultural community parent voices and needs

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Results prepared by the HealthPartners Institute Center for Evaluation & Survey Research



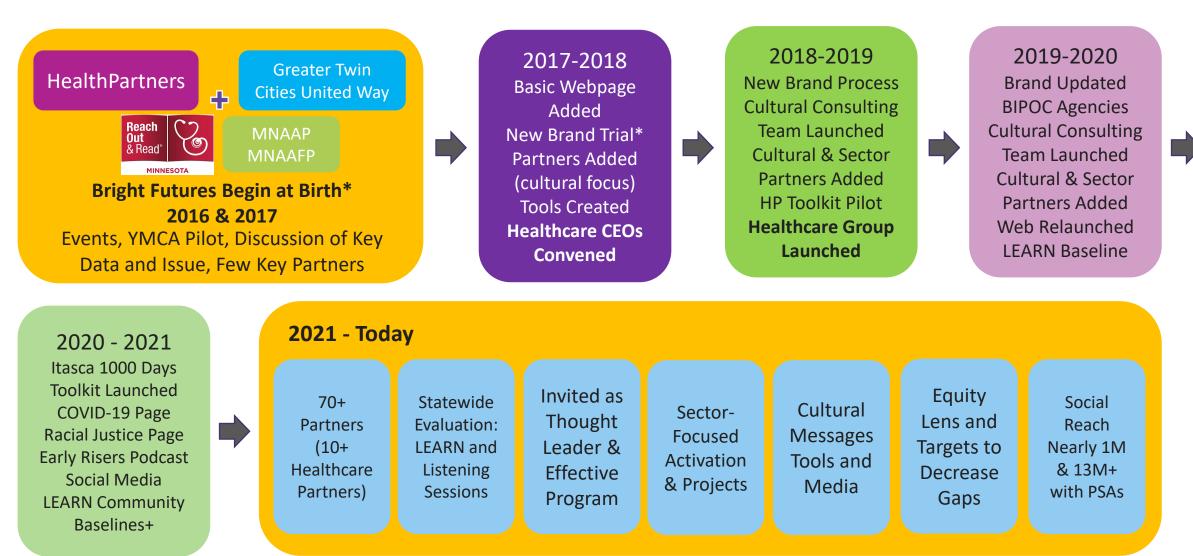
Session Agenda

- LMC Background
- Equitable, Respectful & Inclusive Evaluation Best Practices
- LEARN Survey Background & Results
- LMC Cultural Community Listening Session Wisdom Shared
- LMC LEARN & Listening Session Assets To Inform Your District & Community Work
- Table Discussions:
 - One learning you can take back & how to potentially apply this in your own program(s)
- Group Sharing & Q & A Time
 - Attendee/Audience Sharing & Examples





History of LMC: From There to Here

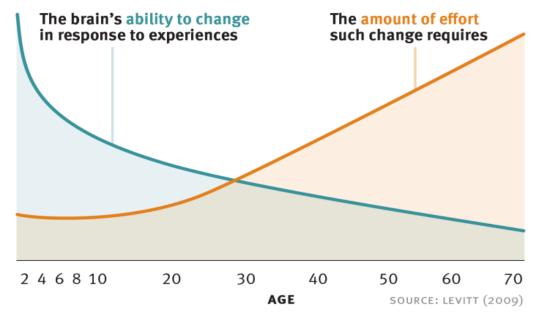


The five conditions of collective impact

Common agenda	Participants share a vision, common understanding of the problem, and joint approach
Shared measurement	Data is collected, measured, and analyzed consistently, and participants are accountable to each other
Mutually reinforcing activities	Activities at individual organizations are supported under a joint action plan
Continuouscommunication	Consistent, open communication fosters common objectives and motivation, and builds trust
Backbone support	Dedicated staff coordinate and manage activities, and support the overall partnership

Why this matters

- Early experiences matter
 - Brain grows to 36% of its full size by 2-4 weeks and
 80% by age 3 (Knickmeyer et al., 2008; Yin et al., 2019)
 - Forms one million neural connections per second (Center on the Developing Child, 2007)
 - Facilitated by serve-and-return interactions, such as talking, reading, playing, and singing (Little Moments Count, n.d.)
- Not all parents realize the importance of early experiences (Zero to Three, Bezos Family Foundation, & SoAct Consulting, 2016).



Center on the Developing Child 😈 HARVARD UNIVERSITY

www.developingchild.harvard.edu

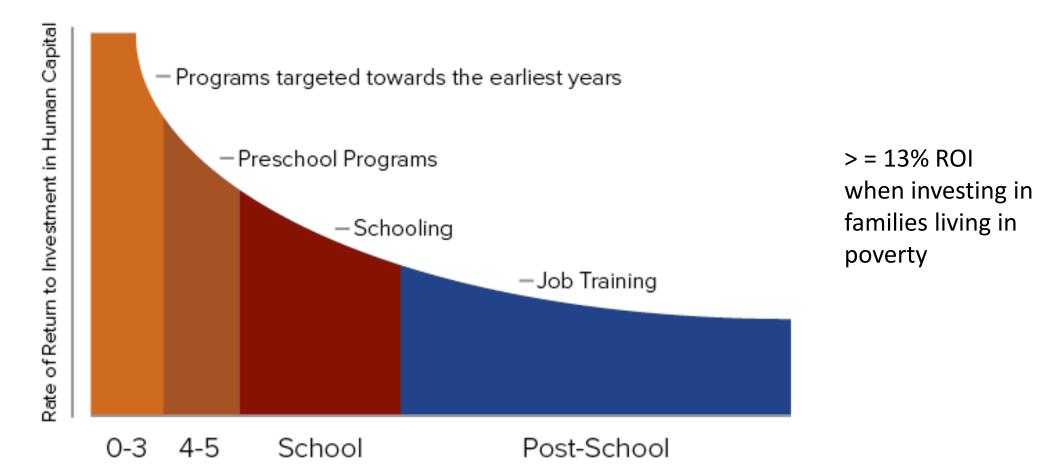
Figure 1. The brain's ability to adapt in relation to age. Adapted from "Center on the Developing Child" (2007). Retrieved March 29, 2021, from https://developingchild.harvard.edu/science/key-concepts/brain-architecture/

