

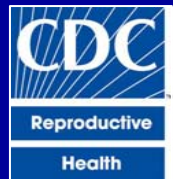
Preconception Care Recommendations: An Overview and Next Steps

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Centers for Disease Control and
Prevention



The findings and conclusions in this presentation have not been formally disseminated by the Centers for Disease Control and Prevention and should not be construed to represent any agency determination or policy.



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- And the Select Panel on Preconception Care



Why Preconception Care?

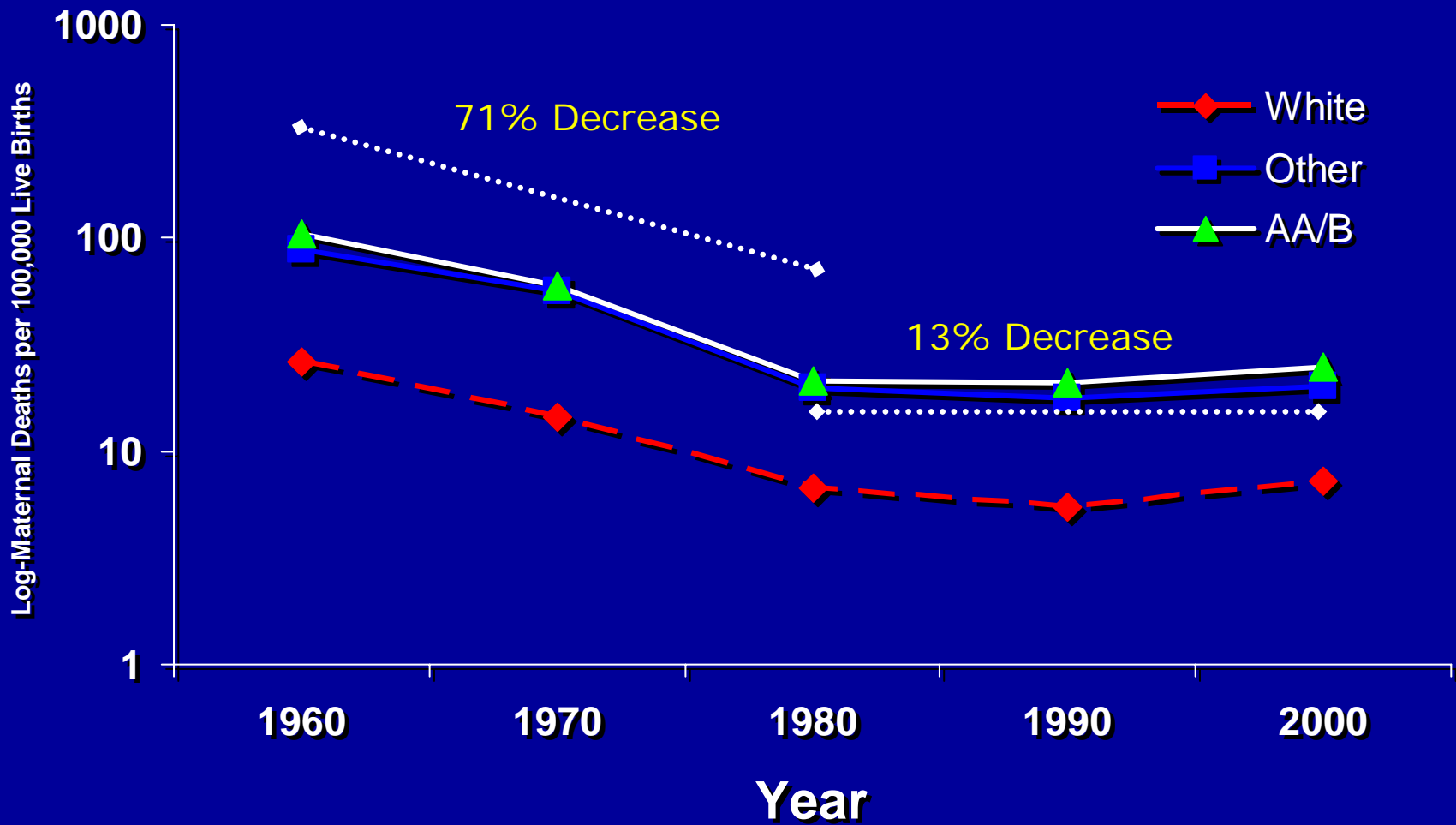
Overview of Maternal and Infant Morbidity and Mortality



