

Preconception Health U.S. – Japan Conference

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Objectives

- Discuss U.S. Historical Approach to Preconception
- Describe Key Challenges
- Share Three Opportunities
- Describe Resources for Professionals and People of Reproductive Age



U.S. Approach to Preconception – A Quick History



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Health+Health Care Initiative

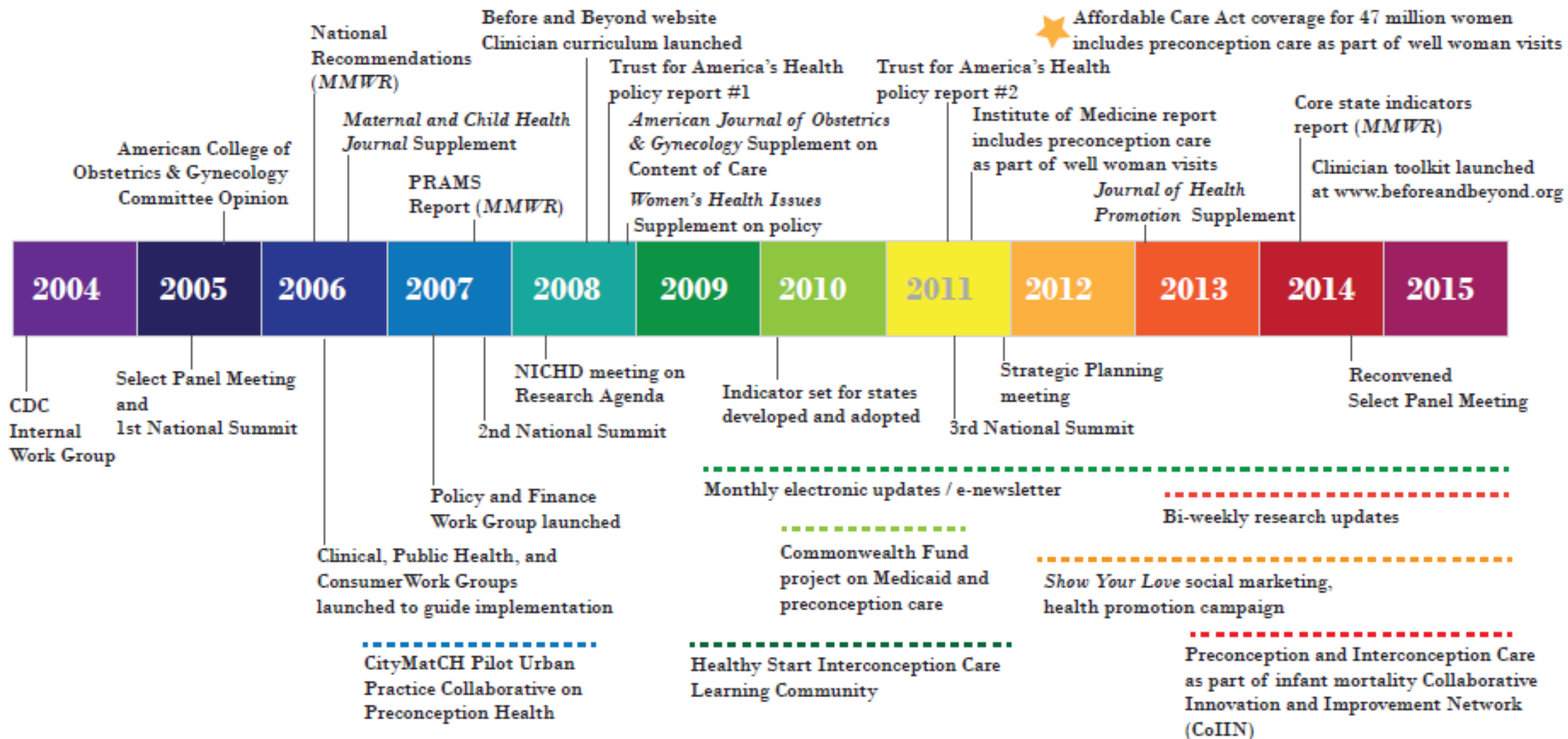
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U.S. Context

- Preconception was first linked to preventing **infant** mortality and morbidity. The link to birth defects has the strongest evidence. Epigenetics is a quickly growing field.
- Preconception / Interconception is now linked to preventing **maternal** mortality and morbidity. Focus on chronic condition detection and management including mental health.
 - Limited funding. New work in progress
- Preconception as part of people of reproductive age's health and wellness is where we should be. Sexual and Reproductive Health!