Center on the Developing Child (2007). *The Science of Early Childhood Development* (InBrief). https://developingchild.harvard.edu/resources/inbrief-science-of-ecd/
 Knickmeyer, R. C., Gouttard, S., Kang, C., Evans, D., Wilber, K., Smith, J. K., Hamer, R. M., Lin, W., Gerig, G., & Gilmore, J. H. (2008). A structural MRI study of human brain development from birth to 2 years. *The Journal of Neuroscience: The Official Journal of the Society for Neuroscience, 28*(47), 12176-12182. https://doi.org/10.1523/JNEUROSCI.3479-08.2008
 Little Moments Count. (n.d.). *Building brains*. https://www.littlemomentscount.org/building-brains
 Yin, W., Chen, M., Hung, S., Baluyot, K. R., Li, T., & Lin, W. (2019). Brain functional development separates into three distinct time periods in the first two years of life. *NeuroImage, 189*, 715-726. https://doi.org/10.1016/ji.neuroImage.2019.01.025

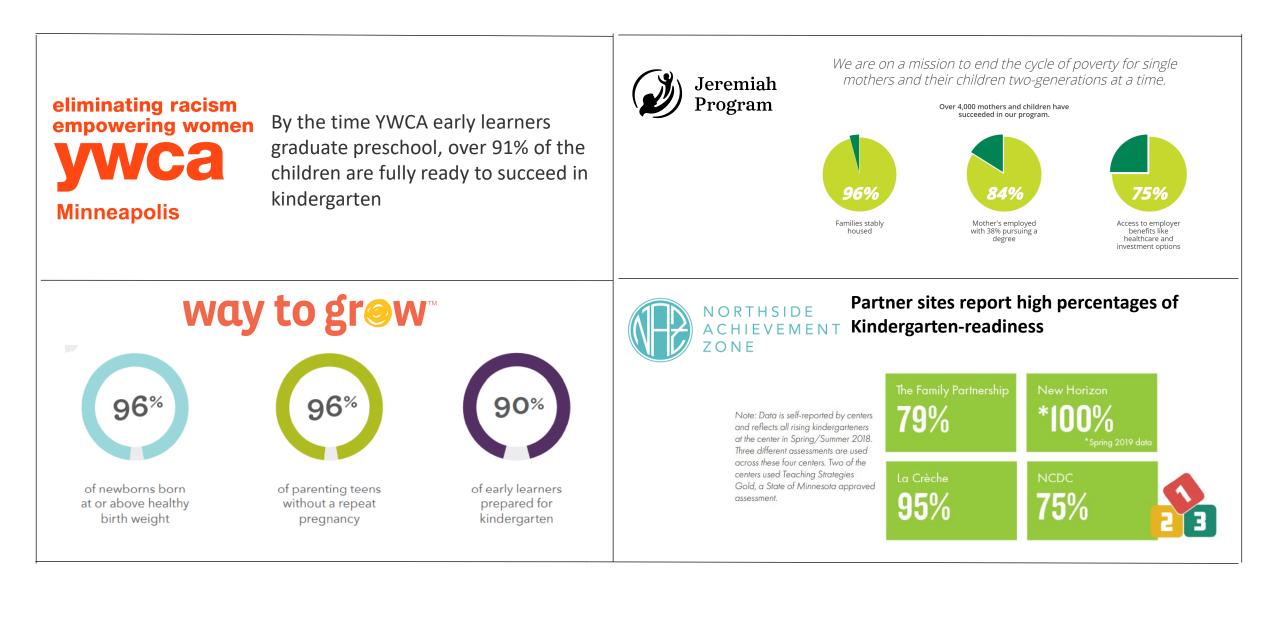


Investing early makes the biggest impact

Returns to a Unit Dollar Invested are Highest in Earliest Years



Invest in families with young children; opportunity gaps shrink





Parent education and support needed

- Parents report feeling overwhelmed by information and are looking for help and tips.
- Opportunity gap: ≥40% of MN and WI children not at testing standards for K (2019)^{5,7}
- LEARN Survey MN baseline 2019 and 2021 data
- Zero to Three 2017 National Parent Survey



69% of parents

say that if they knew more positive parenting strategies, they would use them The largest Minnesota and Wisconsin development and opportunity gaps are seen in the African American, Asian, Latin American and Indigenous communities (2).

The expectation gap (3) (when parents understand children understand or can do different things) is the largest piece of info missing from what parents understand.

61% don't understand literacy building is important before one year (3) 91% don't think talking to a child is important before 3 months old (3).



Current LMC Partners (70)

- African American Babies Coalition (Wilder Foundation)
- Allina Health
- BeautyWell
- Before Racism
- Bloomington Public
 Schools
- CentraCare
- Children's MN
- City of Bloomington
- City of Saint Paul
- Comunidades Latinas Unidas En Servicio (CLUES)
- D.I.V.A. Moms
- The Family Partnership
- Frogtown Community Radio (WFNU)
- Forsberg Consulting
- Gillette Children's

- Greater Twin Cities United Way
- HealthPartners
- Help Me Grow
- Hennepin County Public
 Health
- Hennepin County Public Library
- Hennepin Health
- Image Haus
- Indigenous Visioning
- Interfaith Outreach & Community Partners
- The Itasca Project
- Joyce Preschool
- KMOJ Radio
- <mark>KRSM Radio</mark>
- MacPhail Center for Music
- Masonic Center for the Developing Brain
- <mark>Medica</mark>

