

Beyond Pregnancy Prevention: The Role of Family Planning in Improving Maternal Health

Rachel Flink-Bochacki, MD MPH

November 14, 2018

Maternal mortality: An American crisis

Serena Williams reveals 'whole new kind of fear' during daughter's birth

By Faith Karimi, CNN

Updated 7:32 AM ET, Thu May 3, 2018



Dying to deliver: The race to prevent sudden death of new mothers

By ERIN BRADY, DR. JENNIFER ASHTON,
EAMON MCNIFF and LAUREN EFFRON

May 16, 2018, 11:49 AM ET

For Every Woman Who Dies In Childbirth In The U.S., 70 More Come Close

May 10, 2018 · 7:00 AM ET



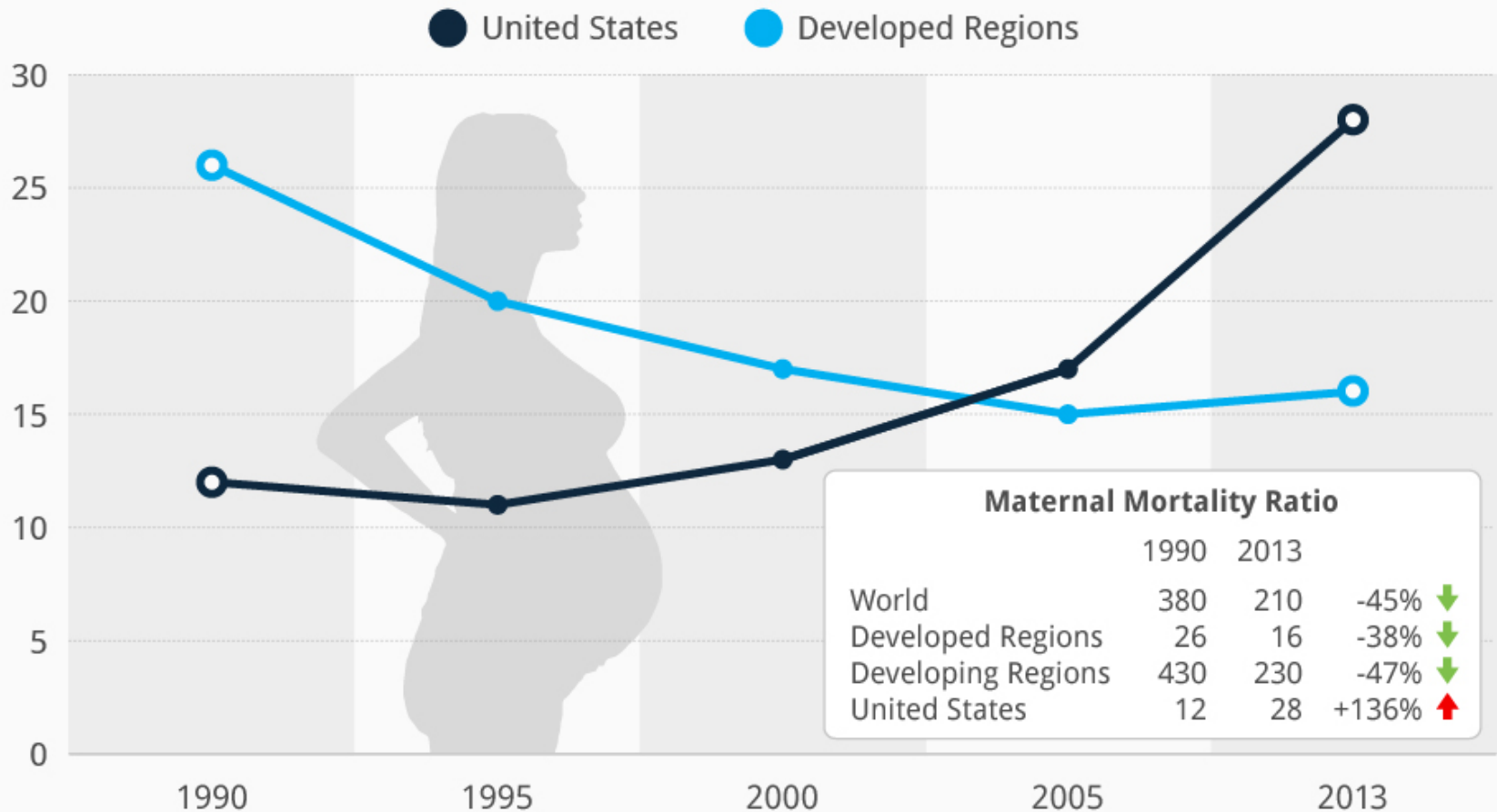
Why are black mothers and infants far more likely to die in U.S. from pregnancy-related causes?