More Recently

- Preconception plans are integrated into other plans instead of standing alone.
- Focus on the preventive health visit and consumer education.
- Building partnerships between health care, public health, consumers, and community leaders.



A Word About Men

- There is limited but growing science about the role of men's health on birth outcomes. Epigenetics is a key field for this work.
- Tobacco use is linked with infertility, miscarriage and can impact the fetus (and child once born).
- Sexually transmitted infections can lead to infertility.
- There is emerging evidence about exposures to environmental toxins and birth outcomes.
- Men should be full partners in creating safe, caring and healthy relationships and behaviors.



Challenges



Challenges

- Many pregnancies aren't planned and the ways people think about when to get pregnant are complex.
- Not everyone in the U.S. has insurance and/or access to health care.
- Quality indicators about preconception health aren't routinely collected. Our data is incomplete thus it is hard to benchmark change.



More Challenges

- Health is more than just clinical care. Many people don't have the resources to act upon clinical advice.
- There are significant disparities in care for Black and Brown women.
- The investment in preconception health has been VERY small.





Context



Supporting LGBTQ and Non-Binary People

- Young adults in the U.S. are increasingly challenging the idea that people identify only as either women or men. They are pushing for less gendered language.
- LGBTQ people experience bias in health care and have higher rates of unintended pregnancy, sexually transmitted infections, and mental health conditions.
- Transgender people become parents. Preconception and prenatal care must be respectful and aware of some of the special health and emotional needs of this population.





Opportunities



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Strategy 1: Support Informed Family Planning

- Provide person/couple-centered counseling on reproductive health and family planning with access to full services from pre-pregnancy care, fertility protection, ALL contraceptive methods, emergency contraceptive, infertility services, and abortion.
- People need more information about human reproduction, fertility cycles, and the impact of aging on fertility (all genders) and birth outcomes.



Strategy 1 Continued



- One approach strategy is asking people about whether they plan to become pregnant in the next year and guide the conversation accordingly.
- There are several tools and resources available to help!
- Professionals must understand power imbalances in relationships (including patient-provider), the frustration of people who want children but are not partnered, sensitivity around fertility / prior pregnancy loss, and that people change their minds.



Strategy 2: Quality preventive health care visits and services

- Provide comprehensive, person-centered annual health care visits.
- Encourage adults to seek care!
- Create and track measures related to preconception health and wellness. Conduct quality improvement initiatives to improve.
- Good care is the responsibility of all providers in a health care system – not just OB/GYNs.



Strategy 3: Create a culture of health, connection & wellness

Through social media, patient education materials, websites, work place wellness, businesses and schools share information that can empower people to live their healthiest life.

Support mental health services and resources for young adults. Make it easy to get help.

Through policy and programs make sure that people have the supports they need to achieve their personal wellness goals.

Listen to and honor the voices and ideas of the people you serve.





Resources

Professionals & People of Reproductive Age



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Resources for Consumers – People of Reproductive Age

Information about healthy lifestyles
Information about Annual Check Ups
Connection with Others

All at [ShowYourLoveToday.com](https://www.showyourlovetoday.com)

New posters, flyers, booklets and
videos will be released in April 2021.

Header of the Show Your Love Preconception Health website. The navigation bar includes: Show Your Love Preconception Health, Wellness Resources, Health Visit 101, Join the Love, Who We Are, and social media icons for email, Facebook, Twitter, LinkedIn, and Instagram. The main banner features a smiling woman with purple lipstick and a purple headband. The text reads: **Be Your Healthiest Self** and *#ShowYourLoveToday by exploring tools and learning tips to stay healthy and well*. Below the text are three buttons: **FIND OUT MORE** (teal), **SUBSCRIBE** (purple), and **JOIN THE LOVE** (purple).

Show Your Love is a national campaign designed to promote wellbeing and support young adults as they strive to achieve their goals and make healthy lifestyle choices today.