- M Health Fairview
- Minneapolis Public
 Schools ECFE
- Minneapolis Youth Coordinating Board
- MN Association for Children's Mental Health
- MN Chapter of the American Academy of Pediatrics
- MN Department of Education ECFE & Workforce Development
- MN Association for Family & Early Education (MNAFEE)
- MN Children's Museum
- MN Department of Health
- MN Coalition for Family Home Visiting

- MN Public Radio
- Native Roots Radio
- New Publica
- Northside Achievement
 Zone
- Osseo Public Schools
 ECFE
- The Peoples' Center
- Reach Out & Read MN
- Ramsey County

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- Rasmussen University
- Redleaf Center for Family Healing
- Saint Paul Public Schools ECFE
- Start Early Funders Coalition
- St. Louis Park ECFE
- St. Paul Promise Neighborhood
- Saint Paul Public Library

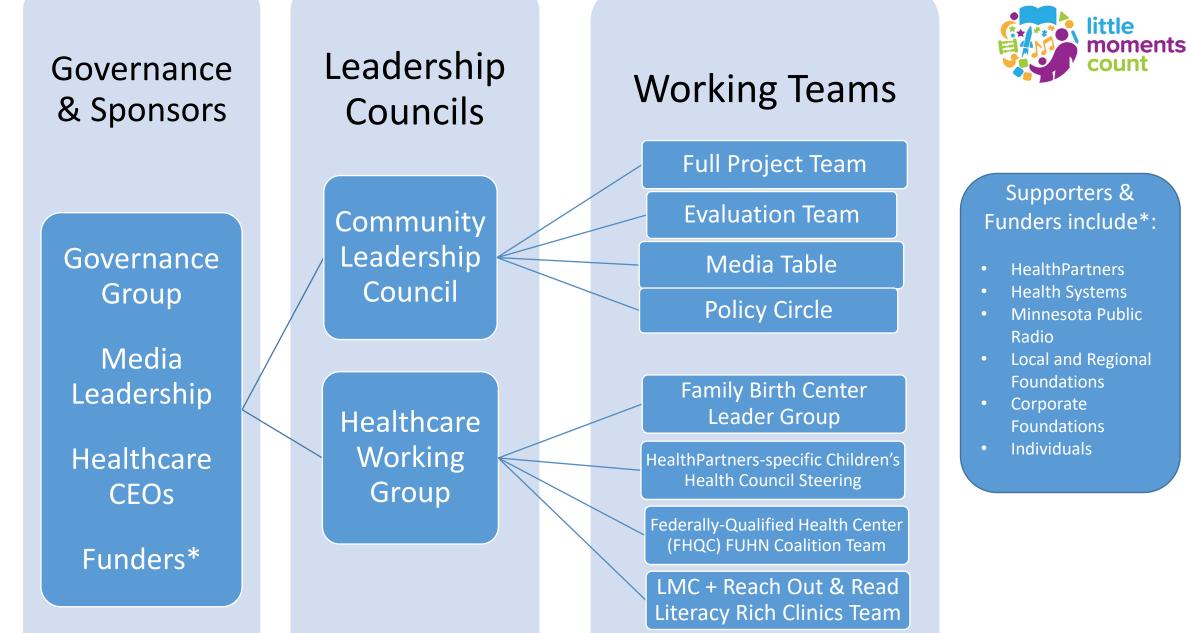


- Sanford Health
- Sanneh Foundation
- St. Croix Regional Medical Center
- Stillwater Schools ECFE
- Think Small
- Twin Cities Public Television
- <mark>UCare</mark>

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- United Way of Central MN
- Washington County Public Library
- Way to Grow Minneapolis
- WithAll
- W.K. Kellogg
 Foundation
- YMCA of the North
- Ziesmer Consulting





2022 LMC Progress Highlights

12.5 million+ MPR PSA annual impressions1.6 million+ MPR Digital impressions New employer and media LMC web pages added. Youtube page built and launched to scale video content. 4000+ accessibility changes made.

3rd Season Early Risers podcast and special events completed. *Dec 2022 #13 Parenting on Apple Podcasts.*

70 current partners and 15 2022 partners added (3 healthcare)

Cultural Media:

3 partnerships + strategic buys Latinx, Hmong, Somali, African American, indigenous Impressions: 90K Print, 525K Radio, 182K Digital Healthcare: 150,000+ families touched, 214,000+ ROR books, 25000+ Think Small text promos Successful hybrid 7th annual conference 1000 total attends with approximately 100 in-person, 400 online and 500 post-access. Completed LEARN Survey oversampling of parents in 5 cultural communities and Medicaid-insured. African American community report complete.

NAZ + LMC Successful Learner Toolkit project launched. Written toolkit piloting began and videos completed. Phase 2 of employer tools launched: Itasca Project's First 1,000 Days initiative joined LMC and communication and policy tools site launched.

MPR Membership promoted LMC via the MPR Winter Member Drive - \$1200+ payit-forward premium of free books raised

Year 1 of LMC Family Birth Center pilot completed. 5000+ families reached. New resource page accessed from 3 countries and 19 states.

