

Preconception Health for Family Planning Providers

December 5, 2017

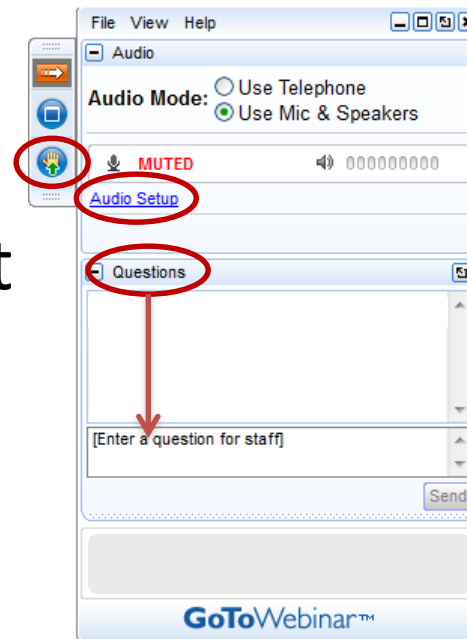
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Care Initiative



Logistics

- Panel
- Live questions
- Typed questions/chat
- Raise hand
- Tech Difficulties
 - 1-888-259-8414



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Disclaimer

I have no real or perceived vested interests that relate to this presentation nor do we have any relationships with pharmaceutical companies, biomedical device manufacturers, and/or other corporations whose products or services are related to pertinent therapeutic areas.

Webinar participants will:

- Understand preconception health as it relates to family planning program providers and QFP clinical guidelines
- Identify key ways that preconception health can be operationalized within a family planning program
- Review preconception health measures and areas for improvement
- List preconception health care resources

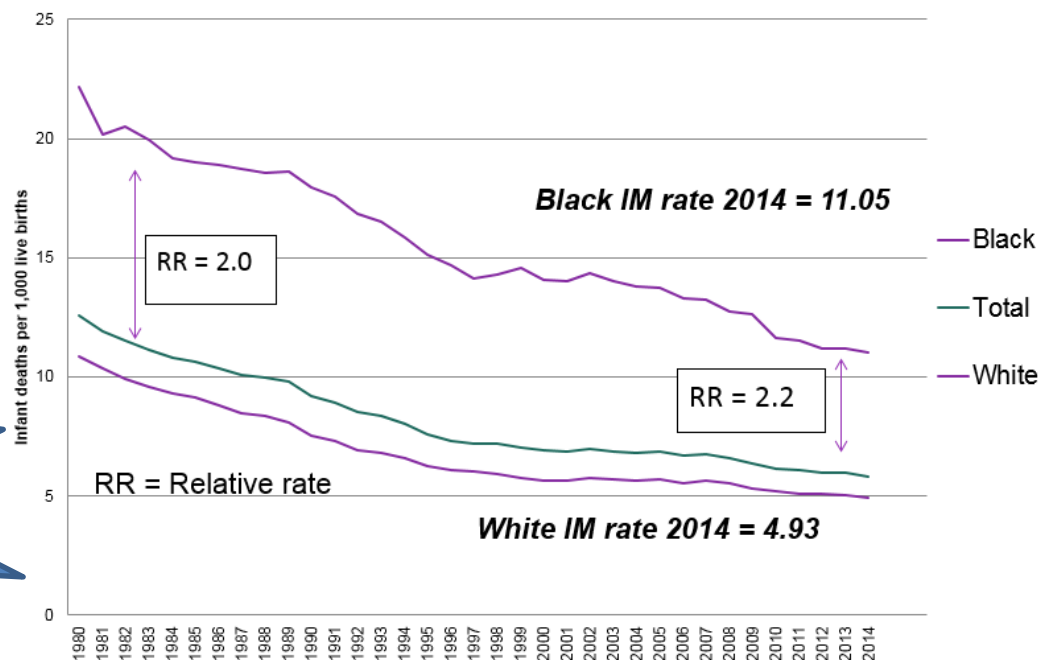
Why This Work Matters



Disparity Rates on the Rise in the U.S.

- Failing young adults, moms and babies of color

While the United States is the one of the wealthiest countries in history, **we rank 27th in infant mortality.**



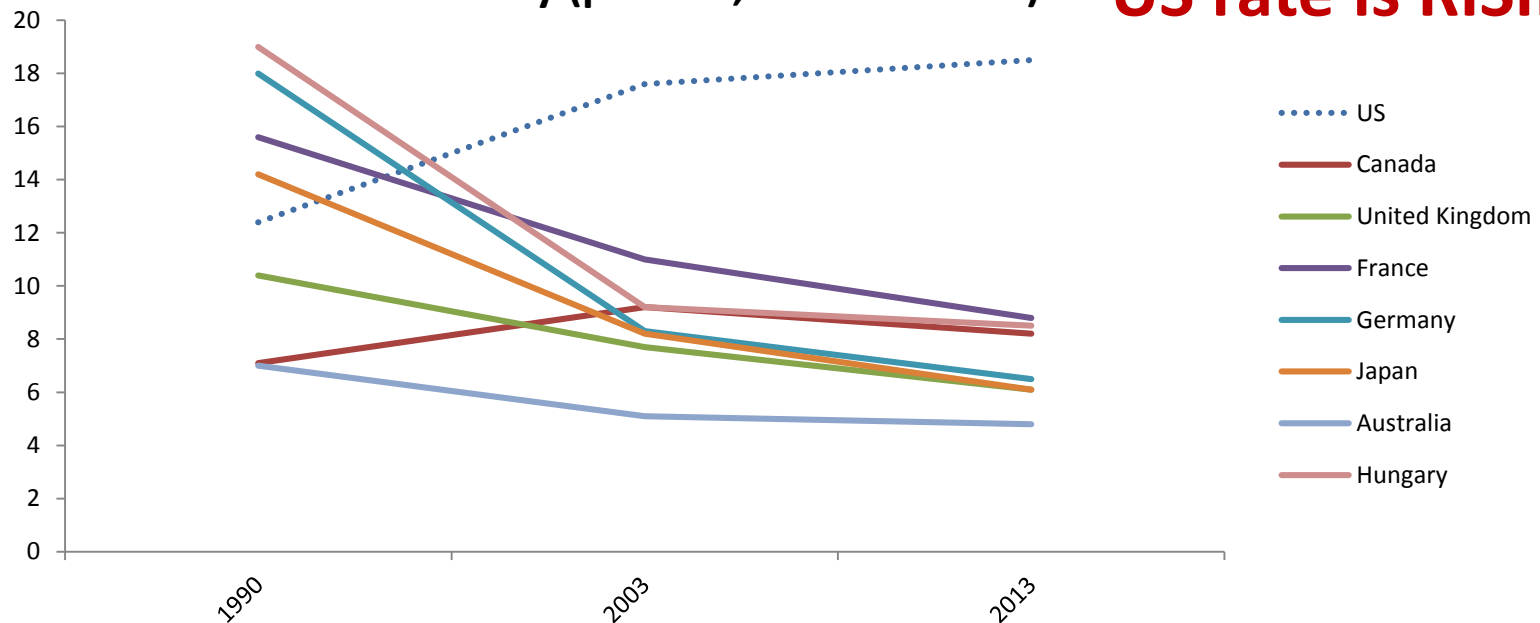
Natl Vital Stat Reports, Vol 65 2016



The Big Picture: Sense of Urgency

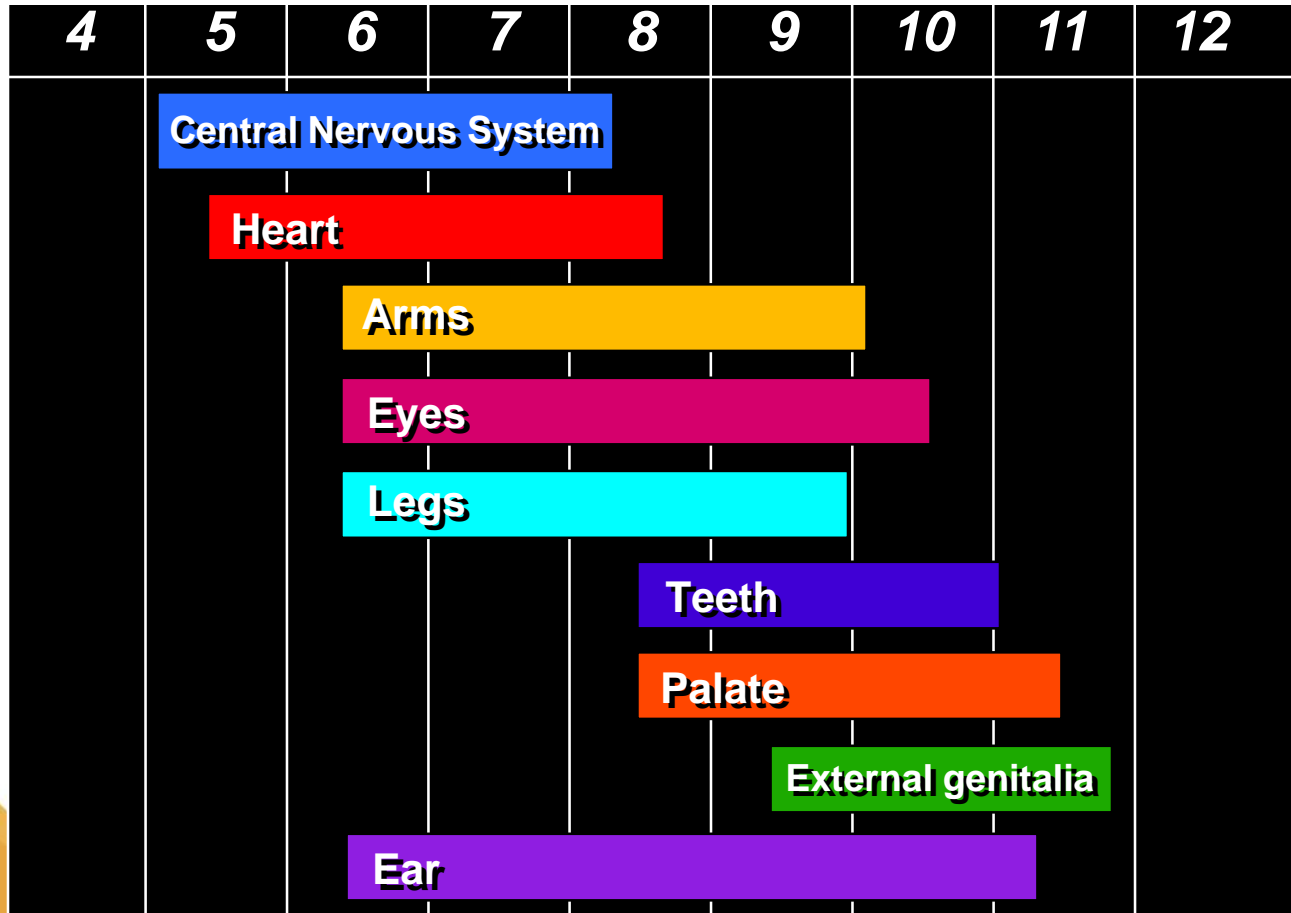
1990-2013 Country Comparison
Maternal Mortality (per 100,000 live births)

US rate is RISING!