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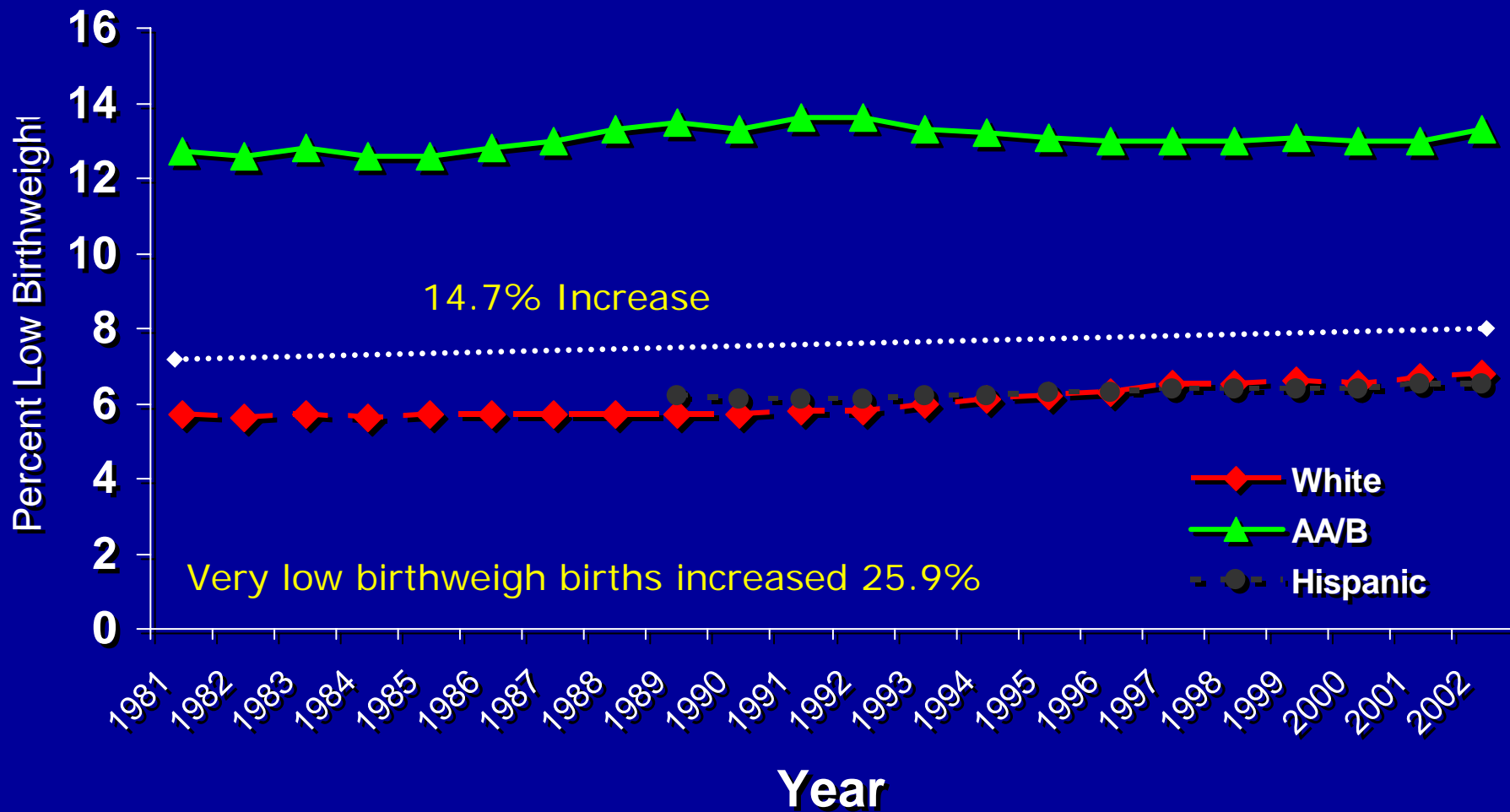
Maternal Mortality Rates, United States 1960-2000