Apr 18, 2018 6:20 PM EDT



Maternal Deaths in the U.S. Are on the Rise

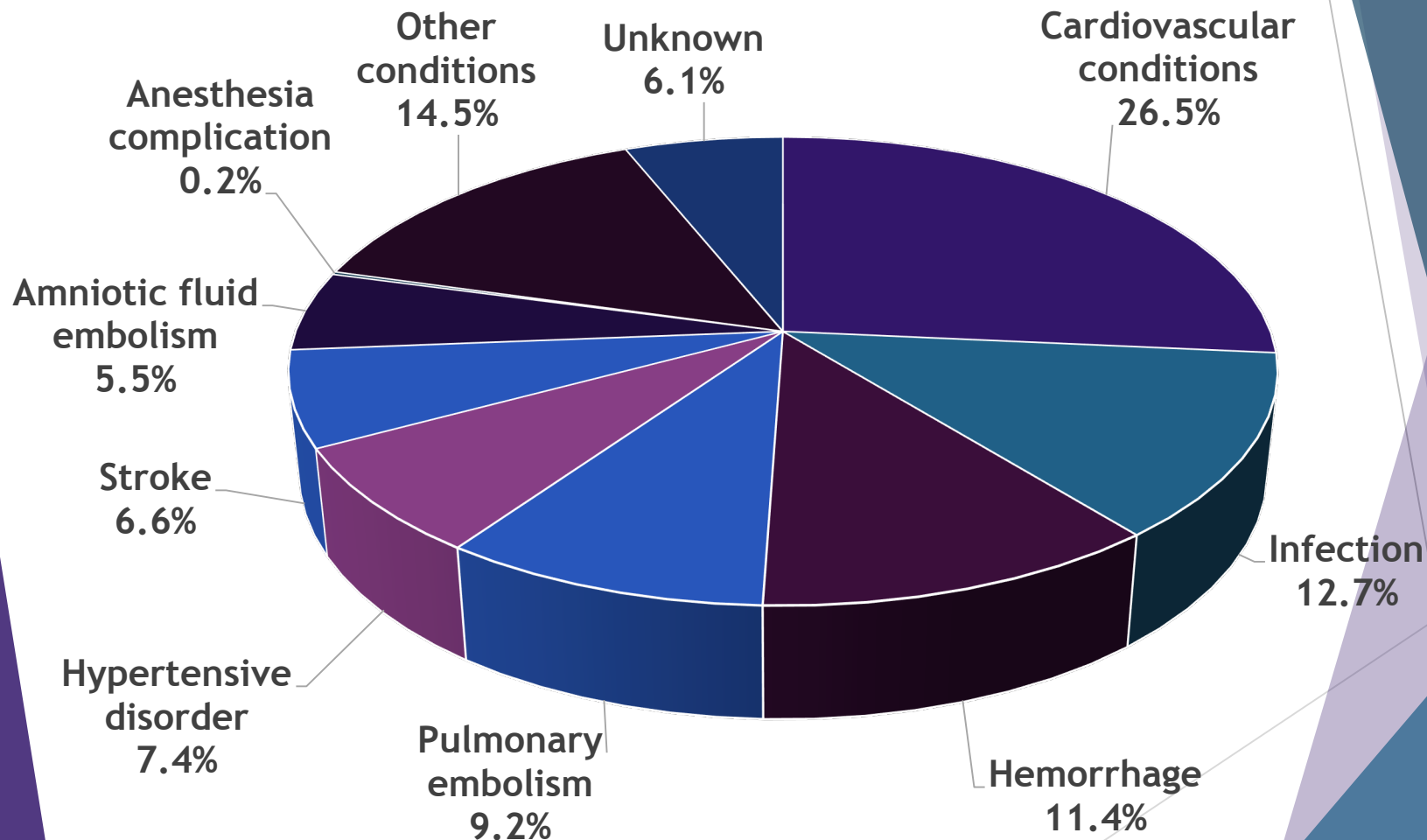
Maternal mortality ratio (number of maternal deaths per 100,000 live births)