Partnership widening & deepening: WI and Greater MN, ECFE, Libraries, etc.	Continue & expand MPR, cultural & community media connections and promotion	8 th Annual conference and additional events: LMC Radio Podcast launch, healthcare and parent events	Continued healthcare focus and partner expansion: FQHCs and plans
Additional cultural community LEARN reports completed	Additional employer connections and use of toolkits	Web and content capacity & structure assessment & evolution	Complete and launch NAZ + LMC Successful Learner Toolkit & videos
2023	Year 2 LMC Family Birth Center Pilot: more resources, outreach, training and cultural support strategies	Cross-connections with other programs and areas	

	little moments count
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LMC 2023 Annual Plan

 Partnership and Funding
 Evaluation
 Marketing and Communication
 Events and Engagement
 Program Development

Annual Conference Planning

Community & Low-watt Radio Integration

Wide Cultural Community Media Integration

Season 4 – Early Risers Podcast

Promote NAZ + LMC Toolkit & Videos

MPR PSAs

Conferences, Integration & Events Plan				
Social Planning	Social Media Campaign			
LMC & ROR Clinic Literacy Rich Waiting Areas				
NAZ Tool	NAZ Tookit Test LMC Expanded Use & Add Videos Promotion			Promotion
Year 2 Family Birth Center Strategies				
Web Assessment & Planning Web Build				
LEARN Oversample Community Reports LMC Community Convening Evaluation				nvening Evaluation
Culturally-specific Resources and Trusted Messenger Connections				
Partnership Development: FQHCs, Greater MN, WI+				
Grant Focus To Fund LMC Work				
Q1	Q2	Q3		Q4

Pause and Reflect

How does this background help you think about your work and unique opportunities for impact?



LEARN Survey Community data to inform Little Moments Count

Collect caregiver perspectives on beliefs and behaviors related to important early childhood activities



Predict what we learned? Favorite? Which one do they do the most?



LEARN Survey Reflection Prompts

- 1. What do you observe in the data?
- 2. How do you interpret that data? (What do you know from personal and professional experience that might help explain that result?)
- 3. What would you recommend we do as a result of this data? What would you like to do differently in your role as a result of this learning?

17

Our evaluation approach

- Culturally humble
- Asset-focused
- Seek to listen & understand community values ("evaluate")
- Intentional word choice and concepts ("translate")
- Value responses within community ("N")
- Each cultural community's data is distinct and will be presented individually
- Interpretation and planning will occur in partnership with the community



What is cultural humility?

- Lifelong process of cross-cultural openness and willingness to learn
- Self-reflection, self-critique
- Recognizing power imbalances, implicit biases, assumptions, and privileges
- Contrasts with cultural "competence"
- Leads to more equitable and meaningful interactions across cultures

19

What does cultural humility look like in practice? Let's take a public opinion survey for example. With the intention of cultural inclusiveness, one might (and rightly so) ensure that a <u>survey is available in multiple languages</u> and administered in various locations known to have diverse groups of ethnicities. Great start.

Cultural humility requires <u>asking some questions about the process</u>, such as: are there any biases that have crept into the **survey wording**; perhaps some assumptions that do not hold true for this demographic; are there biases and/or assumptions present as this information gets **analyzed**; is there someone or some resource that can help better inform the design of this survey and remove these barriers to gathering accurate data?

Continuing to ask these types of questions as <u>evaluation plans</u> and instruments are developed and utilized is a concrete way to incorporate cultural humility into our work.

-from **Cultural Humility in Evaluation: There are No Experts** by Danielle Lippert, MPH

20

Our data collection approach

Invited caregivers (parents or guardians) of children ages 0 to 3 who are HealthPartners members and/or patients and live in Minnesota

2019 Administration
October - December 20192021 Administration
August 2021 - January 2022Pulled random sample from HP patients/members
474 respondents
41% response rate
76% identified as white
95% identified as non-HispanicOversampled from HP patients/members to better
represent LMC target population
1,108 response rate
27% response rate
12% identified as white
75% identified as non-Hispanic

To better capture the diversity of perspectives in our region, the 2021 survey intentionally focused on families who identity as

American Indian, Black or African American, Hispanic/Latino, Hmong, or Somali

We also invited caregivers or children insured by Medicaid

Who is represented in our data?

Caregiver identified child as	# completes 2021	Response rate 2021
Latinx/Latin American	249	34%
American Indian	25	30%
Hmong	233	30%
Black/African American	165	29%
Somali	119	17%
Medicaid	188*	27%

Survey respondent characteristics	% 2019	% 2021
Relationship to child (% mother)	86%	88%
Education (% college degree or graduate studies)	74%	39%
WIC (% yes)	16%	55%
SNAP (% yes)	5%	29%
Child in childcare (% yes)	72%	52%

Respondents in 2019 were 76% white and 94% non-Hispanic

*Respondents with children enrolled in Medicaid self-reported their child's race(s)/ethnicit(ies). N=25 Hispanic, 23 Asian, 44 Black/African American, 4 Hawaiian/Pacific Islander, 131 White (not mutually exclusive)



22

How does HealthPartners gather survey responses?



Evaluation Aims

For each community, determine:









Beliefs about the importance of certain behaviors

Behaviors caregivers do with their kids

Opportunities for future program planning

Awareness of Little Moments Count



Summary of results





Parents are **confident** they can impact their child's growth and development through most behaviors

Parents have fairly high knowledge. Some opportunities: learn before 6 months of age, real learning before kindergarten, and TV and device learning value. Caregiver behaviors

Almost all parents talk and play with their child most or every day

Reading and **storytelling** is done less frequently

Opportunity to work with specific communities to understand barriers and beliefs and develop resources and/or campaigns for some behaviors



Few parents are aware of LMC, or have heard about LMC when asked about it by name



Almost everyone thinks the goal of LMC is important.

Doctors and family members are most trusted for parenting information



Caregiver beliefs

Think about your child's growth and development. How confident are you that you can impact your child's growth and development by...?

90% or more of all caregivers

were somewhat or very confident that they can impact their child's growth

by talking, playing, reading, singing, and storytelling

There were no significant differences between 2019 and 2021 respondents.

