Preconception Health in North Carolina

February 13, 2012
Perinatal Health Committee
Child Fatality Task Force
What is Preconception Care?

- Identification of modifiable and non-modifiable risk factors for poor health and poor pregnancy outcomes before conception
- Timely counseling about risks and strategies to reduce the potential impact of the risks
- Risk reduction strategies consistent with best practices

What is Preconception Care?

- Giving protection (folic acid, immunizations)

- Managing conditions (diabetes, maternal PKU, obesity, hypertension, hypothyroidism, STIs, sickle cell)

- Avoiding exposures known to be teratogenic (medications, alcohol, tobacco, illicit drugs)

Moos et al, 2009
Opportunistic Care for Every Woman, Every Time

- Women at risk for pregnancy
- Women who are pregnant
- Postpartum women
- Women between pregnancies

Young Moms Connect, Reproductive Life Planning Training Materials and Toolkit, NC Preconception Health Campaign
NC Preconception Health Coalition

- Formal efforts initiated in January 2007 - leadership team formed

- Initial focus areas - pregnancy intendedness and healthy weight

- 2 workgroups laid the groundwork for the NC Preconception Health Strategic Plan released in November 2008

- From June 2008 – July 2011: 4 workgroups meeting regularly to move from strategies to action
Preconception Health Coalition Workgroups

1. Increase Consumer and Community Awareness about Preconception Health

2. Ensure Quality Preconception Care and Practice among Health Care Providers and Community Outreach Workers

3. Expand Access and Affordability of Preconception Care

4. Advocate for Environmental and Policy Changes that Support Preconception Health
Current Coalition

- Over 150 people on coalition e-mail list
- Representatives from DPI, DHHS, local health departments, public and private universities, community based organizations, non-profit agencies and consumers
- Restructuring coalition so that instead of workgroups, the larger coalition will meet more frequently; will use webinar and videoconference to engage new participants.
- Minutes from meetings and other pertinent information available at www.everywomannc.org
Preconception Health Coalition Activities

- Developed reproductive life planning booklet
- Posted recommended resources for health care providers on Women’s Health Branch website
Initially worked with NC DMA to developing a package of core benefits for a waiver that would provide care for women with a previous high risk birth.
Preconception Health Coalition Activities

- Promote BMI assessment and healthy weight guidance in the family planning and maternity clinics

- Participating in local and state coalitions promoting breastfeeding, community and school gardens, and access to local produce
Public Health Programs to Improve Preconception Health

As preconception health continues to gain recognition as a women’s health issue that requires focus and attention, new public health programs are being created to fill that need. This website is used as a repository for professionals who seek information about specific programs directed at improving preconception health among women in North Carolina.
Incorporation of Preconception Health into Title V Programs

- BMI calculation and healthy weight counseling during prenatal and postpartum visits
- 5A’s tobacco cessation counseling for pregnant and postpartum women
- Referral of all women receiving Medicaid prenatal case management to postpartum clinic visit
Incorporation of Preconception Health into Title V Programs

- Follow-up with pregnant women interested in contraception/sterilizations per ACOG recommendations
- 3 recommended ACOG screening questions for domestic violence for pregnant and postpartum women
- Provision of 17P to women who had a prior preterm birth and meet the criteria for use of this medication
Title V Funded Programs

- 12 Healthy Beginnings projects provide home visiting and support for minority pregnant women and up to 2 years after delivery.

- Projects focus on reproductive life planning, healthy weight, folic acid consumption, tobacco cessation, breastfeeding, safe sleep and well child care.

- Projects foster cooperation among community-based groups, health care providers, businesses, churches, and schools with strong roots in minority communities.
Incorporation of Preconception Health into Title X Programs

- BMI calculation and counseling about healthy weight for both men and women
- Educational materials provided to health departments and other cbos include healthy weight brochures and reproductive life planning brochures individualized for men and women
- Counseling to delay pregnancy 18 months after previous delivery
- Provision or referral of emergency contraception
- Assessment for rubella and tetanus/diphtheria immunity and provision of vaccine where indicated
Title X Programs

- Smoking cessation counseling **recommended** using 5 A’s method recommended by ACOG

- Medicaid Family Planning Waiver in effect in N.C. since 2005; have applied for State Plan Amendment in place of continued waiver
Title V and Title X

- Staff from both programs are members of Coalition

- Title X and Title V Trainings cover preconception health and include diabetes, healthy weight genetics, and contraception methods update

- Staff from family planning and maternity units present at other trainings on healthy weight, integrating wellness into Title X services, FP Waiver, reproductive life planning
North Carolina Programs

- NC Preconception Health Campaign (formally NC Folic Acid Campaign)
- UNC Center for Maternal and Infant Health – Postpartum Plus Project and Mother’s Matter Project
- Federal Healthy Start Programs – Baby Love Plus
North Carolina Programs

- North Carolina Healthy Start Foundation
- North Carolina March of Dimes
- Pregnancy Care Medical Home
- Teen Pregnancy Prevention Initiatives
North Carolina Programs

- Pitt County PIMPAC
- Forsyth County Infant Mortality Reduction Coalition
- Hertford County Preconception Health Coalition
- First Time Motherhood New Parent Initiative
- Young Moms Connect
What do NC Women Look Like?

Overweight/Obesity: 55% (2010)

Women who participate in recommended amount of physical activity: 45% (2009)

Women who eat at least 5 servings of fruits and vegetables daily: 22% (2009)

Source: NC BRFSS
What do NC Women Look Like?

Hypertension: 16% (2009)

Diabetes: 6% (2010)

Poor Mental Health: 18% (2010)

Source: NC BRFSS
What do NC Women Look Like?

- Tobacco Use:* 17% (2010)
- Binge Drinking: 9% (2010)
- Uninsured: 25% (2010)
- Annual Routine Check-up: 73% (2010)

Source: NC BRFSS
What do NC Women Look Like?

NC Women Age 18 – 44 years:

Intended Pregnancy*: 55% (NC PRAMS 2009)

Takes folic acid at least 5 days a week:

43% (Take MVI daily BRFSS 2010)
What do NC Women Look Like?

Short Birth Interval: 38% (2010)
(does not include first pregnancies)

Postpartum Depression*: 13% (2009)
(feeling depressed often/almost always after birth of baby)
## What do NC Women Look Like?

### Case Rate per 100,000 for NC Women Ages 18-44 years

<table>
<thead>
<tr>
<th>Condition</th>
<th>Rate (2009)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Syphilis (PSEL)</td>
<td>11.0</td>
</tr>
<tr>
<td>Gonorrhea</td>
<td>407</td>
</tr>
<tr>
<td>Chlamydia</td>
<td>1671.1</td>
</tr>
<tr>
<td>Living with HIV/AIDS</td>
<td>330.5</td>
</tr>
</tbody>
</table>
Moving Forward

- Track women’s health indicators during the reproductive years
- Promote coalition activities on a regional level
- Seek funding opportunities
- Share findings and best practices
The NC Leadership Team

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Thank you for your attention!

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