Source: World Health Organization

Mashable statista

Causes of maternal mortality

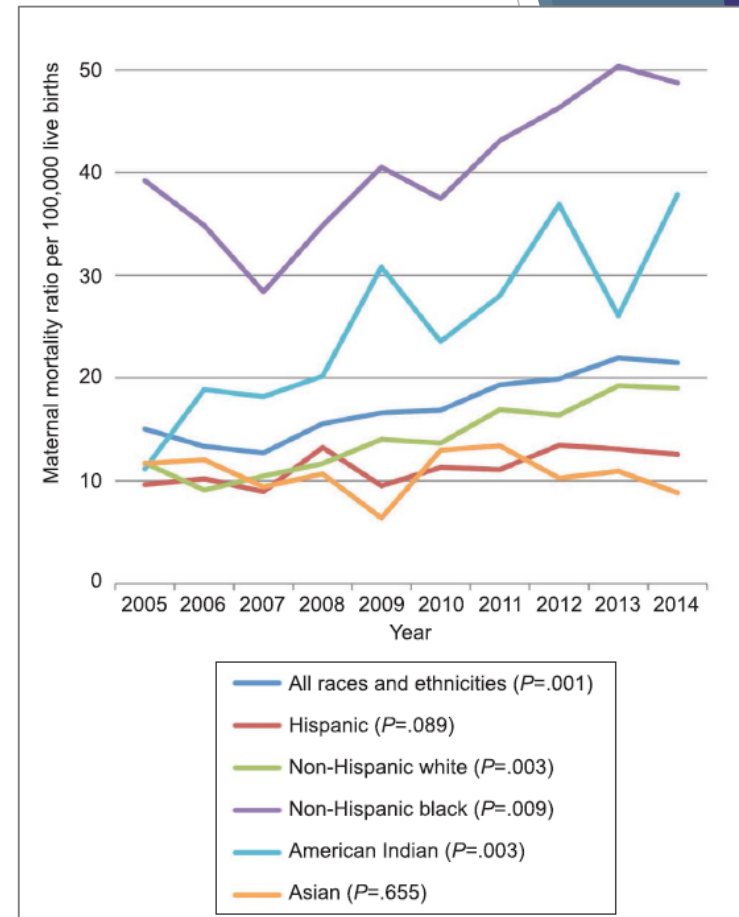


Contributors to recent outcomes

- ▶ Pre-pregnancy health
 - ▶ Increasing age
 - ▶ Obesity
 - ▶ Chronic health conditions
- ▶ Obstetric complications

Disparities in mortality

- ▶ Race and ethnicity
- ▶ Maternal income
- ▶ Marital status
- ▶ Access to care
- ▶ Maternal education
- ▶ Pregnancy intention



Johnson et al, *MMWR*, 2006
Creanga et al, *Obstet Gynecol*, 2017
Kost et al, *Demography*, 2015
MacDorman et al, *Obstet Gynecol*, 2017
Moaddab et al, *Obstet Gynecol*, 2018

Optimizing preconception health

AMERICAN FAMILY PHYSICIAN®

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Recommendations for Preconception Counseling and Care

 Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Before Pregnancy

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Overview

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[Women](#)

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 **Committee Opinion**



Number 313, September 2005 Reaffirmed 2017

Committee on Gynecologic Practice

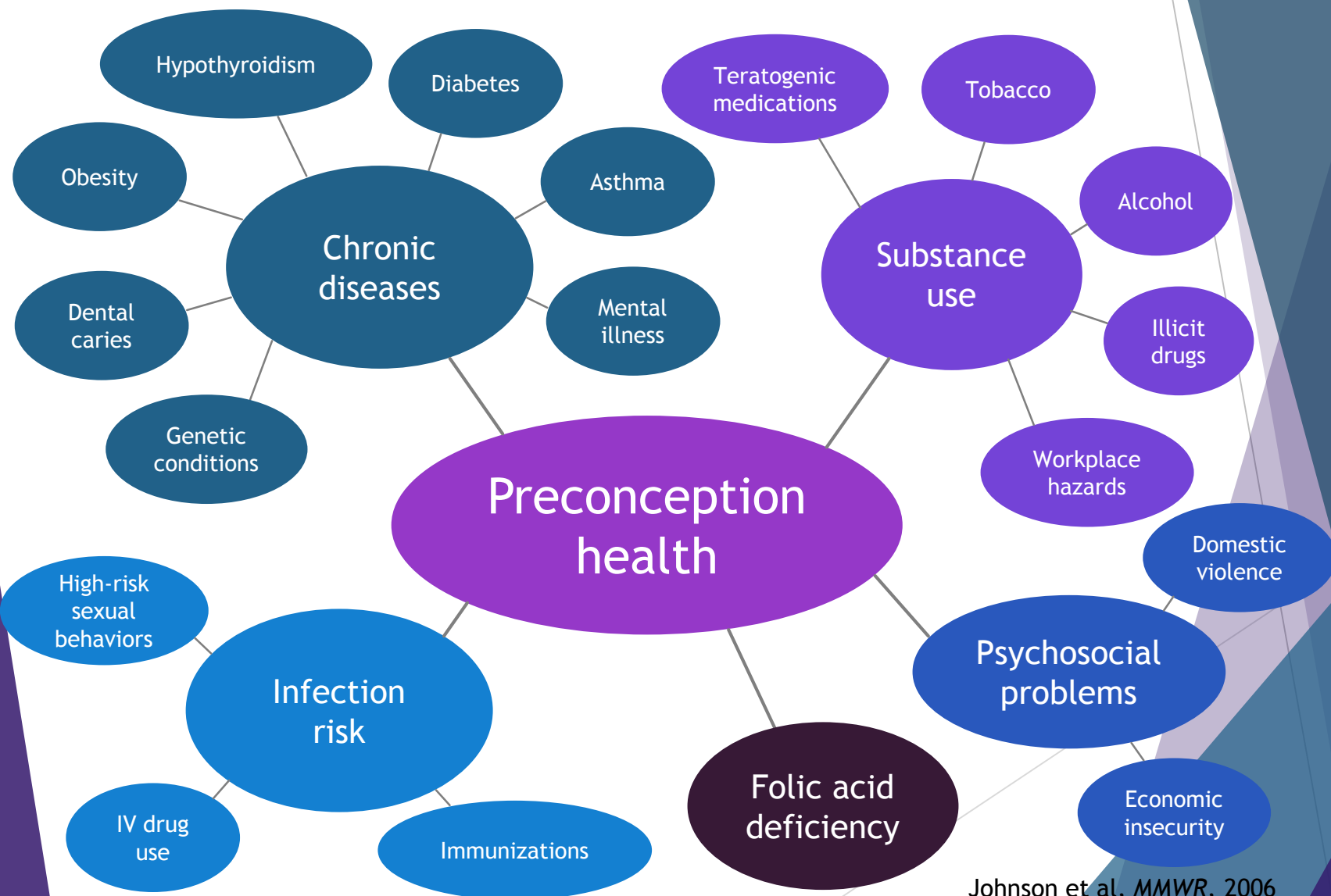
This document reflects emerging clinical and scientific advances as of the date issued and is subject to change. The information should not be construed as dictating an exclusive course of treatment or procedure to be followed.