Caregiver knowledge



Survey asked a series of questions about **common beliefs or misconceptions** about child development that are not supported by research

Goal was to **understand parents' beliefs and knowledge** in order to identify opportunities for LMC programming/messaging

6. How much do you agree or disagree with the following statements?

	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree
a. Children younger than two should learn to use electronic devices to help them be more prepared for school.	\bigcirc	\bigcirc	\bigcirc	0
 Infants are able to learn much about language in the first six months of their life. 	\bigcirc	\bigcirc	\bigcirc	\bigcirc
c. Children get the same benefits from hearing someone on TV as from hearing someone in the same room reading to them.	\bigcirc	\bigcirc	\bigcirc	\bigcirc
d. Talking to my child in a language <u>other than</u> English helps with their growth and development.	\bigcirc	\bigcirc	\bigcirc	\bigcirc
e. Real learning starts in kindergarten.	\bigcirc	\bigcirc	\bigcirc	\bigcirc



Caregiver knowledge

How much do you agree or disagree with the following statements?

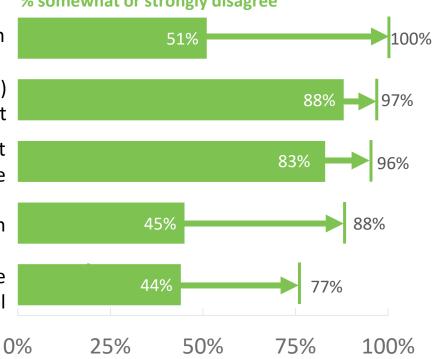
Real learning starts in kindergarten

Languages other than English (do not) help with growth and development

Infants (don't) learn much about language in the first 6mo of life

Same benefits from TV as in-person

Kids under 2 should learn to use electronics to prepare for school



% somewhat or strongly disagree

Responses varied by group, with minimum group responses shown as bars and maximum group responses shown as arrows with lines.

Most parents (88-97%) disagree with the statements about languages other than English. But some believe that kids under 2 should use electronics to prepare for school.

In 2019, 85% or more disagreed with each statement

Potential action item: **Develop culturallyspecific messaging** or other strategies to impact parents' awareness about electronics use

*"Languages other than English" and "first 6mo" questions are presented differently here than in the survey for ease of data interpretation



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Caregivers' favorite activity is playing with their child

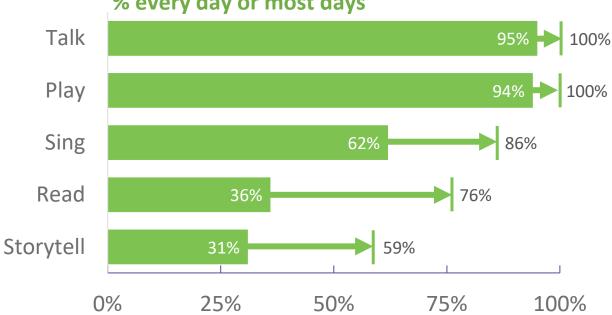






Caregiver behaviors

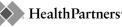
During a normal week, how often do you or someone in your family...



% every day or most days

Almost all parents talk or play with their child most or every day. Storytelling is done less often. 2019 results were similar. Potential action item: work with individual communities to understand barriers to singing, reading, and storytelling and develop programming to increase these behaviors.





Actions & desires



don't want to do more

Asked parents about the behaviors that they do with their child(ren)

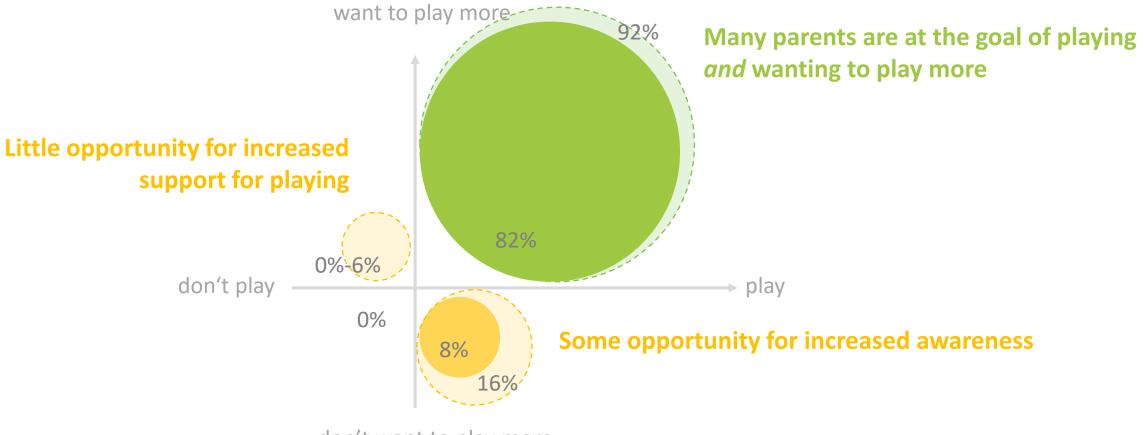
Asked parents how much MORE of those behaviors they want to do