COVID-19 and You



Be Well



Annual Check-Up Goals

A video frame showing a close-up of a woman's face as she looks down thoughtfully. The text overlay reads: **Your health and lifestyle choices can impact your life goals. Show love to yourself and the people you care about by making choices that enable you to achieve your goals.**

COVID-19 Guidance



GETTING PREGNANT – *or not* – DURING THE TIME OF CORONAVIRUS



During this time of the coronavirus (COVID-19) pandemic, people have questions about whether or not they should get pregnant. Presently, there's limited evidence available regarding mother-to-fetus transmission, transmission during delivery, and transmission during breastfeeding. We are learning more daily about if and how mothers with COVID-19 pass the virus to their children in the womb and/ or through breastmilk. It is currently thought that it is very unlikely that COVID-19 causes birth defects. There is some evidence that pregnant women are more likely to get the coronavirus.

CONTRACEPTIVES



At the current time, contraceptive care is considered by many providers to be a medical necessity. For people that would like to prevent pregnancy, contact your health care provider to make a plan for getting what you need. If you are unsure of your contraceptive options, www.bedsider.org provides information on the range of contraceptives available. While many clinics are turning to telehealth options, they are prioritizing contraceptive services. If your clinic is unable to help you, continue to reach out to other practices or providers in your community.

For those that would like to try to become pregnant, contact your provider for removal of any long acting reversible contraceptives, including IUDs or Nexplanon. The American Society for Reproductive Medicine has issued recommendations on fertility treatment during the pandemic that includes the suspension of new treatment cycles. Reach out to your provider to learn about your clinic's plan related to fertility treatments.

PRECONCEPTION HEALTH MATTERS:



As new information is continually becoming available and the sample sizes are small, the [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov) is not able to provide recommendations related to delaying pregnancy. The CDC does continue to emphasize the importance of several actions that people can take before they get pregnant to improve their health and the health of their future baby. Both partners need to take steps to have a healthy baby. Many providers are able to offer telemedicine visits which may be a way to discuss your preconception questions in further detail.

Take a multivitamin with 400mcg of folic acid every day.

Stop smoking cigarettes, vaping and use of nicotine products. Need help? Call 1-800-QUIT-NOW.

Marijuana use is not recommended. Other substances and drugs are also not recommended.

Stop drinking alcoholic beverages, including beer, wine, liquor.

Call your provider and learn how you can be tested if you think you might have a sexually transmitted infection.

If you have a chronic condition, please call your health care provider to talk with them about getting pregnant. It is important that your conditions are well controlled and that you and your provider are working together to help you be healthy.