The Committee wishes to thank the ACOG Preconception Care Work Group co-chairs, Michele G. Curtis, MD, and Paula J. Adams Hillard, MD, and members, Hani K. Atrash, MD, MPH; Alfred Brann Jr, MD; Siobhan M. Dolan, MD, MPH; Ann Lang Dunlop, MD; Ann Weathersby, CNM, MSN; and Gerald Zelinger, MD, for their assistance in the development of this opinion.

[PDF Format](#)

The Importance of Preconception Care in the Continuum of Women's Health Care

Preconception risk factors



Timing of preconception care

6.1 millions pregnancies/year in U.S.

Preconception care should
be offered to **ALL**
reproductive-aged women
at **every health encounter**

New York State: 55% of pregnancies unintended

Importance of planning

HHS.gov

Office of Population Affairs

U.S. Department of Health & Human Services



Preconception Health & Reproductive Life Plan

One of the Title X Family Planning [Program Priorities](#) is: *Emphasizing the importance of discussing a reproductive life plan with all family planning clients, and providing preconception health services as a part of family planning services, as appropriate.*



The American College of
Obstetricians and Gynecologists
WOMEN'S HEALTH CARE PHYSICIANS

COMMITTEE OPINION

Number 654, February 2016

Committee on Health Care for Underserved Women

This Committee Opinion was developed by the American College of Obstetricians and Gynecologists' Committee on Health Care for Underserved Women. Member contributors included Wanda Nicholson, MD, MPH. This information should not be construed as dictating an exclusive course of treatment or procedure to be followed.

Reproductive Life Planning to Reduce Unintended Pregnancy

Reproductive life planning

Do you have any children now?
Do you want to have (more) children?
How many (more) children would you
like to have and when?

-CDC

Would you like to become
pregnant in the next year?