The following graphs show the actions and desires together with actual data



Action & desire: Playing





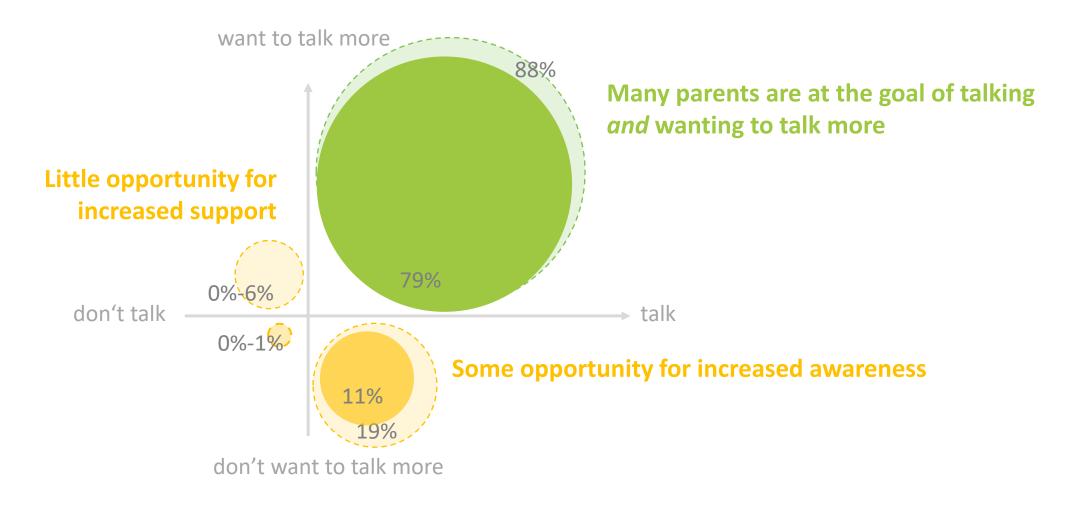
don't want to play more

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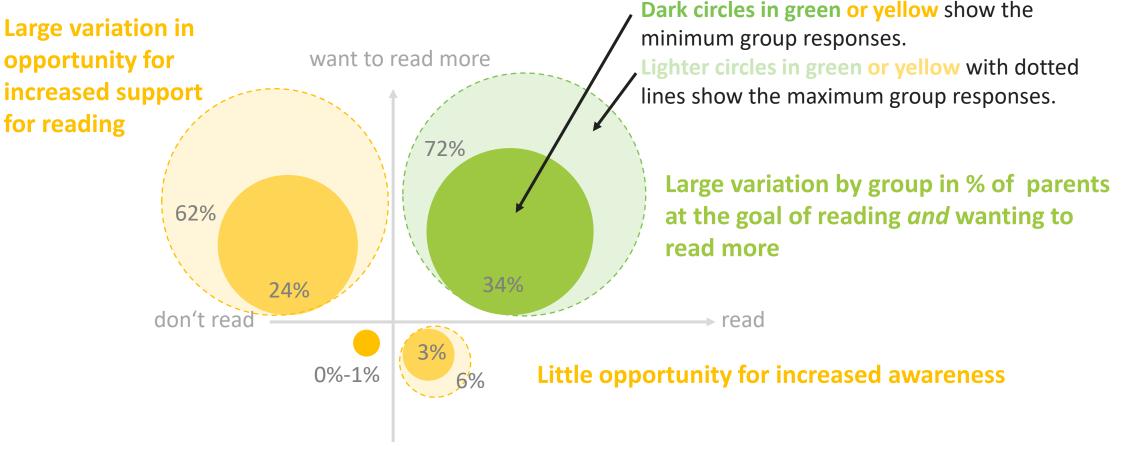
Action & desire: Talking