Global, regional, and national levels and causes of maternal mortality during 1990-2013: a systematic analysis for the Global Burden of Disease Study. Kassebaum NJ, et al. Lancet 2014; 384:980-1004.

Critical Periods of Development



*Weeks gestation
from LMP*

**Most susceptible
time for major
malformation**

Missed Period

Mean Entry into Prenatal Care

How to Improve?

- Key drivers of maternal mortality: Cardiovascular and other chronic conditions
- Key drivers of infant mortality: Preterm birth and birth defects
- Most efforts to reduce maternal and infant mortality focus on prenatal or intrapartum care
- These efforts alone are not achieving the results we are hoping for...
- Key drivers of chronic disease, birth defects, and preterm birth have few effective interventions during pregnancy...

"Every system is perfectly designed to achieve exactly the results it gets."

Dr. Donald M. Berwick

For U.S. = high costs, rising maternal mortality, stagnate infant mortality, and widening disparity gap

How can we make real change? How do we raise awareness
in an authentic, scientifically accurate way that

**what a person does before they become
pregnant matters?**

Definitions: Preconception

- Interventions that aim to identify and modify biomedical, behavioral, and social risks to a person's health or pregnancy outcome through prevention and management
- Interventions emphasize factors that must be acted on before conception or early in pregnancy to have maximal impact on maternal, fetal, and infant health

Objectives of Preconception Health

- To improve wellness
- To increase intendedness of pregnancy
- To educate women/partners about risks to healthy pregnancies and reproductive outcomes
- To decrease amenable risk factors

before pregnancy occurs!!

Source: MK Moos, "Family Planning: Foundation for Preconception Health", RNDMU, 9/28/2010



Vision: All women and men of reproductive age will achieve optimal health and wellness, fostering a healthy life course for them and any children they may have.



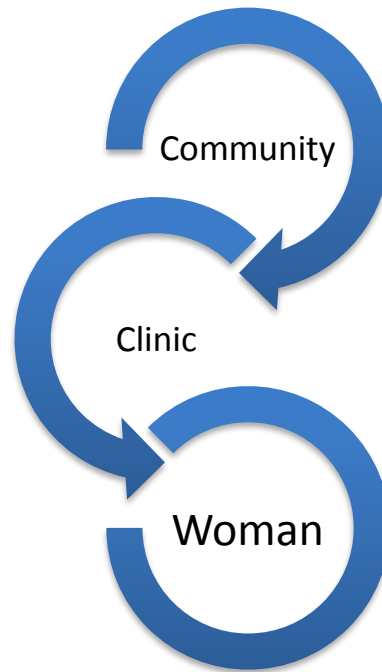
Challenges

- The word itself – doesn't work well for women who don't want to become pregnant or for adolescents
- MANY messages and risk factors
- Timeframe can be over 3 decades of a woman's life
- Lack of investment in women's health and health care
- Need to measure preconception health in communities and clinical care in order to benchmark and recognize change
- Messages need to be delivered in culturally relevant, actionable ways in the context of women's lives

PRACTICE CONSIDERATIONS



Multi-System Response

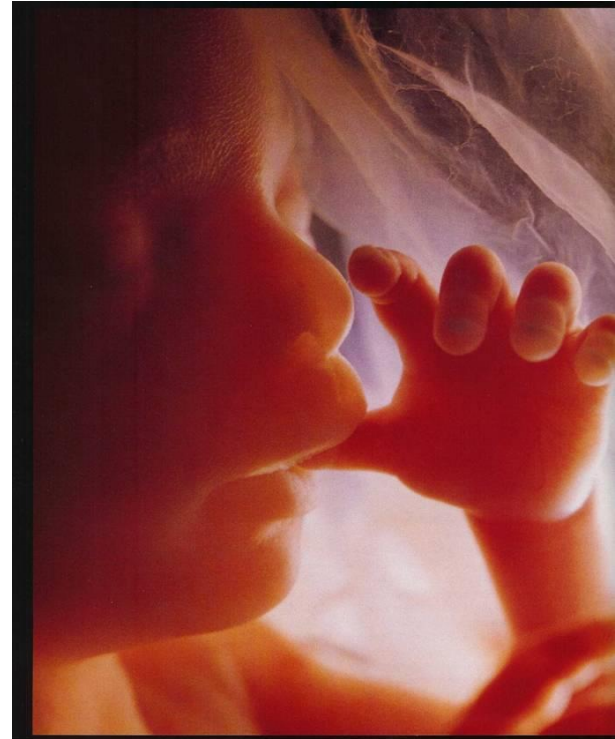


Early Programming

- Key concepts:
 - Exposures in early life could influence future health
 - Fetal programming or fetal origins of disease
 - Epigenetics
 - Highlights importance of health BEFORE pregnancy

The Barker Theory

- People who were born low birth weight have an increased risk for coronary heart disease, high blood pressure, stroke and diabetes
- Protecting the health and nutrition of girls and young women can prevent chronic disease in the next generation



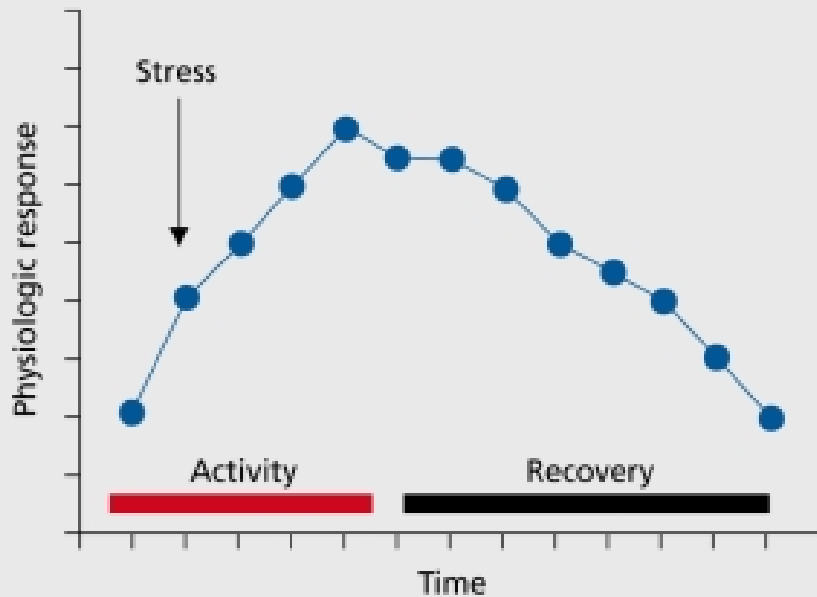
Sensitive Periods of Life

- Periods of time in a life when the impact of negative events and exposures is greatest
 - Fetal growth
 - Early childhood
 - Adolescence
 - Young adulthood
 - Beginning of menopause
 - Early years of retirement

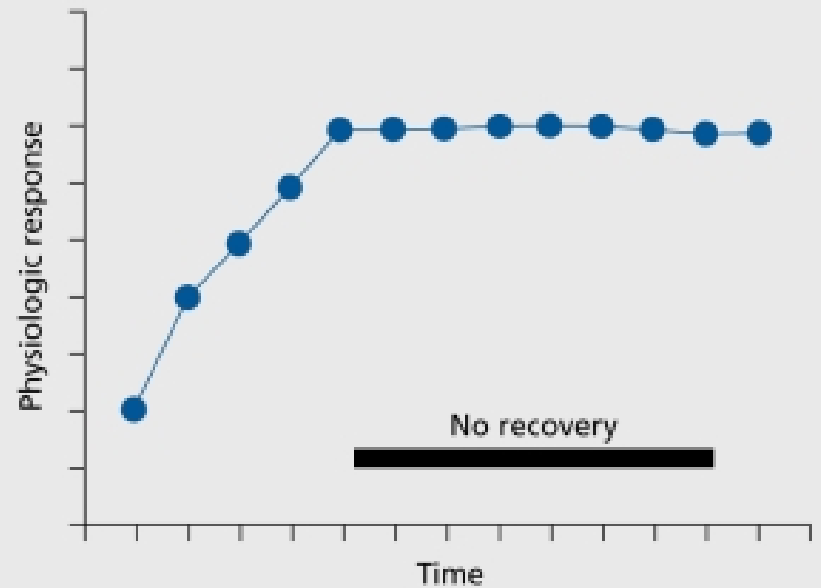


Cumulative Pathways / Stress

Normal



Prolonged response



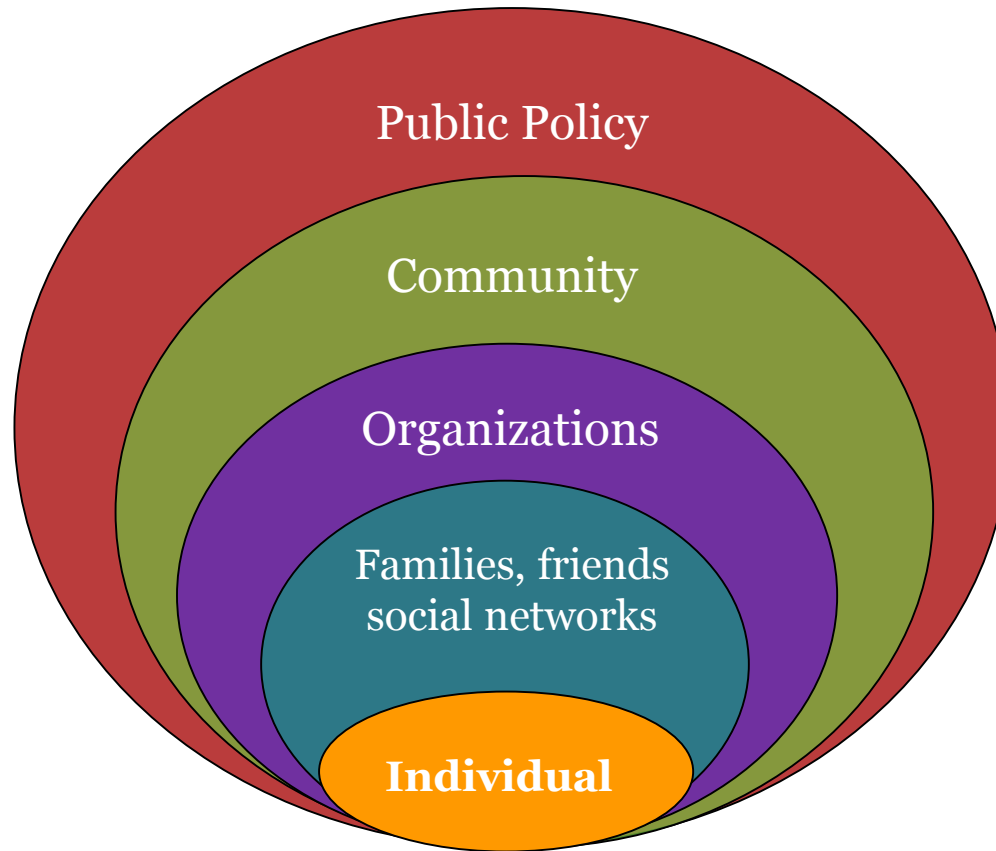
Risk & Protective Factors

Risk Factors: Behaviors or conditions that **increase** the chances of health, emotional, economic and social problems.