- One Key Question®

Pitfalls of planning



Lack of reproductive control

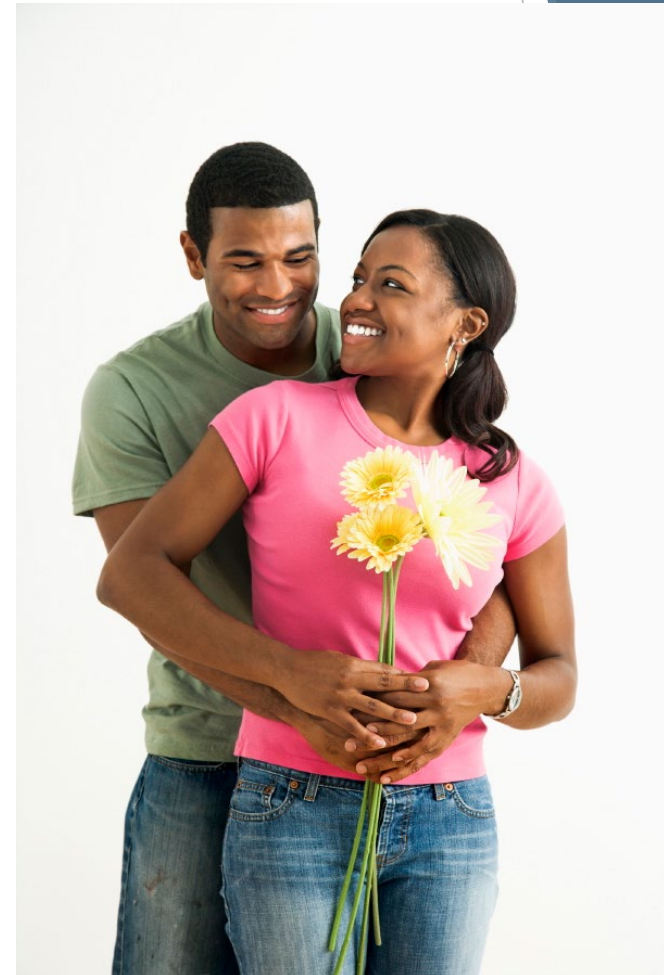
- ▶ Perceived infertility
- ▶ Fatalism
- ▶ Reproductive coercion



Clark et al, *Am J Obstet Gynecol*, 2014
Higgins et al, *Perspect Sex Reprod Health*, 2012
Miller et al, *Contraception*, 2010
Polis et al, *Perspect Sex Reprod Health*, 2012

Attainability of normative readiness

- ▶ Cultural norms
- ▶ Socioeconomic status



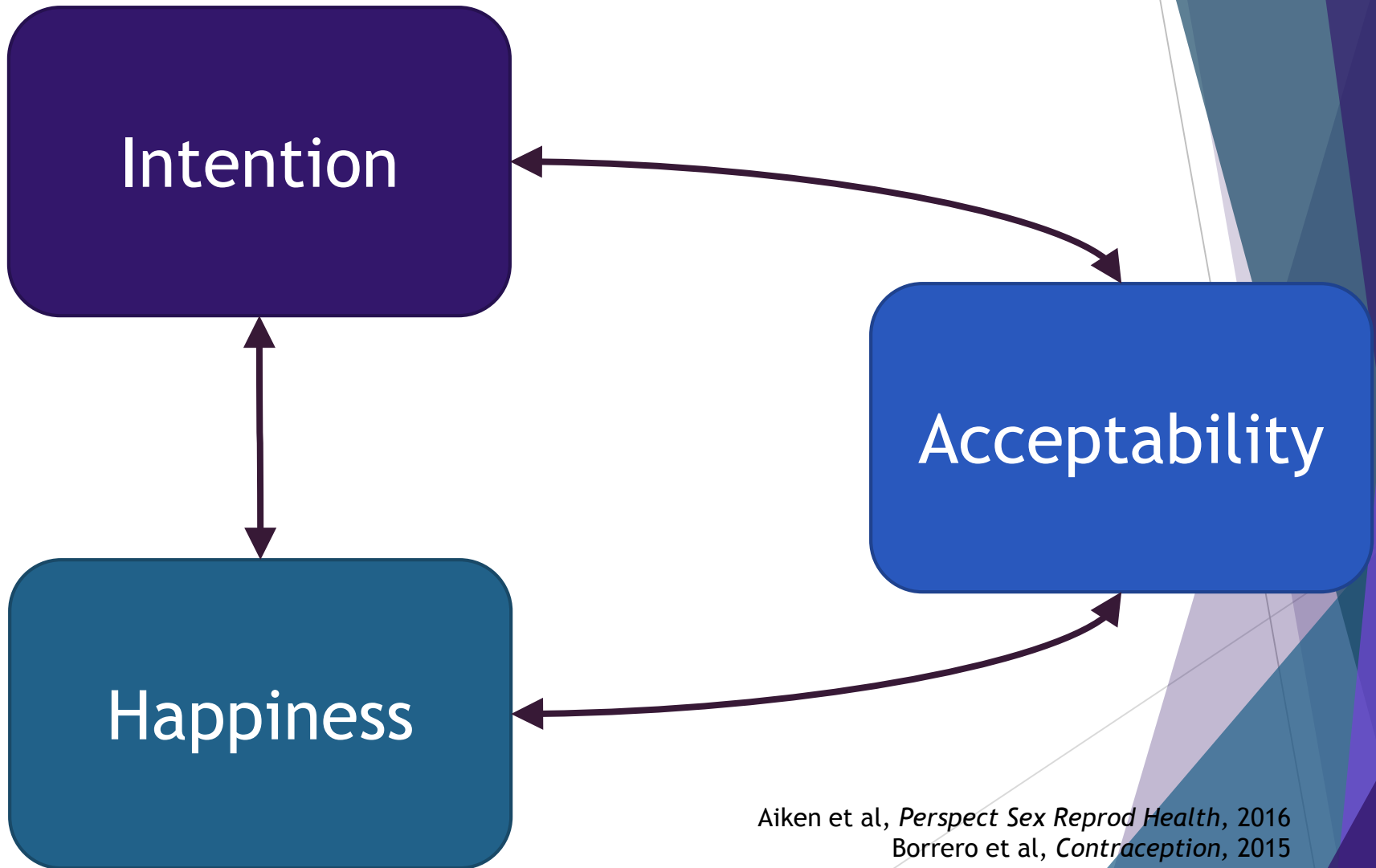
Borrero et al, *Contraception*, 2015
Moos et al, *Perspect Intend Pregnancy*, 1997