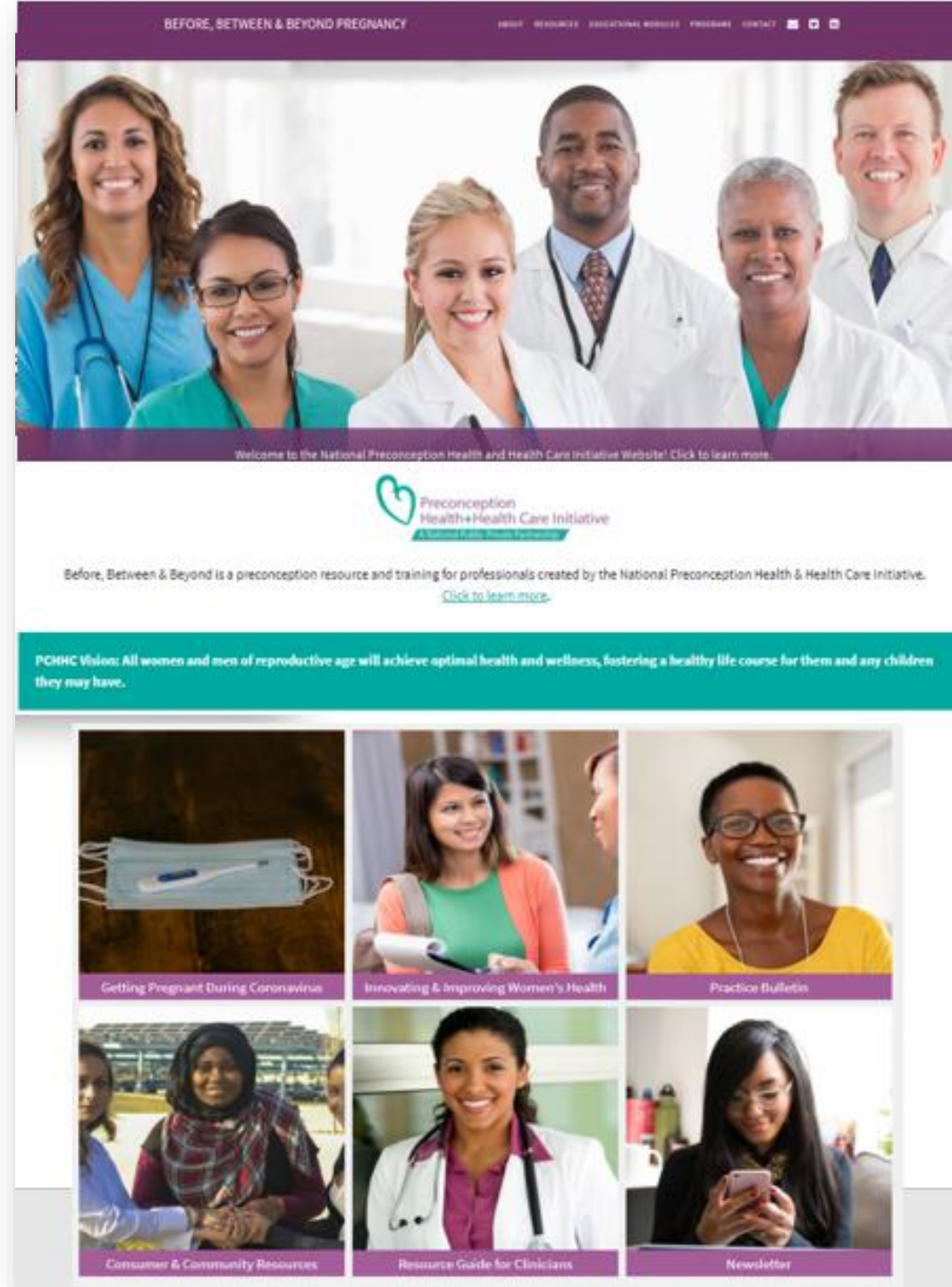
If you are taking medicine, call your health care provider and talk about whether or not it is safe to take during pregnancy. Do not stop taking a medicine without talking to a provider.

Your mental health matters. If you are struggling now with high anxiety, depression, and/or other conditions, get help. There are new options for getting support through telehealth. This is a stressful time for many people, and it can be especially hard for people who already struggle with anxiety and depression.

Talk with your partner. Healthy relationships are important when forming a family. If you don't feel safe in your relationship, especially during this time of spending long periods of time together, the National Domestic Violence Hotline has many resources that you may find helpful. The hotline phone number is 1-800-799-7233 or 1-800-787-3224 (TTY). If you are unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.

Resources for Health Care and Public Health Professionals

- Women's Health Practice Bulletin
- Free Online Training Modules
- Policy Information
- Webinars
- Screening Tools
- And more at www.beforeandBeyond.org



WOMEN-CENTERED CLINICIAN-ENGAGED COMMUNITY-INVOLVED



Building Women's Health Equity - May 2020

NEW! Women's Health Practice Bulletin 2020

Health care providers and community workers are busy. The time that they have with patients/clients is valuable and important. The intent of this practice bulletin is to provide key information and tips to make the most of those important encounters. Additional resources and information for professionals are available at BeforeandBeyond.org.



Click to download the Bulletin

Pilot Testing in a Pandemic



Have you been wondering how your team is to keep up with the Preconception CoIN pilot

Women's Health Week

National Women's Health Week is May 10-16th. While this has been an uncertain and hard time in our country, we have unique opportunities to support women in new ways. This pandemic had shown a spotlight on the faults in our systems. Organizations are being pushed to make changes and find innovative ways to support women's wellness. The use of telehealth has surged in the past few weeks, which has opened doors for many women to seek virtual help and connect with providers in different ways. What still rings true: the need for real connection, timely and trustworthy information, and uplifting messages and support. #ShowYourLoveToday takes on a whole new meaning during a time of physical distancing!