Action & desire: Reading

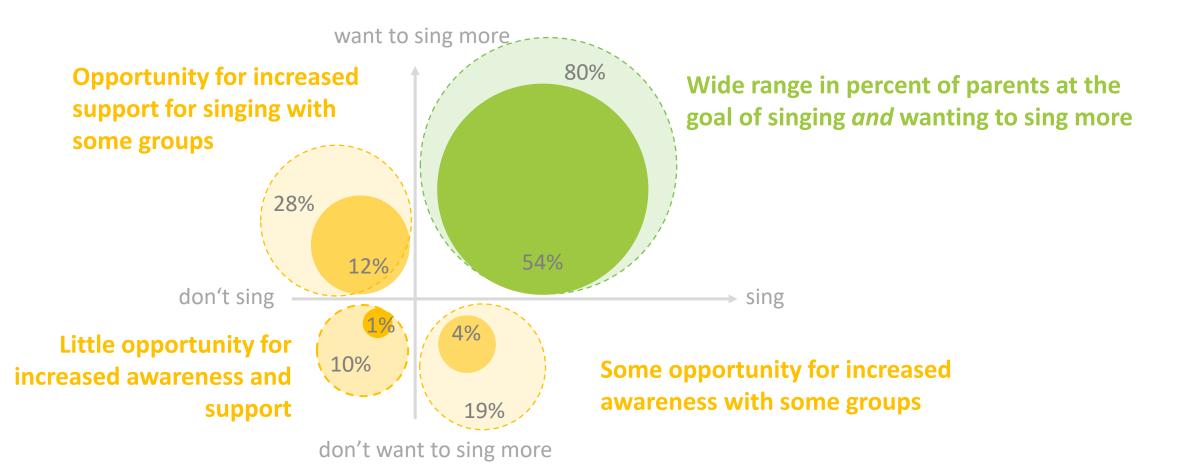




don't want to read more

Action & desire: Singing

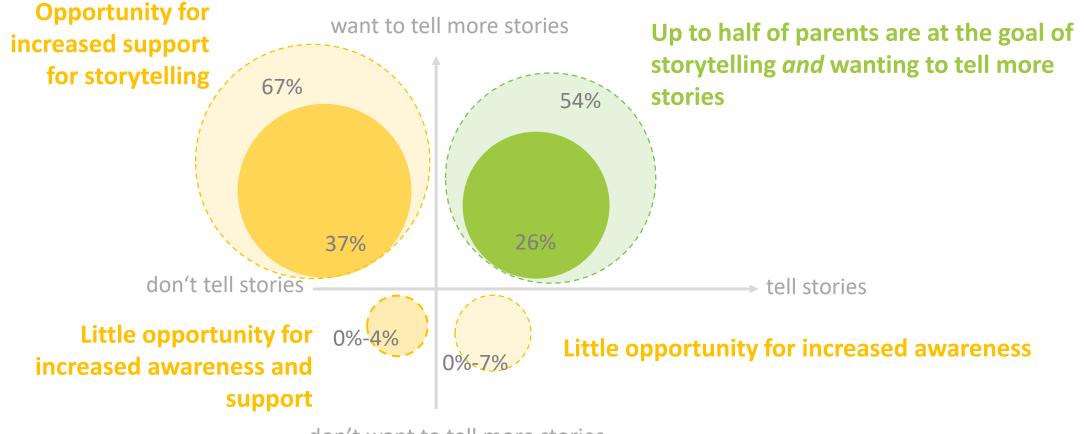






Action & desire: Storytelling



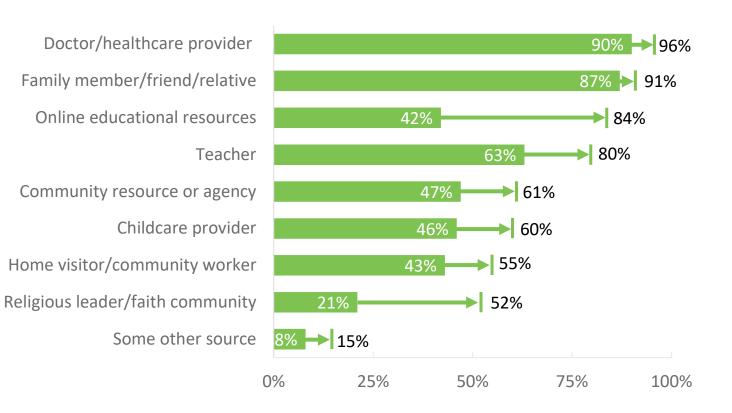


don't want to tell more stories



Trusted sources

Who do you trust for information about parenting your child?



Doctors and family members are **trusted** the most for parenting information in both 2019 and 2021

Existing partnerships

between LMC and healthcare have potential for continued impact

All of us here are family/friend/relative to someone – we are that trusted source!





LMC & Early Brain Development is important





97%

think the goal of LMC is somewhat or very important, consistent across all focused groups





Few people are aware of the initiative

Most (over 99%) **did not know** about Little Moments Count without the name first being introduced

4% had heard about Little Moments Count when asked about it by name Are you aware of any programs or campaigns in your community that promote talking and reading to your child? Which programs or campaigns come to mind?





LEARN Results: African American Community Report

Engaged Community in March 2022 Published Report in December 2022

Convened community leaders and representatives to review and interpret results

 Additional review and insights provided afterwards via email and discussions with program staff

Engaged a design agency to improve how we told this story and to create website-ready-to-share summary

This approach will be used for additional community reviews in 2023:

- Latino/x
- Hmong
- Somali

We are still working on plans to engage our American Indian/Indigenous community and those who support families with Medicaid insurance

DECEMBER 2022

LEARN Survey Results:

Black/African American parents



BELIEFS

about the importance

of certain behaviors

TALK, PLAY, READ, SING.

WHO WE ARE WHAT WE DID WHAT WE LEARNED | SUMMARY Kids do not get the same benefit from TV as they do from in-person interaction Little Moments Count is a Minnesota and In 2021, Little Moments Count (LMC) Overall, Black/African American parents partnered with HealthPartners Institute's were confident in their ability to impact Western Wisconsin-based community Kids younger than 2 should not learn movement meant to inspire parents and Center for Evaluation and Survey Research their child's development. They reported to use electronic to prepare for school to design and implement a survey-based talking and playing with their children often, caregivers to talk, play, read and sing with children in their life, especially from birth evaluation of the LMC program, called the which approaches the LMC goal of daily 0% 25% 50% 75% to age three. That's because 80% of the LEARN survey. With an overall response interaction for these activities. However BEHAVIORS rate of 27%, 1108 parents of children 0-3 foundation of a child's brain is developed they reported less frequent reading and Behaviors (like Parents were asked about their favorite activity to do with their child. Playing was parents' favorite in their first 1000 days. These interactivities years completed surveys as part of this storytelling with their child. LMC has an reading, talking, activity, followed by singing and reading. build brain power, while also promoting evaluation. 165 parents of Black/African opportunity to provide them support on singing, playing) that health equity. American children responded. Below is the reading and storytelling, since they also parents do with Parents were also asked how often they did certain behaviors with their children, as well as how summary of results from these 165 parents. expressed an interest in doing more of much more of the behaviors they would like to do. The following shows results from both questions. their kids Little Moments Count believes utilizing these activities. In addition, messaging Storytelling | Less than half of parents are at collective action from many sectors around the use of electronics to prepare for Reading | About half of parents are at the goal school is an identified area of focus. of reading with their child and wanting to read goal. There is an opportunity for increased health care, education, community and more. There is some opportunity for increased government - creates amazing potential support for reading, as 41% of parents don't don't tell stories but want to to maximize the benefits of early brain In developing programs or materials to read to their children but want to. development. These little moments of address barriers and misconceptions, there positive interaction are building blocks for is an opportunity for LMC to work with future success. families, friends, relatives, and doctors to spread the message and raise awareness, read to child and don't read but tell stories and don't tell storie as these are the most trusted sources of want to read more want to want to tell more but want to information among this group. parents are already at the goal of performing the behaviors while still wanting to do more. IMPORTANT FINDINGS FOR LITTLE MOMENTS COUNT WHO RESPONDED Of the 165 respondents who identified as parents of Black or African American children: The following results focus on activities aren't done as often and identify ways to minimize barriers. this group of respondents. 88% Identified as mother of child OPPORTUNITIES for future 96% of parents of Black/African American children believe that the goal of LMC is somewhat or program planning 40% Had a college degree or graduate studies very important, suggesting that the parents surveyed may be receptive to messages about LMC or LMC partners. 52% Had child in childcare AWARENESS 96% of parents of Black/African American children have not heard about Little Moments Count 56% Used WIC Little Moments when asked about it by name. Count Key opportunity to drive awareness and adoption: While family members/friends/relatives are the Used SNAP 44% most trusted sources of information, doctors and healthcare providers follow closely. This suggests that ongoing partnerships between LMC and healthcare can be impactful. Family member/friend/relative



HOW WE APPROACHED THE SURVEY

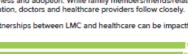
The LEARN survey was sent to parents/guardians of children 0-3 years from 6 focused populations (Latinx/Latin American, American Indian, Hmong, Somali, Black/African American, and Medicaid) living in Minnesota who are HealthPartners members and/or patients. Race/ ethnicity was asked in the survey and in all cases, self-reporting was used to place individuals into a group. People that identified as more than one race/ethnicity are present in each group.