Feelings about planning

- ▶ Benefits of spontaneity
- ▶ Fear of failure

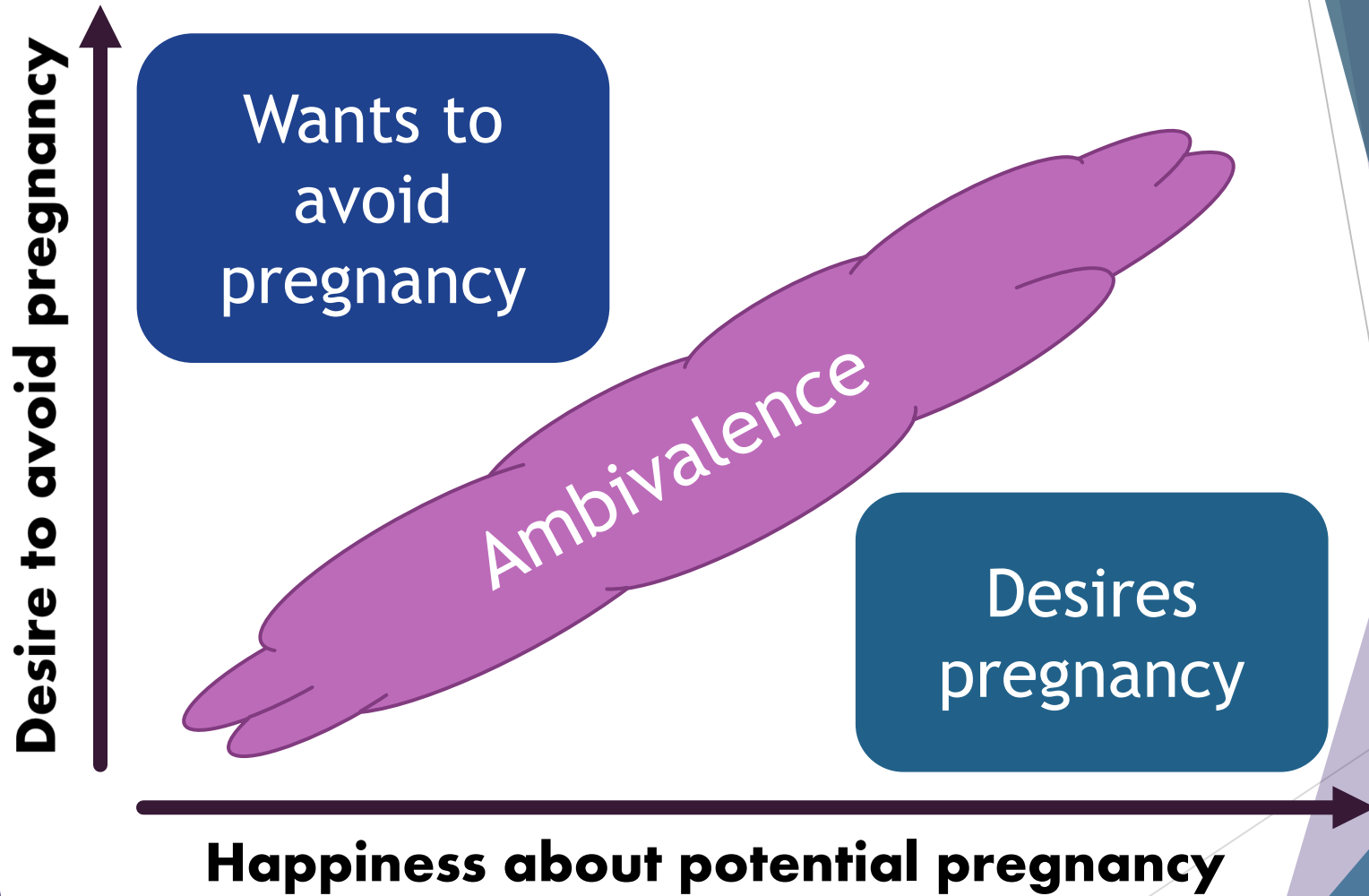


Beyond intentions



Aiken et al, *Perspect Sex Reprod Health*, 2016
Borrero et al, *Contraception*, 2015
Kost et al, *Demography*, 2015
Trussell et al, *Fam Plann Perspect*, 1999