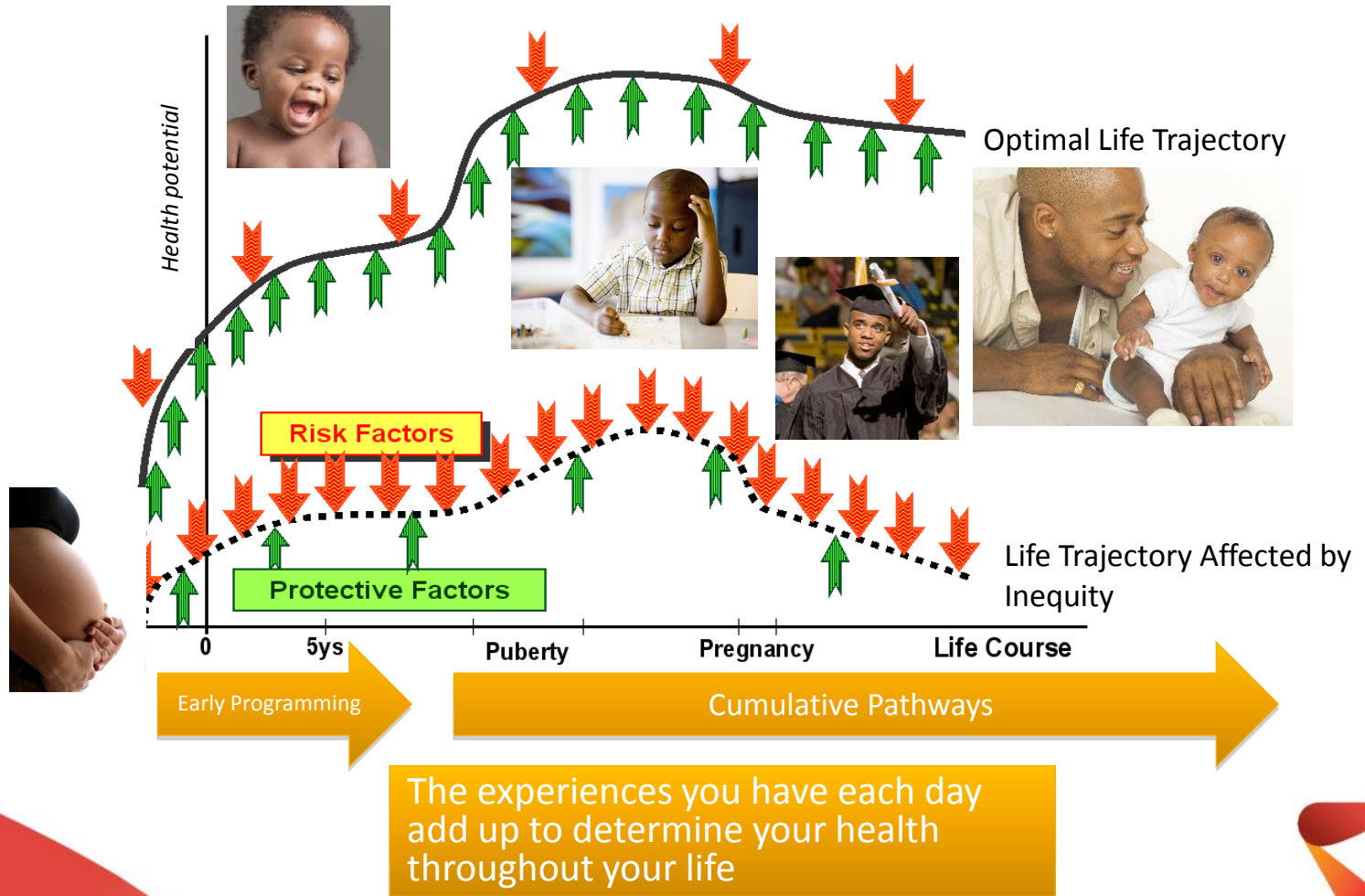
Protective Factors: Behaviors, social influences or policies that **reduce** the chances of health, emotional, economic and social problems.



Socio-Ecological Model

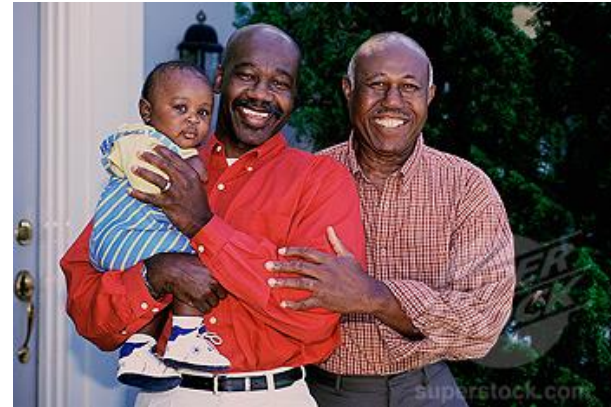


The Life Course Model



Pathways are NOT Set in Stone

- Interactive processes
 - The development of health over a lifetime is an interactive process, combining genes, environment and behaviors
- Lifelong development/
lifelong intervention
 - At all stages of life, even for those whose trajectories seem limited, risk factors can be reduced and protective factors enhanced, to improve current and subsequent health and well-being.



Health Equity

Health equity means that each person is able to live to their full potential.

We are challenged to....



Use an “equity” lens to assess the potential for differential impact of public health interventions

Take into account the broader social and environmental context when planning and implementing interventions

Move beyond tracking disparities to identifying and acting on root causes

Chat In

What can you do as a Title X provider to address preconception health?



PRECONCEPTION HEALTH & TITLE X PROVIDER ROLE



Title X Provider Advice Matters!

- FP clinics are a point of entry into care for women, and for many of women, their only source of care
- Patients expect provider advice
- Provider advice resonates with patients
 - Studies of folic acid preconception counseling among women planning pregnancy found:
 - **71%** of women counseled to take folic acid before pregnancy did so, compared to only **17%** who were not counseled. Few surveyed providers routinely and correctly advised about folic acid.
- Title X clinics already do a lot of preconception health care

Preconception Health Factors

Healthy Body	Healthy Mind	Healthy Environment
<ul style="list-style-type: none">• Folic Acid• Nutrition• Physical Activity• Weight• Tobacco• Alcohol/Drugs• Chronic Conditions• Vaccines• Medications• STIs• Oral Health• Pregnancy Spacing	<ul style="list-style-type: none">• Mental Health• Healthy Relationships• Alcohol/Drugs	<ul style="list-style-type: none">• Food Safety• Environmental Toxins• Workplace Hazardous Materials• Home Hazardous Materials• Financial Stability• Healthy Relationships• Healthy Community

Adapted From: Centers for Disease Control and Prevention Preconception Recommendations; California Family Health Council

What We Measure Matters: Clinical Measures for Preconception Wellness

- ★ • Intended/planned to become pregnant
- ★ • Entered prenatal care in the 1st trimester
- ★ • Daily folic acid/multivitamin consumption
- ★ • Tobacco free
- ★ • Not depressed (mentally well / under treatment)
- ★ • Healthy BMI
- ★ • Free of sexually transmitted infections
- ★ • Optimal blood sugar control
- ★ • Medications (if any) are not teratogenic

No single measure alone is sufficient to describe “preconception wellness”

But taken in aggregate can be a marker of wellness and receipt of quality preconception care

★ Current Quality Measure

[Obstet Gynecol.](#) 2016 May;127(5):863-72

WOMEN'S HEALTH

CLINIC BASED DELIVERY OF HEALTH CARE

MEDICAL SYSTEM

PUBLIC HEALTH and COMMUNITY EFFORTS

SOCIAL DETERMINANTS OF HEALTH

SELF ACTIVATION

INFLUENCES
ON HEALTH
& WELL-BEING

INFLUENCES
ON HEALTH
& WELL-BEING

WELL WOMAN &
PRECONCEPTION
CARE

PREGNANCY

PRENATAL CARE

BIRTH

WELL WOMAN &
INTERCONCEPTION
CARE

INTERVENTIONS

INTERVENTIONS

INTERVENTIONS

Examples of Measures:
Chronic Disease Control
Preventive Health Care

Examples of Measures:
Infant Mortality
Maternal Mortality
Preterm Birth Rate
Elective Delivery < 39 weeks