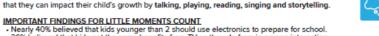
In partnership with 🚸 HealthPartners Institute

Talking - Playing - Singing | There is less opportunity for Little Moments Count with these behaviors since most

Since Black/African American parents read to and tell stories to their children less often than other behaviors, LMC could add more focus on working with parents in this population to understand why these

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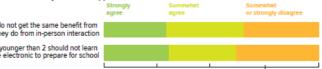
IMPORTANT FINDINGS FOR LITTLE MOMENTS COUNT.

The evaluation of current beliefs and behaviors had 4 main aims:

 Nearly 40% believed that kids younger than 2 should use electronics to prepare for school. 36% believed that kids get the same benefits from TV as they do from in-person interaction.

90% or more of all parents of Black/African American children were somewhat or very confident

LMC could consider working with parents from this population to better understand these responses and identify education opportunities to affect these beliefs.



support for storytelling, as 49% of parents





One learning you can take back & how to potentially apply this in your own program(s)



Example ECFE opportunities

More about talk/play, read, sing- empower and encourage parents & educate on younger ages: "play with your baby..."

Partner to support other organizations supporting families on topics. *Literacy-rich clinic corner idea*

Talk about reducing screens before 2 years old & reducing screen use with play – blogs, education sessions – go into community to support parents not part of your programs.

Partner with trusted messengers in cultural communities opportunities: talk/play/read/sing + electronics messages (Black/African American and among Spanish and Somali speakers)



Elevate expertise

- Social media partnering
- Blogs internal & external
- Co-authored content for partners and organizations
- Partner with healthcare:
 - New parent classes
 - Embedded in care
 - County home visiting nurse teams
 - Federally Qualified Health Clinic (FQHCs)



Large Group Discussion



Questions? Takeaways? Ideas for ECFE?



How to connect

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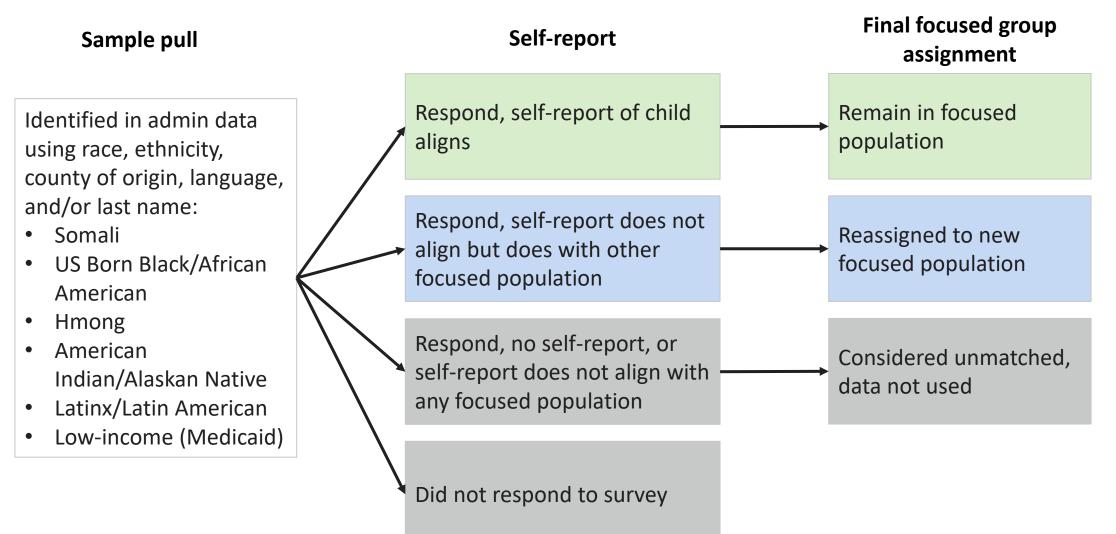


Appendix





Focused population participants



Race question was check all that apply. If respondents checked more than one option, they were included in the group that they were initially selected into. So each group includes people that identify with multiple groups.



Andrea Walsh, CEO

Pahoua Yang Hoffman, SVP, Community & Government Relations

Thia Bryan, Community Health & Well-bring Partnership Manager

Marna Canterbury, Senior Director, Community Health & Engagement

Kristen Mollan, Community Health Program Manager and LMC WI Team Lead

Cynthia Dilliard, Marketing Planning Manager, Community Engagement and Communication

Frank Forsberg, LMC Advisor & Consultant

Key MPR/APM LMC Leaders

Jean Taylor, CEO (APM)

Duchesne Drew, SVP, APM & President MPR

Andrea Bork, MPR LMC Director/Consultant

Katey DeCelle, Community Media Partnership Manager

Twila Dang, Current Early Risers Producer

Internal HealthPartners Consultants

Maren Henderson, Senior Research Scientist, Center for Survey research & Evaluation, HealthPartners Institute

Dr. Andrea Singh, MD, Chair of Pediatrics

Dr. Corrine Brown Robinson, Chair of OBGYN

Dr. Kara Brandell, Psy.D., LP, Clinical Director of Child & Family Behavioral Health

Andrea Winter, Senior Director of Women's Services

HealthPartners Family Birth Center Leaders (15)