Pregnancy ambivalence



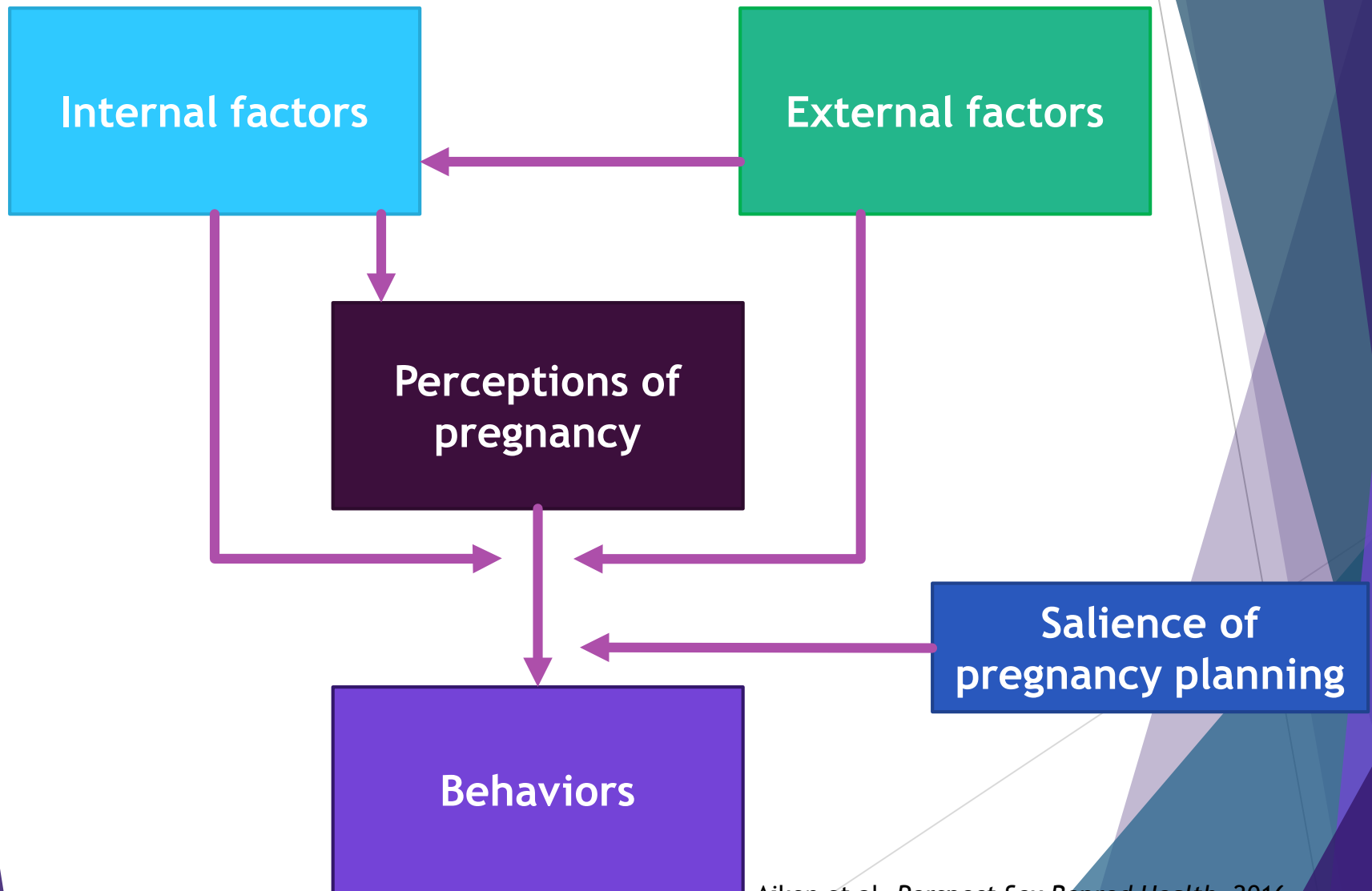
Aiken et al, *Perspect Sex Reprod Health*, 2016
Borrero et al, *Contraception*, 2015
Cutler et al, *Women's Health Issues*, 2017
Higgins et al, *Perspect Sex Reprod Health*, 2012