INDICATORS/MEASURES OF PRECONCEPTION WELLNESS

intended
pregnancy

prenatal
care in the
1st
trimester

not using
tobacco

folate for
at least 3
months
prior to
conception

not
depressed

BMI >18
and <30

no STI's

HgbA1C
<6.5%

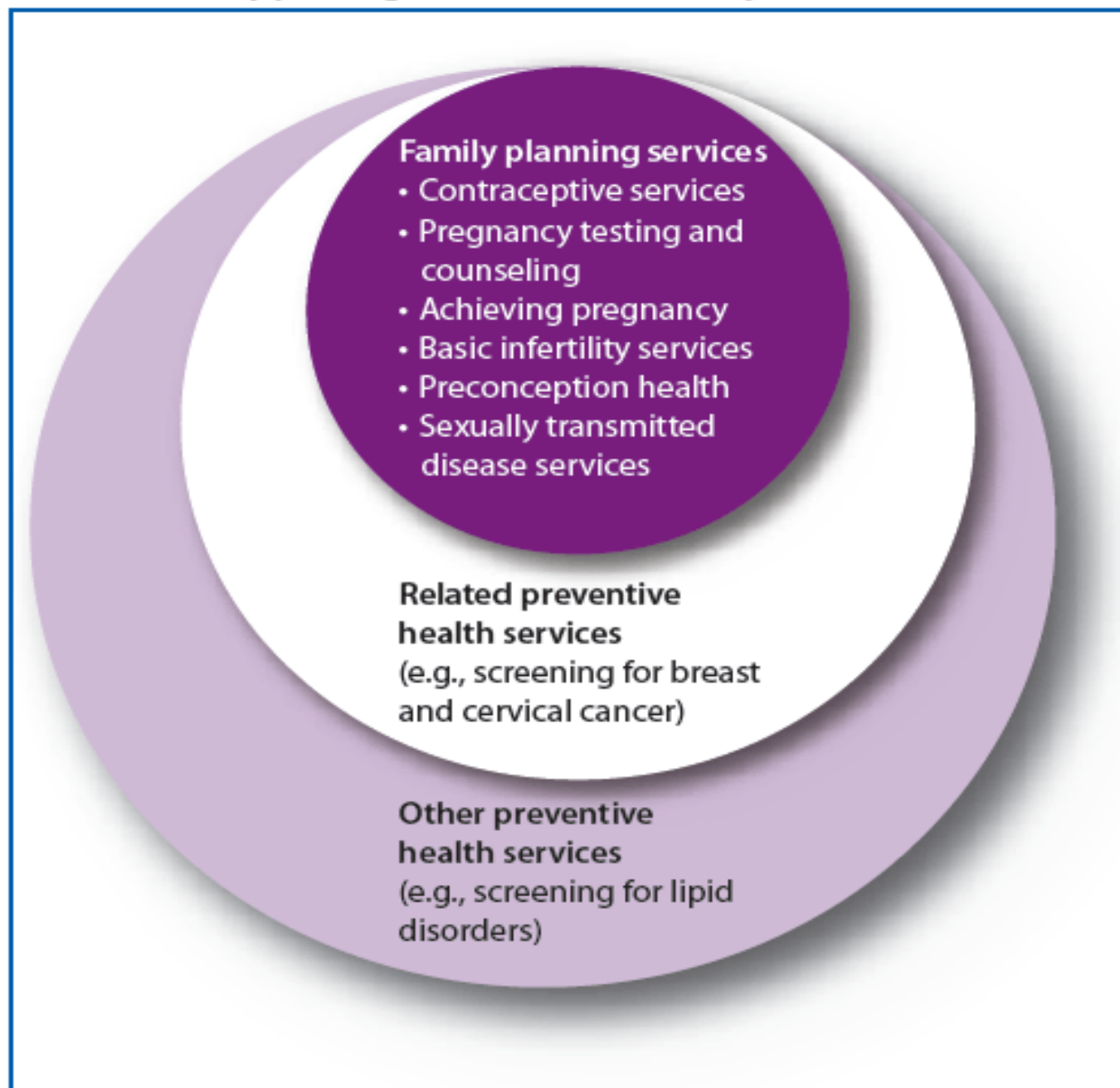
no
teratogenic
meds

Population Preconception Health Indicators

The CDC reviewed over 65 indicators to develop a “short list” of measures that could be used to track preconception health among states. Papers on the methods, commentaries and an MMWR on national status coming soon from the CDC!

- Heavy alcohol consumption
- Depression
- Diabetes
- Folic acid intake
- Hypertension
- Normal weight
- Current smoking
- Recommended physical activity
- Unwanted pregnancy
- Use of contraception

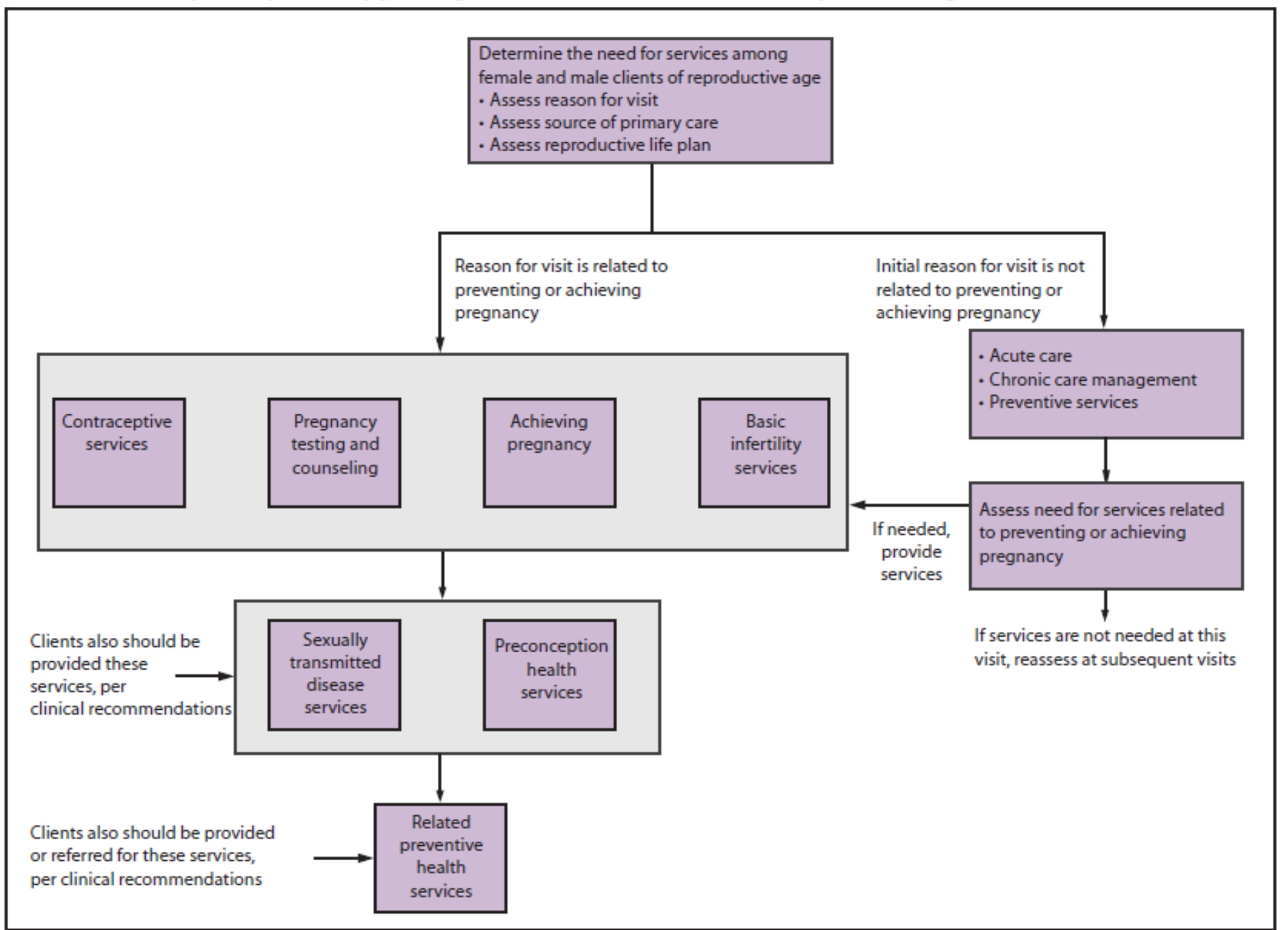
FIGURE 1. Family planning and related and other preventive health services



Title X Preconception Guidelines

- Daily Supplement with 0.4 to 0.8 mg of folic acid
- Reproductive life plan and sexual health assessment
- Medical History
- Intimate Partner Violence
- Alcohol and Other Drug Use
- Tobacco Use
- Immunizations
- Depression
- Height, Weight and Body Mass Index
- Blood Pressure
- Diabetes

FIGURE 2. Clinical pathway of family planning services for women and men of reproductive age



Receipt of Preventive Health Services 2011-2013

- For contraceptive services, including counseling and advice, 46.5% of women aged 15–44 years at risk for unintended pregnancy received services in the past year, and 4.5% of men who had vaginal intercourse in the past year received services in that year.
- For sexually transmitted disease (STD) services, among all women aged 15–24 years 37.5% were tested for chlamydia. Among persons aged 15–44 years not in a mutually monogamous relationship, 45.3% of women were tested for chlamydia and 32.5% of men were tested for any STD.

Receipt of Preventive Health Services 2011-2013

- Data from selected states showed 33.2% of women with a recent live birth talked with a health care professional about improving their health before their pregnancy.
- Of selected preconception topics, the most frequently discussed was taking vitamins with folic acid (81.2%), achieving a healthy weight (62.9%) and how drinking alcohol (60.3%) or smoking (58.2%) during pregnancy can affect a baby.
- Nationally, among women 18–44 years:
 - 80.9% had their blood pressure checked by a health care professional and 31.7% received an influenza vaccine
 - 54.5% with high blood pressure were tested for diabetes, 44.9% with obesity had a health care professional talk with them about their diet
 - 55.2% current smokers had a health professional talk with them about their smoking.

CDC MMWR, October 2017, 66:20,
<https://www.cdc.gov/mmwr/volumes/66/ss/pdfs/ss6620.pdf>

Receipt of Preventive Health Services 2011-2013

- Many women and men of reproductive age were not receiving recommended preventive health care services.
- Differences occurred by age, race/ethnicity, family income and stability of insurance coverage
 - Low income and access to insurance were key

CDC MMWR, October 2017, 66:20,
<https://www.cdc.gov/mmwr/volumes/66/ss/pdfs/ss6620.pdf>

PRECONCEPTION & INTERCONCEPTION INTERVENTIONS



Timing Matters

- Women 35 and older are at greater risk for
 - Infertility, chromosomal abnormalities, high blood pressure, GDM, pregnancy loss, prematurity and LBW
 - Sperm does get old too!
- Inter-pregnancy interval of 18-23 months has lowest risks for:
 - Preterm birth, Low birth weight, Small for gestational age
 - Recommendations may vary for older women
- Less than 6 months between pregnancies
 - 40% increased risk of preterm birth, 61% increased risk of low birth weight, 26% increased risk of being small for gestational age
- > 59 months between pregnancies also showed increased risk of poor birth outcomes

*All of these risks increase with a previous poor birth outcome

What is Reproductive Life Planning?

- A set of personal goals about having (or not having) children
 - Whether or not to have children
 - When?
 - How many?
 - How far apart?
- Includes statements about how to achieve those goals
- Based on personal values and resources

One Key Question™

Would you like to become pregnant in the next year?