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CDC Bi-Weekly Research Listerv

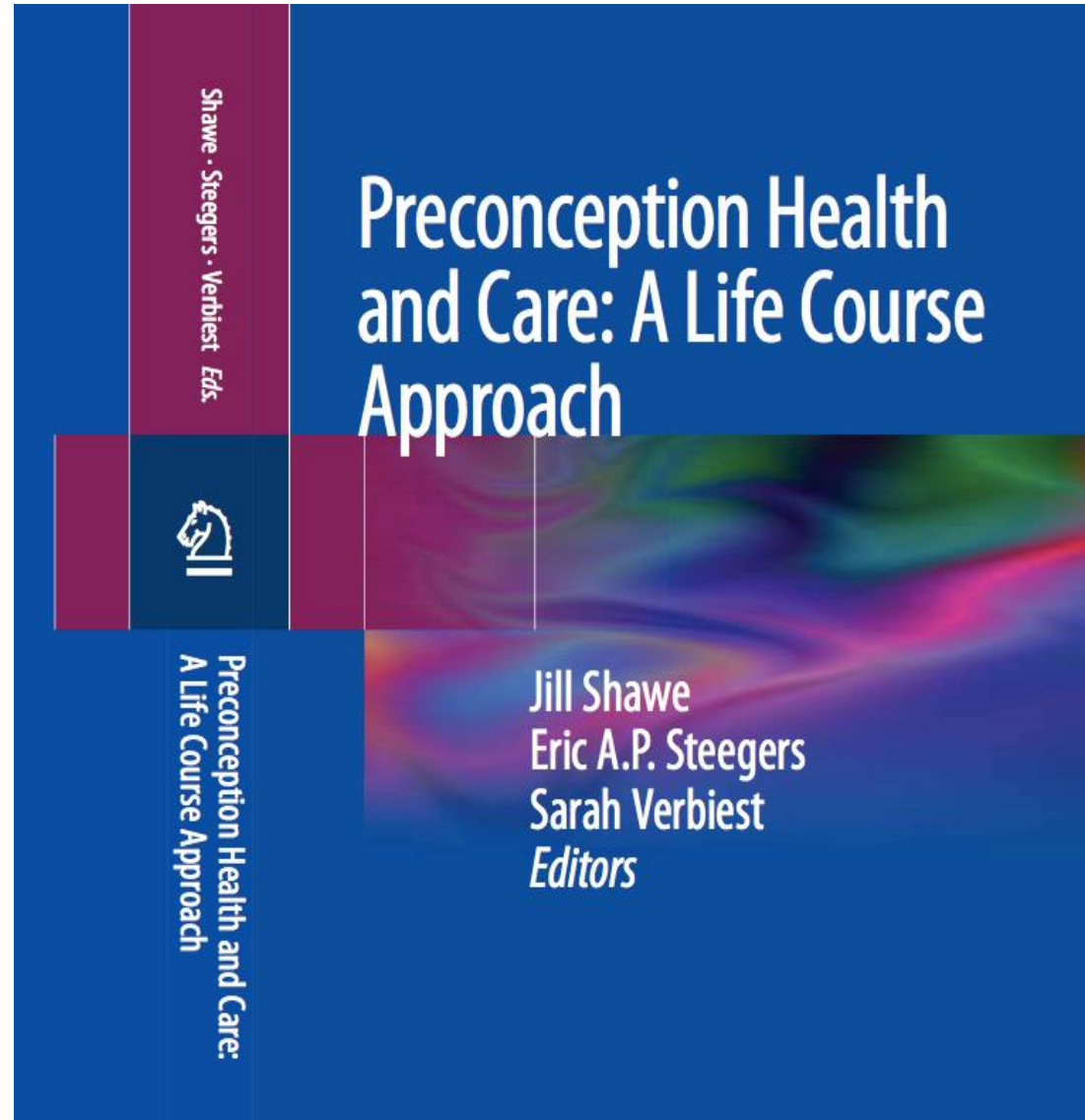
Subscribe by emailing: List@cdc.gov with the email subject line: 'SUBSCRIBE CDCL-PRECONCEPTION-LITERATURE'



Just Released!

New Handbook for multi-disciplinary teams who provide care to people of reproductive age. Provides evidence-based guidance for all aspects of preconception health and care.

Springer Nature Switzerland 2020



Preconception Health is an intergenerational strategy that can make a difference in the health of women, their families and communities!



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Show
Your
Love



Preconception
Health

How will you #ShowYourLoveToday?



Thank you!

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Facebook.com/ShowYourLoveToday



@SYL_Today
#ShowYourLoveToday



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#ShowYourLoveToday



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