Ambivalence and implicit bias



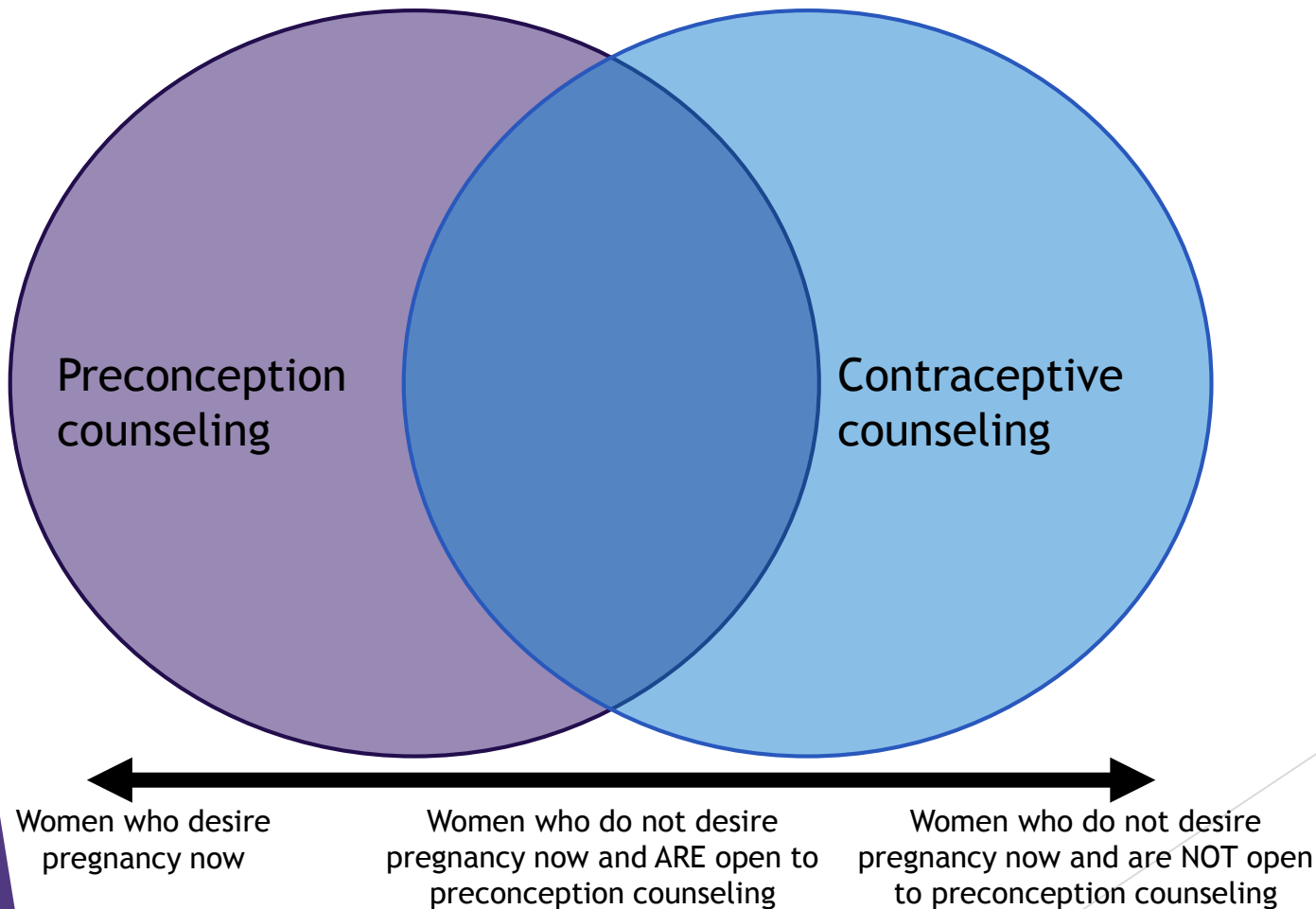
Everett et al, *J Women's Health*, 2017
Gomez et al, *Contraception*, 2017
Stevens, *Soc Sci & Med*, 2015

Understanding individual goals



Patient-centered paradigm

Reproductive Goals Counseling



PATH Questions

Pregnancy
Attitudes

Do you think you might like to have
(more) children at some point?

Timing

When do you think that would be?

How
important is
prevention

How important is it to you to
prevent pregnancy (until then)?

Implementing preconception care in family planning practice

- ▶ Identify risk factors
- ▶ Elicit reproductive goals
 - ▶ May not be straightforward
 - ▶ Nonjudgmental inquiry is critical
- ▶ Tailor contraceptive counseling to individual goals and preferences
- ▶ Offer preconception counseling to reduce risks of potential pregnancy
- ▶ Leave door open for future help

Thank you