- Every Woman, Every Time
 - Good medical records can avoid discomfort by documenting any history of loss or infertility or permanent method
 - Make it a vital sign
- Tailor care to help her achieve her goals
- Be aware of implicit bias – ideas about who should become pregnant and when they should become pregnant



Suggested Questions for Reproductive Life Planning, cont.

If **yes**, ask:

- How many (or how many more) children do you hope to have?
- How long would you like to wait until you become pregnant (again)?
- How much space would you like between your future pregnancies?
- What do you plan to do to avoid pregnancy until you are ready to become pregnant?
- What can I do today to help you achieve your plan?

Ask*: "Would you like to become pregnant in the next year?"

YES

**OK EITHER
WAY**

UNSURE

NO

Patient response will influence the medical decision making of prescriptions, follow up care, and preventive reproductive health services provided

Review Chronic Health Conditions, Urgent Psychosocial Concerns,
Prescribe Multi-vitamin with Folic acid

Medication Review

Review birth spacing recommendations
and optional timing for wellness

Develop follow up plan for additional
preconception care and assess
contraception needs

Screen for current
contraception use

Assess satisfaction of
method and
compliance of use

Review effectiveness,
offer all options
including LARC and
Emergency
Contraception

*Patient already
screened for medical
eligibility: age 18-45,
reproductive capacity,
etc.



NEW YORK STATE
Center of Excellence for Family Planning

Why Should Title X Providers Encourage Reproductive Life Planning?

A reproductive life plan can support:

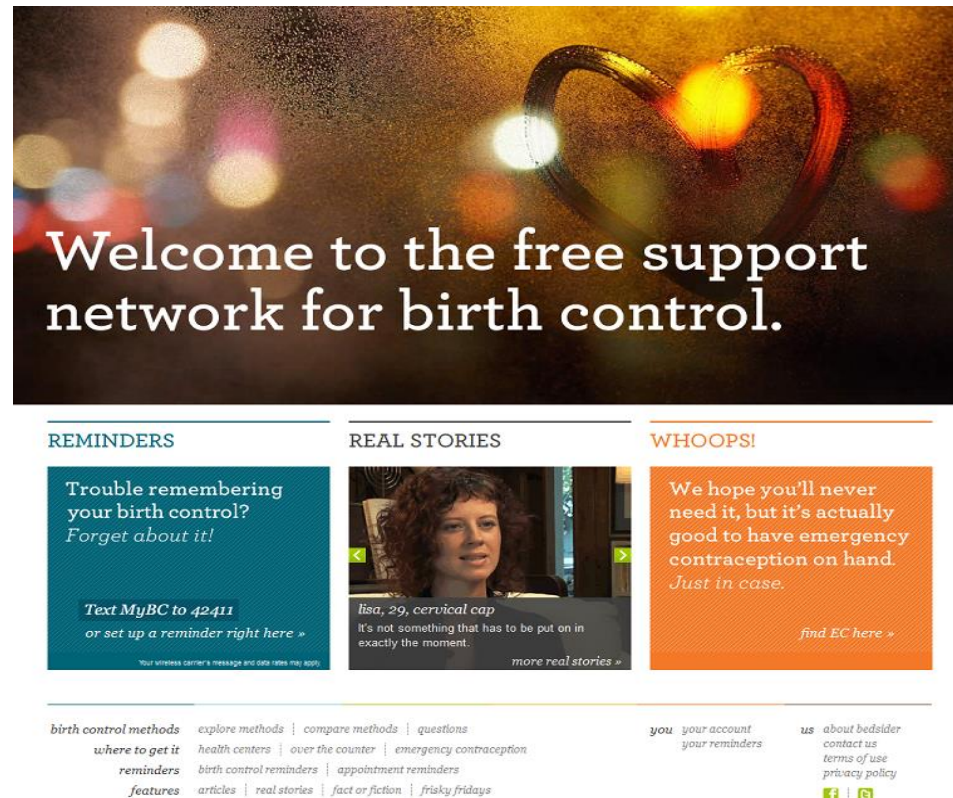
- **Pregnancy Intendedness:** help women and men recognize they have choices around risk taking for pregnancy
- **Method Matching:** method matching to short and long term goals may result in increased adherence to chosen/prescribed method
- **Personal Goals:** help individuals formulate, based on their own values and resources, a set of personal goals about whether or when to have children

Common Components of Reproductive Life Planning

- Desire to have children
- Age
- Educational & Career Goals
- Financial Stability
- Readiness to Parent
- Partner Relationship & Social Support
- Current Health Status
- Health Behaviors
- Genetic Factors
- Environmental Factors

Bedsider.org

More than
a method
chooser,
method
finder and
method
reminder



The screenshot shows the Bedsider.org homepage. At the top is a large banner with a heart shape made of glowing bokeh lights and the text "Welcome to the free support network for birth control." Below the banner are three main sections: "REMINDERS" with a blue background, "REAL STORIES" with a video player showing a woman, and "WHOOPS!" with an orange background. At the bottom is a navigation menu with links for birth control methods, where to get it, reminders, features, explore methods, compare methods, questions, health centers, over the counter, emergency contraception, birth control reminders, appointment reminders, articles, real stories, fact or fiction, frisky Fridays, you, your account, your reminders, us, about bedsider, contact us, terms of use, and privacy policy. Social media icons for Facebook and Twitter are also present.

Welcome to the free support network for birth control.

REMINDERS

Trouble remembering your birth control?
Forget about it!

Text MyBC to 42411
or set up a reminder right here »

Your wireless carrier's message and data rates may apply.

REAL STORIES

lisa, 29, cervical cap
It's not something that has to be put on in exactly the moment.

[more real stories »](#)

WHOOPS!

We hope you'll never need it, but it's actually good to have emergency contraception on hand.
Just in case.

[find EC here »](#)

birth control methods
where to get it
reminders
features
explore methods
compare methods
questions
health centers
over the counter
emergency contraception
birth control reminders
appointment reminders
articles
real stories
fact or fiction
frisky Fridays
you
your account
your reminders
us
about bedsider
contact us
terms of use
privacy policy

Folic Acid Recommendations

- Daily
 - 0.4 mg of folic acid daily and at least 3 months before pregnancy
 - 0.8 mg with a previous Neural Tube Defect (NTD)
- Folic Acid Awareness
 - 84% of women surveyed reported having heard of folic acid
 - 39% reported taking a vitamin containing folic acid daily
 - 20% of women aware of folic acid mentioned that folic acid prevents birth defects
 - **ONLY 11%** of women aware of folic acid mentioned that folic acid should be taken before pregnancy

What Can Title X Providers Do?



- Counsel about women's health as well as NTDs
- Use your fabulous resources!
 - Top 10 Facts About Folic Acid Your Women Patients Should Know:
 - <https://www.health.ny.gov/publications/1340.pdf>
 - Folic Acid Brochure: The Vitamin that Prevents Birth Defects
 - <https://www.health.ny.gov/publications/1335/>

Chat In

Which of these best practices do you utilize in your clinics?



CHRONIC CONDITIONS



HIV/AIDS

Preconception care information is available at these sites online:

Preconception health websites

Centers for Disease Control and Prevention. Pregnancy http://www.cdc.gov/hcbddd/pregnancy_gateway/index.html


March of Dimes: Getting ready for Pregnancy. <http://www.marchofdimes.com/Pregnancy/getready.html>

Local resources for preconception health

Ask your provider about preconception health specialists or call:




CENTERS FOR DISEASE CONTROL AND PREVENTION


Eliminating Mother-to-Child Transmission of HIV


UMDNJ SCHOOL OF NURSING
University of Medicine & Dentistry of New Jersey


François-Xavier Bagnoud Center
School of Nursing, University of Medicine & Dentistry of New Jersey

65 Bergen Street - 8th Floor, Newark, NJ 07101
www.FXBcenter.org

New 08/17/12


François-Xavier Bagnoud Center
School of Nursing, University of Medicine & Dentistry of New Jersey

<http://www.womenandhiv.org/sites/default/files/pdf/Client%20informational%20brochure.pdf>

Reproductive Health Risks of Uncontrolled Chronic Conditions

- Hypertension
 - Maternal mortality
 - 2-fold increase in gestational diabetes
 - Fetal complications: Preterm birth, placental abruption, IUGR, fetal death
- Diabetes
 - 3-fold increase in prevalence of birth defects among infants of women with type 1 and type 2 diabetes
 - Prevalence is substantially reduced through proper management of diabetes

Obesity increases the likelihood of having hypertension & diabetes, and increases the risk of reproductive complications including NTDs, preterm birth, pregnancy-induced hypertension, gestational diabetes, and c-section.

What Can Title X Providers Do?

- Screen for hypertension & diabetes
 - Blood Pressure
 - Blood glucose levels
 - Weight
- Advise
 - Advise of the risks of hypertension, diabetes, obesity for women's health and pregnancy health
- Method-matching for chronic conditions
- Refer to adult health or primary care for follow-up

Addressing Weight

- Start the conversation
 - Calculate BMI
 - Discuss health risks of high/low BMI
 - Address overweight sooner rather than later
 - easier to lose small vs. large amounts of weight
- Don't blame the patient
 - Educate about environmental influences
 - Overproduction of processed foods
 - Sophisticated advertising for high calorie/poor nutrient foods

Addressing Weight, cont.

- Deliver simple messages consistent with current knowledge

Example: NC Eat Smart Move More

- Prepare meals at home
- Re-think your drink
- Get moving
- Right-size your portions

— <http://www.eatsmartmovemorenc.com/index.html>

Addressing Weight, cont.

- Improve office environment
 - Remove unhealthy drinks and snacks from vending machines and from workspaces visible to clients
 - Display health-oriented posters, magazines, pamphlets, BMI chart
- Share the care – Refer!
 - Other health professionals such as WIC, dietitians, nutritionists.
 - Community resources for eating well and being active

SEXUALLY TRANSMITTED INFECTIONS

The STATE of STDs in the United States



in 2016

STDs TIGHTEN THEIR GRIP
ON THE NATION'S HEALTH
AS RATES INCREASE FOR A
THIRD YEAR



1.59 million
CASES OF CHLAMYDIA
4.7% increase since 2015



468,514
CASES OF GONORRHEA
18.5% increase since 2015



27,814
CASES OF SYPHILIS
17.6% increase since 2015

LEARN MORE AT: www.cdc.gov/std/

Anyone who has sex is
at risk, but some groups
are more affected

- YOUNG PEOPLE AGED 15-24
- GAY & BISEXUAL MEN
- PREGNANT WOMEN

LEFT UNTREATED, STDs CAN CAUSE:



INCREASED RISK OF GIVING
OR GETTING HIV



LONG-TERM
PELVIC/ABDOMINAL PAIN



INABILITY TO GET PREGNANT OR
PREGNANCY COMPLICATIONS

HELP INTERRUPT THE STEADY CLIMB IN STDs WITH THESE THREE STEPS:

TALK

Talk openly about STDs with
your partners & healthcare
providers.

TEST

Get tested. It's the only way
to know if you have an STD.

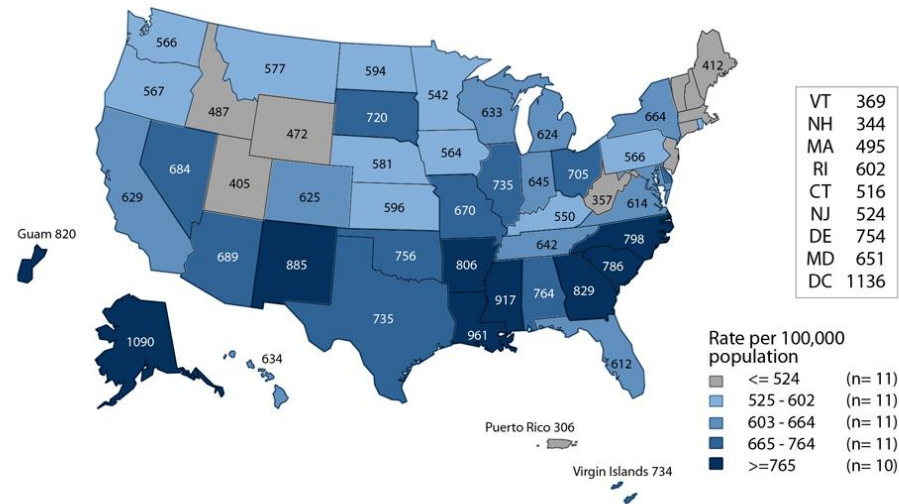
TREAT

If you have an STD, work with
your provider to get the right
medicine.

Chlamydia & Gonorrhea Among Women in New York, 2016

Chlamydia — Rates of Reported Cases Among Women by State, United States and Outlying Areas, 2016

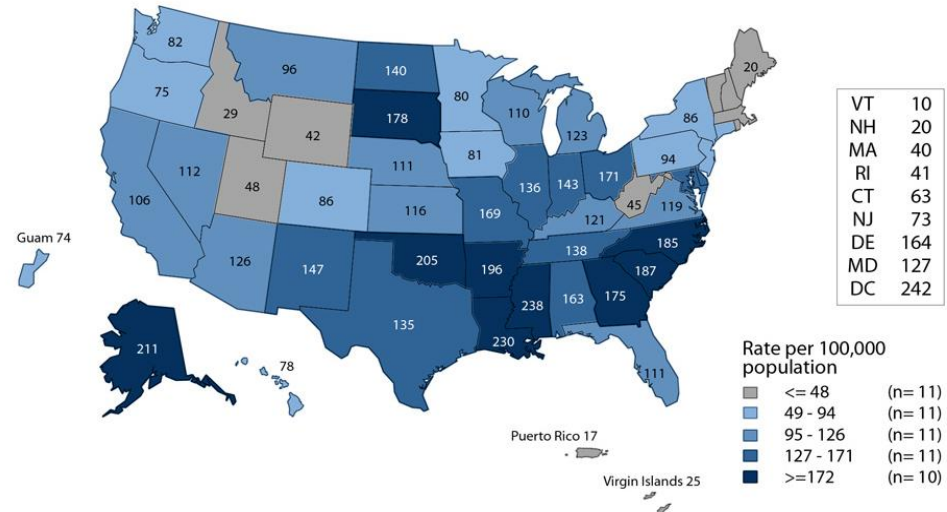
- Chlamydia, gonorrhea, and other STDs increase the risk of adverse perinatal outcomes, including infertility, miscarriage, ectopic pregnancy, stillbirth, preterm delivery, birth defects, and infant morbidity and mortality



NOTE: The total rate of reported cases of chlamydia among women in the United States and outlying areas (Guam, Puerto Rico, and Virgin Islands) was 653.6 per 100,000 females.

Gonorrhea — Rates of Reported Cases Among Women by State, United States and Outlying Areas, 2016

- Chlamydia among women 15-44:
 - 67,602 cases (663.8 per 100,000 women)
- Gonorrhea among women 15-44:
 - 8,709 (85.5 per 100,000 women)



What can Title X Providers Do?

- **Screen**

- The CDC recommends that all sexually active women age 25 and younger be screened for chlamydia and gonorrhea annually
 - Women and men over 25 should be screened if they have risk factors such as a new partner or multiple partners

- **Counsel**

- Counsel women & men about the often silent nature of the diseases for women and the risk of infertility and poor pregnancy outcomes

- **Treat**

TOBACCO CESSATION



Smoking Prevalence, New York - 2014

- 12.7% of reproductive age women (18-44) reported smoking
 - Lower than the national average of 19.2%
- 17.0% of men reported smoking
 - Lower than the national average of 20.0%
- 10.6% of mothers reported smoking during the last 3 months of pregnancy in 2011
 - Similar to national average

Tobacco Use Causes Poor Birth & Infant Outcomes

Maternal/Fetal Harm From Tobacco

- Infertility
- Miscarriage
- Ectopic Pregnancy
- Premature Birth
- Low Birth Weight
- Stillbirth
- SIDS

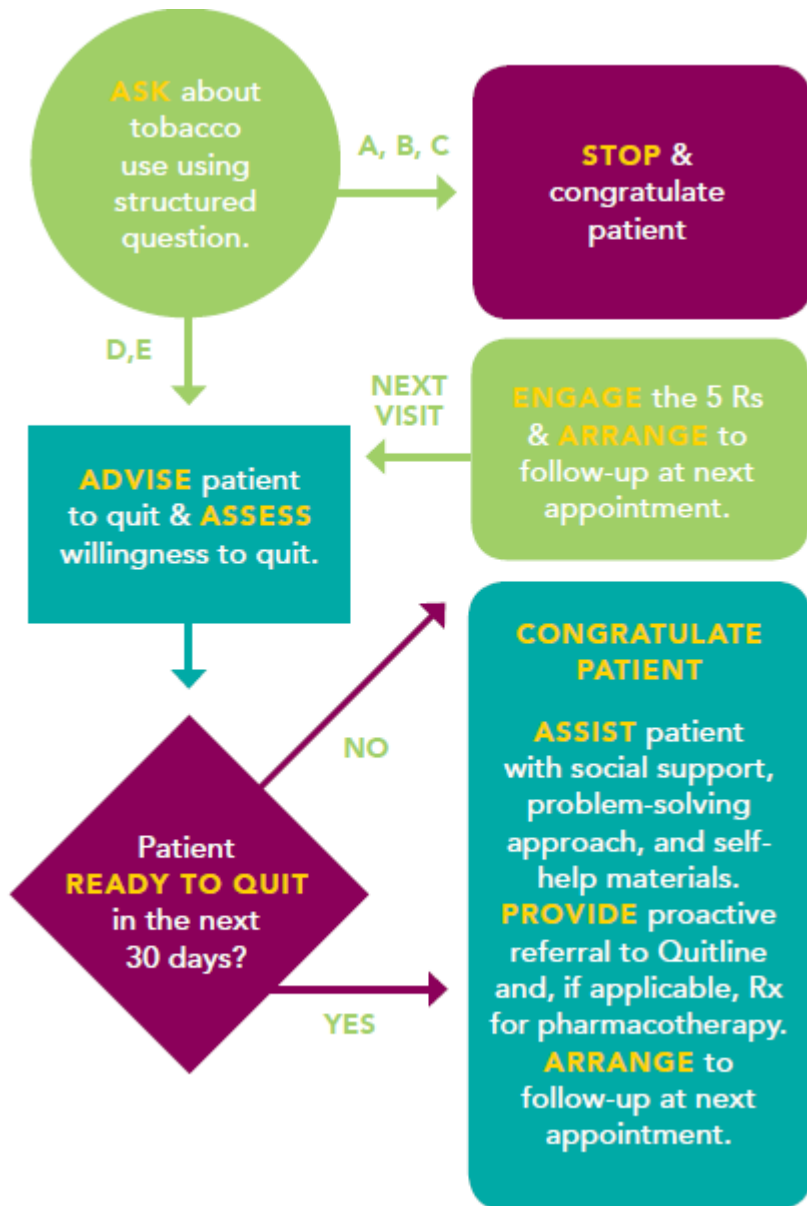
Infant/Child Harm From Tobacco

- SIDS
- Ear infections
- Respiratory Infections
- Asthma
- Links with childhood obesity, cancer, & attention disorders, and cardiovascular disease & diabetes in adulthood

Intervention Makes a Difference

- 70% of tobacco users report wanting to quit
- Almost two-thirds of tobacco users who relapse want to try quitting again within 30 days
- Tobacco users cite a health care provider's advice to quit as an important motivator for attempting to quit

The 5 As



ASK the patient about her tobacco use status at each visit

ADVISE her to quit using tobacco with a clear, personalized message

ASSESS her willingness to quit in next 30 days

ASSIST with self-help materials & social support (if applicable, make sure materials are pregnancy- or parenting-specific)

ARRANGE to follow-up



Helping Patients Who Aren't Ready to Quit: Using the 5 Rs

- **RELEVANCE:** Help patient figure out the relevant reasons to quit, based on their health, environment, individual situation
- **RISKS:** Encourage patient to identify possible negative outcomes to continuing to use tobacco
- **REWARDS:** Encourage patient to identify possible benefits to quitting
- **ROADBLOCKS:** Work with patient to identify obstacles to quitting and potentially how to overcome them
- **REPETITION:** Address the 5Rs with patients at each visit

Let's Discuss: Other Topics

- How do you screen for / follow up on issues such as
 - Interpersonal violence
 - Alcohol
 - Other Drugs
 - Mental Health

Take Home Message/Summary

- You already do most if not all of this!
- A few evidence-based interventions can have tremendous impact on women's wellness *AND* on maternal, fetal, infant, and child health!
- Preconception and interconception health is (all the rage, the wave of the future, here to stay, a tremendous asset to family planning and vice versa), and there are resources to assist
- Trick is setting up office systems to make it happen

Chat In

Do you have any community partnerships that serve as good referral sources for preconception health related services?



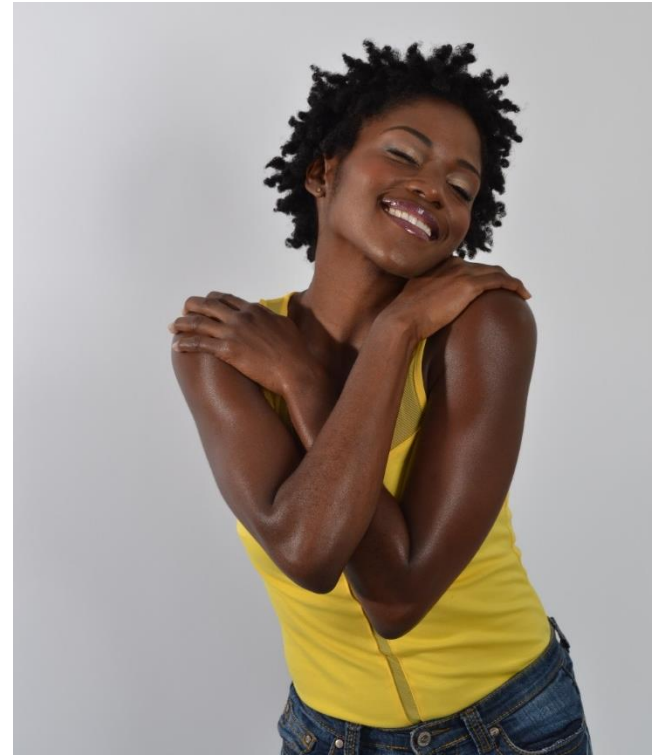
CONSUMERS & COMMUNITIES



Spanish Meme for Blog/VOIP

Title X Factors

- Safety
- Effectiveness
- Client-centered
- Timeliness
- Efficiency
- Accessibility
- Equity
- Value



Key Consumer Lessons Learned (so far)

- Consumers need to SEE themselves in the message
- Provide actionable, local resources and tools
- Keep messages focused and simple
- Consider health, digital, financial, and reading literacy levels
- Watch out for inadvertent guilt factors
- Include faith-based communities
- Link self care with preconception care = self love concept works
- Don't forget the guys!

Promotoras & Peer Educators







LGBTQ Groups challenge the use of gendered language and images. Why have website sections for women and men separately? How do we use pronouns? Unique needs for different groups.



Show Your Love

Show Your Love Preconception Health

You're ready to get pregnant. It's time to nurture and love yourself by planning and preparing your body for pregnancy. Take these steps to improve your preconception health.

What is preconception health?

- Preconception health is simply your health before you get pregnant.
- How healthy you are before getting pregnant can affect the health of your baby.

What can you do?

- Eating a healthy diet, being physically active and taking folic acid every day is awesome!
- Reevaluate your habits around drinking alcohol, smoking, and drugs. Considering stopping if you're planning on getting pregnant.
- Get screened and tested for possible medical problems like infections or diabetes.
- Talk with your health care provider about how to best manage your medical conditions and any medicines you're taking.

For more information visit
www.cdc.gov/showyourlove.

FamilyTreeClinic.org





Intergenerational messages
and outreach are very
important. Young adults live
in families surrounded by
friends which can either
support or hinder health. Her
health is everyone's
responsibility!



Show
Your
Love  Preconception
Health

How will you #ShowYourLoveToday?

RESOURCES



Before, Between, & Beyond Pregnancy

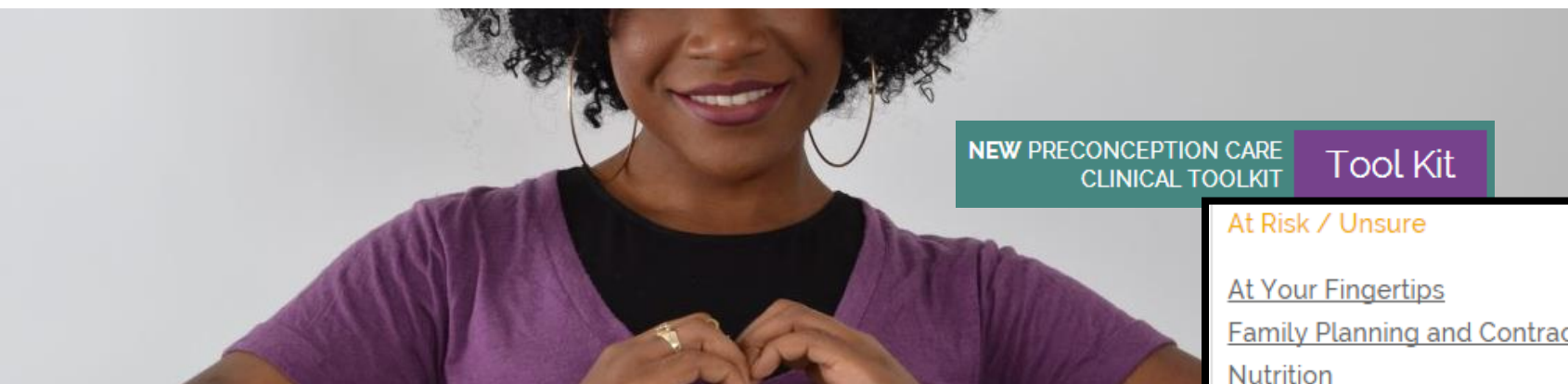
BEFORE, BETWEEN & BEYOND PREGNANCY

[ABOUT](#) [RESOURCES](#) [EDUCATIONAL MODULES](#) [PROGRAMS](#) [CONTACT](#)   



Welcome to the National Preconception Health and Health Care Initiative Website! Click to learn more.

beforeandbeyond.org



NEW PRECONCEPTION CARE
CLINICAL TOOLKIT

Tool Kit

At Risk / Unsure

[At Your Fingertips](#)

[Family Planning and Contraception](#)

[Nutrition](#)

[Infectious Disease and Immunizations](#)

[Chronic Disease](#)

[Medication Use](#)

[Substance Use](#)

[Previous Pregnancy Outcomes](#)

[Genetic History](#)

[Mental Health History](#)

[Intimate Partner Violence](#)

RESOURCES

[Patient Education](#)

[Resource Guide for Clinicians](#)

[Key Articles](#)

[Research](#)

[Toolkits & Reports](#)

YOU ARE HERE: [HOME](#) / RESOURCES

Resource

Learn about the latest

Preconception Health Care Toolkit,
Guidelines,
Key articles/reports,
Patient education materials

[Desires Pregnancy](#)

At Risk / Unsure

Does Not Desire Pregnancy

[About This Toolkit](#)

[Reproductive Life Planning Assessment](#)

who

to key

Education Modules

EDUCATIONAL MODULES

Module 1: Preconception Care

Module 2: Every Woman, Every Time

Module 3: Maximizing Prevention

Module 4: In Between Time

Module 5: Interconception Care

Module 6: Interconception Care

About Credits

YOU ARE HERE: [HOME](#) / [EDUCATIONAL MODULES \(CME CREDIT\)](#) / [MODULE 1: PRECONCEPTION CARE – WHAT IT IS AND WHAT IT ISN'T](#)

Module 1: Preconception Care – What It Is and What It Isn't

 **DOWNLOAD MODULE 1**

 **MODULE 1 POST-TEST**

 **MODULE 1 SURVEY**

To receive credit you must pass the post-test and complete the evaluation survey.



Five (soon to be six) CME modules were created with CME by Albert Einstein College of Medicine and Montefiore Medical Center in partnership with the UNC CMIH.

Show Your Love



[PRECONCEPTION RESOURCES](#) • [WELL VISIT](#) • [COMMUNITY](#) • [JOIN THE LOVE](#) • [WHO WE ARE](#) • [CONTACT US](#)



SHOW LOVE TO
YOURSELF, YOUR
FRIENDS & FAMILY

Share tips and tools to stay healthy and well

[Find out more](#)

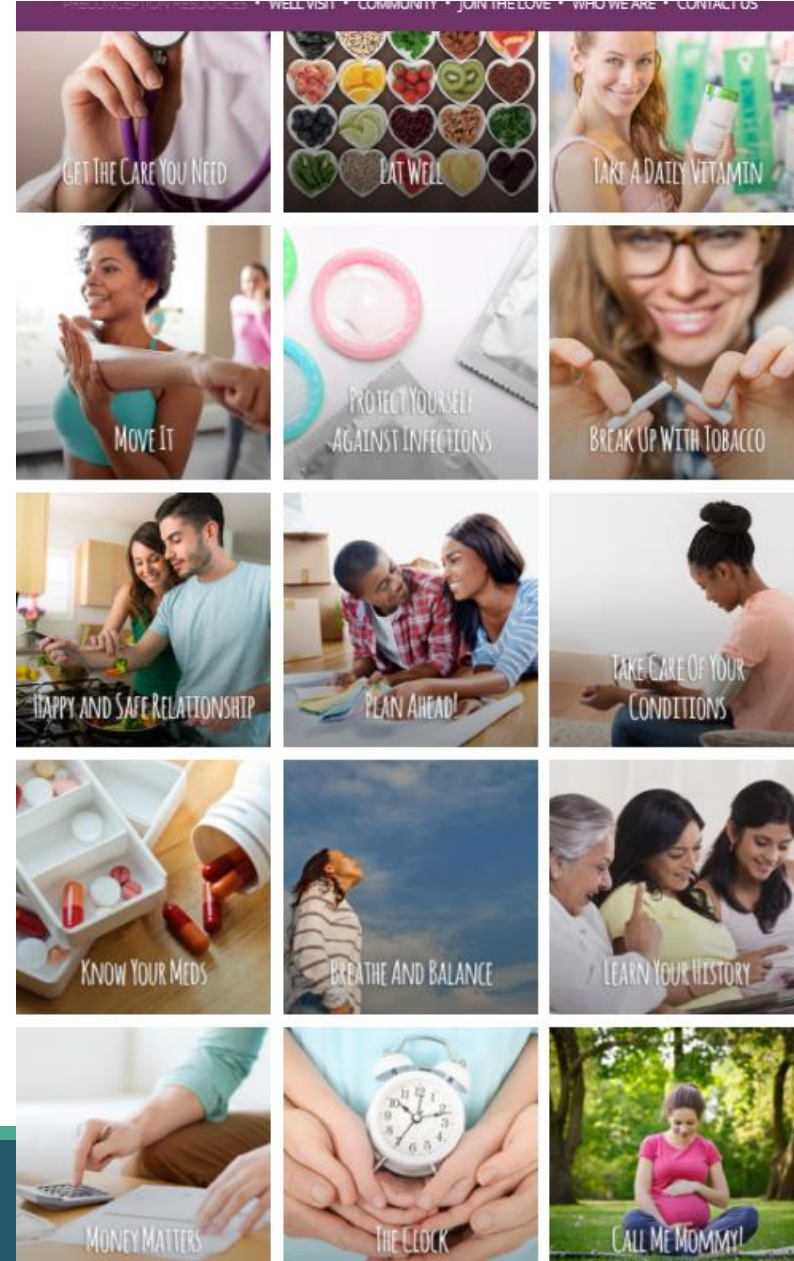
showyourlovetoday.com



NEW YORK STATE
Center of Excellence for Family Planning

Consumer Preconception Resources

- www.ShowYourLoveToday.com → Check out the “Knowledge” section of our website for partner and local resources
- Show Your Love mobile app



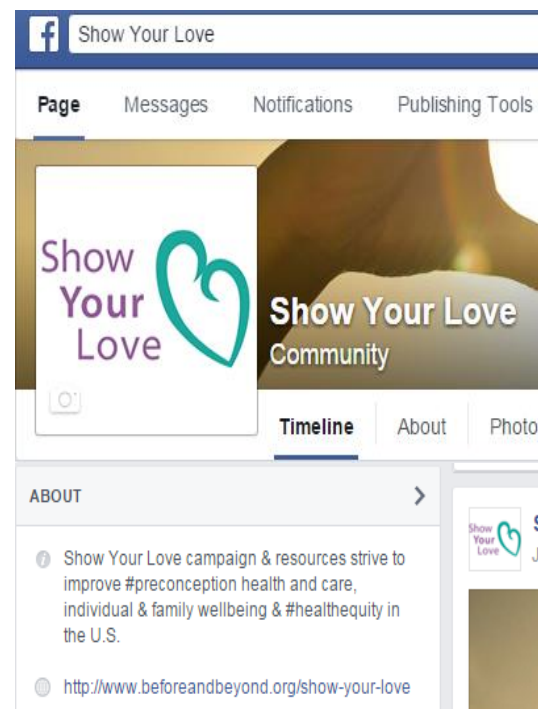
#ShowYourLoveToday on Social



[Twitter.com/SYL_Today](https://twitter.com/SYL_Today)



@ShowYourLoveToday



Facebook.com/ShowYourLoveToday

F

A

M

I

L

I

A

Family Planning
Active Living
Maintain Healthy Weight
Improve Nutrition
Less Stress
Include Men and Women
Address Abuse

FREE text messages to help improve your health!



NOTE: PDF documents on this site were created using Adobe Acrobat 5.0 or later. If you are using an earlier version of Adobe Acrobat Reader (4.x or less), document functionality may be reduced. [Please Click Here](#)

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FAX: (213) 639-1034

FAMILIA@ph.lacounty.gov

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Welcome to FAMILIA!

To join, text LAFAMILIA to 55000

The FAMILIA text messaging program focuses on family planning, active living, maintaining a healthy weight, improving nutrition, reducing stress, and addressing abuse. Each message links here to the FAMILIA website, which has more information, apps, blogs, and videos related to that topic. You'll receive three healthy living texts each week for three months. You can choose to receive messages in English or Spanish.

By taking charge of your health, you are taking charge of your future.



FAMILIA Topics:



Contraception Options

Active Living
[Tips for an Active Life](#)
[Stretching and Soreness](#)

Maintain a Healthy Weight
[What is a Healthy Weight and Why Should You Achieve It?](#)
[Healthy Ways to Lose Weight](#)
[Achieve a Healthy Weight by Managing Stress and Sleeping More](#)

Improve Nutrition
[Recommendations for Eating Healthy](#)
[Healthy Eating Out](#)
[Healthy Beverages](#)

Less Stress
[What is Stress?](#)
[What is Depression?](#)
[What is Anxiety?](#)

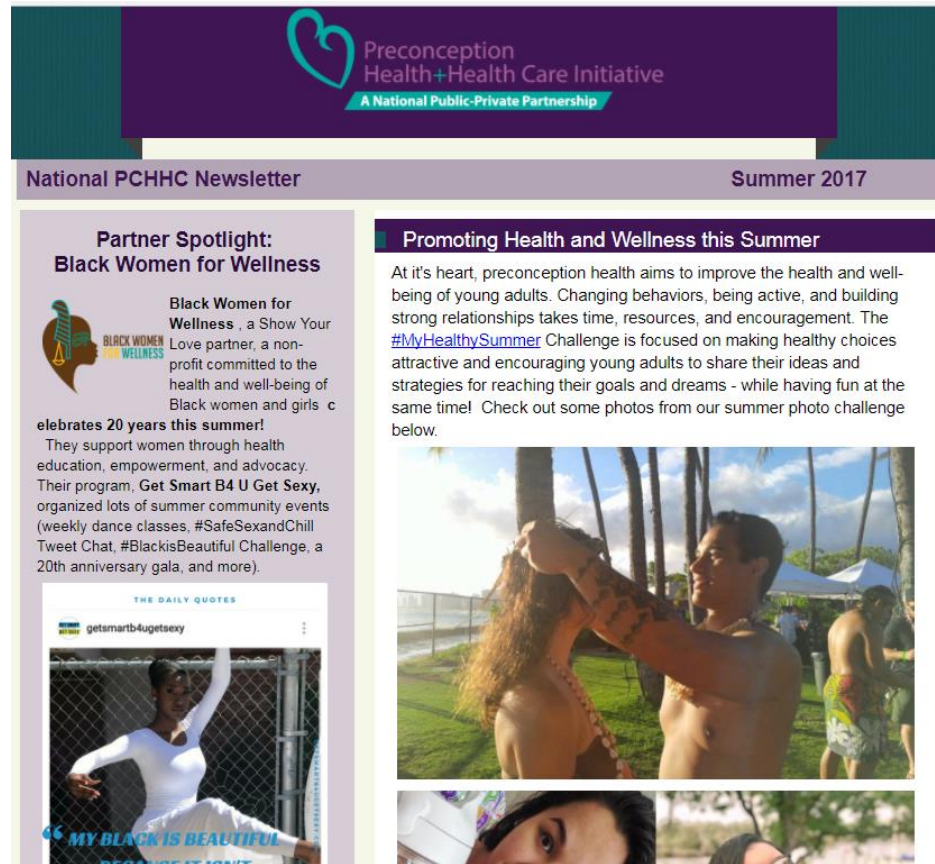
Address Abuse
[Healthy Relationships](#)
[Abusive Relationships](#)

Questions? Contact us:
FAMILIA@ph.lacounty.gov
(213) 639-6416



More Preconception Resources

- BeforeandBeyond.org
- PCHHC Newsletter - to subscribe, send an email to pchhcnews@gmail.com with “Subscribe” as the subject line
- CDC bi-weekly email listserv – latest research, news happening across the globe in PCH – email gjf9@cdc.gov



The screenshot shows the header of the National PCHHC Newsletter for Summer 2017. The header features the Preconception Health+Health Care Initiative logo and the text "A National Public-Private Partnership". Below the header, there are two main sections. The left section is titled "Partner Spotlight: Black Women for Wellness" and includes a sub-header "Black Women for Wellness, a Show Your Love partner, a non-profit committed to the health and well-being of Black women and girls celebrates 20 years this summer!". The text describes their support for women through health education, empowerment, and advocacy, and lists their programs: Get Smart B4 U Get Sexy, organized lots of summer community events (weekly dance classes, #SafeSexandChill Tweet Chat, #BlackIsBeautiful Challenge, a 20th anniversary gala, and more). Below the text is a small image of a woman in a white leotard. The right section is titled "Promoting Health and Wellness this Summer" and includes the text "At it's heart, preconception health aims to improve the health and well-being of young adults. Changing behaviors, being active, and building strong relationships takes time, resources, and encouragement. The #MyHealthySummer Challenge is focused on making healthy choices attractive and encouraging young adults to share their ideas and strategies for reaching their goals and dreams - while having fun at the same time! Check out some photos from our summer photo challenge below." Below the text are two photos: one of a man and a woman in a park, and another of a woman's face.

Preconception Health+Health Care Initiative
A National Public-Private Partnership

National PCHHC Newsletter Summer 2017

Partner Spotlight: Black Women for Wellness

Black Women for Wellness, a Show Your Love partner, a non-profit committed to the health and well-being of Black women and girls celebrates 20 years this summer!

They support women through health education, empowerment, and advocacy. Their program, **Get Smart B4 U Get Sexy**, organized lots of summer community events (weekly dance classes, #SafeSexandChill Tweet Chat, #BlackIsBeautiful Challenge, a 20th anniversary gala, and more).

Promoting Health and Wellness this Summer

At it's heart, preconception health aims to improve the health and well-being of young adults. Changing behaviors, being active, and building strong relationships takes time, resources, and encouragement. The [#MyHealthySummer](#) Challenge is focused on making healthy choices attractive and encouraging young adults to share their ideas and strategies for reaching their goals and dreams - while having fun at the same time! Check out some photos from our summer photo challenge below.

THE DAILY QUOTES

getsmartb4getsexy

“MY BLACK IS BEAUTIFUL BECAUSE IT ISN'T”



every woman southeast

If you receive our newsletter by forward and want your own copy, click the join our mailing list icon!



November 2017

The Unbearable Lightness of Aging



Growing old: The unbearable lightness of ageing | Jane Caro | TEDxSouthBank

Aging is a gift, according to Jane Caro – author, novelist, lecturer, mentor, social commentator, columnist, workshop facilitator, speaker, broadcaster and award winning advertising writer. In this funny, insightful and at times challenging [TEDx talk](#) she encourages all women to embrace aging.

Fertility Tips for Women over 35



The Later Reproductive Years



They say that age is nothing but a number, when it comes to having a baby past the age of 35, (unfortunately) it's one that we need to pay more attention to. This month we highlight the "later" reproductive years, what to expect, and how to ensure your health for, what many argue, is the most fulfilling time of your life.

Pregnancy after Age 35

If you're older than age 35 and hoping to get pregnant, you're in good company. Many women are delaying pregnancy well into their 30s and beyond. While the increased career, relationship and economic stability creates a strong platform from which to build a family in the mid to late 30s, the reality is that the biological clock is not in synchronicity with that reproductive timeline. It's important to understand the risks.

It might take longer to get pregnant. Women are born with a limited number of eggs; as they reach their mid- to late 30s, eggs decrease in both quantity and quality.

Why Should Title X Family Planning Providers Care About Preconception

- 23.7% of live births in NY in 2015 were unintended - an estimated 55% of all pregnancies were unintended
- Poor health status before and during pregnancy affects fetal and infant health, including miscarriage, preterm birth, low birth weight, and birth defects. It also can impact fertility
- Women's wellness matters!

Questions?



Thank You!

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@S_Verbiest

919-638-5183