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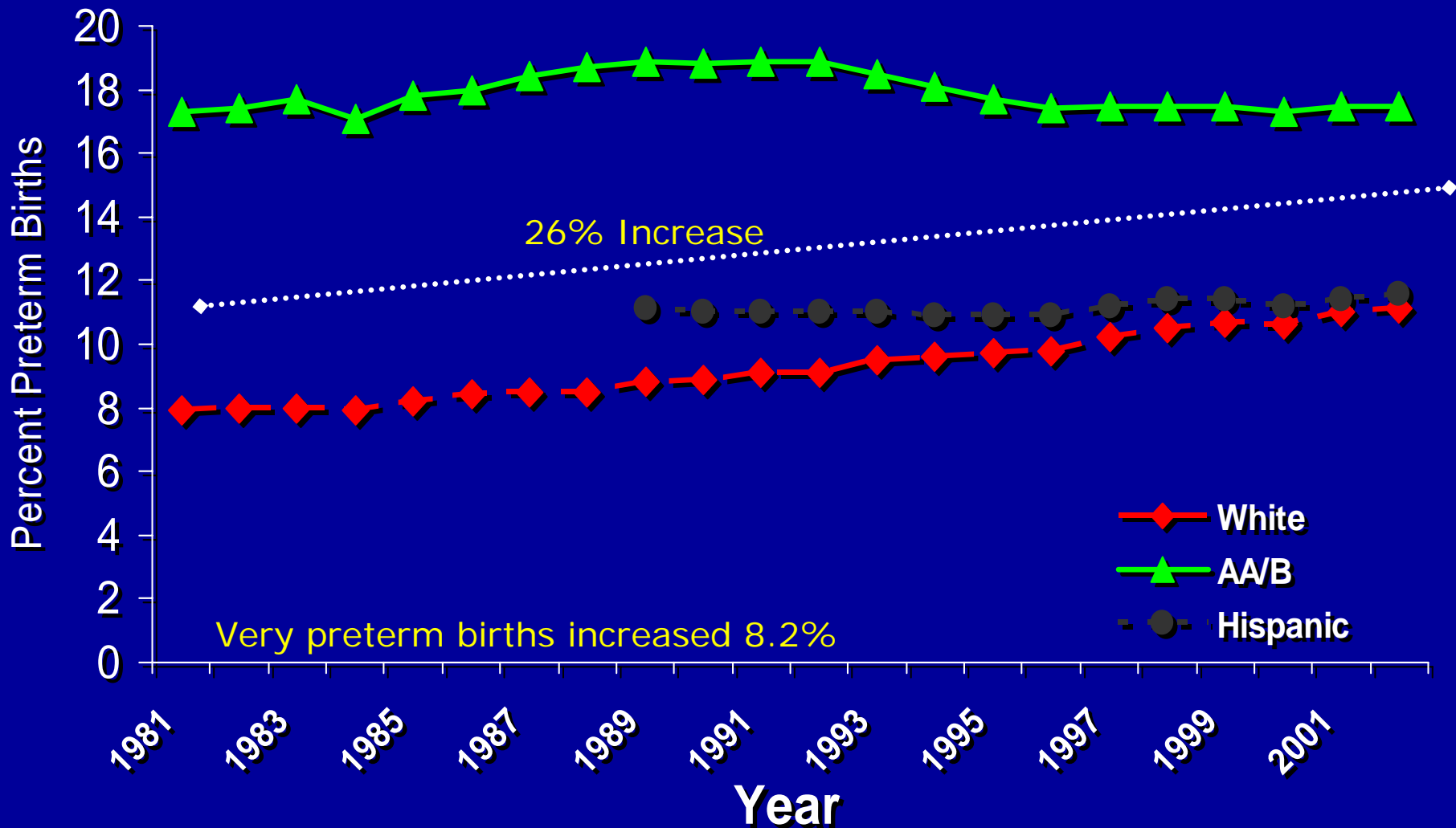
Low Birth weight, United States 1980-2002



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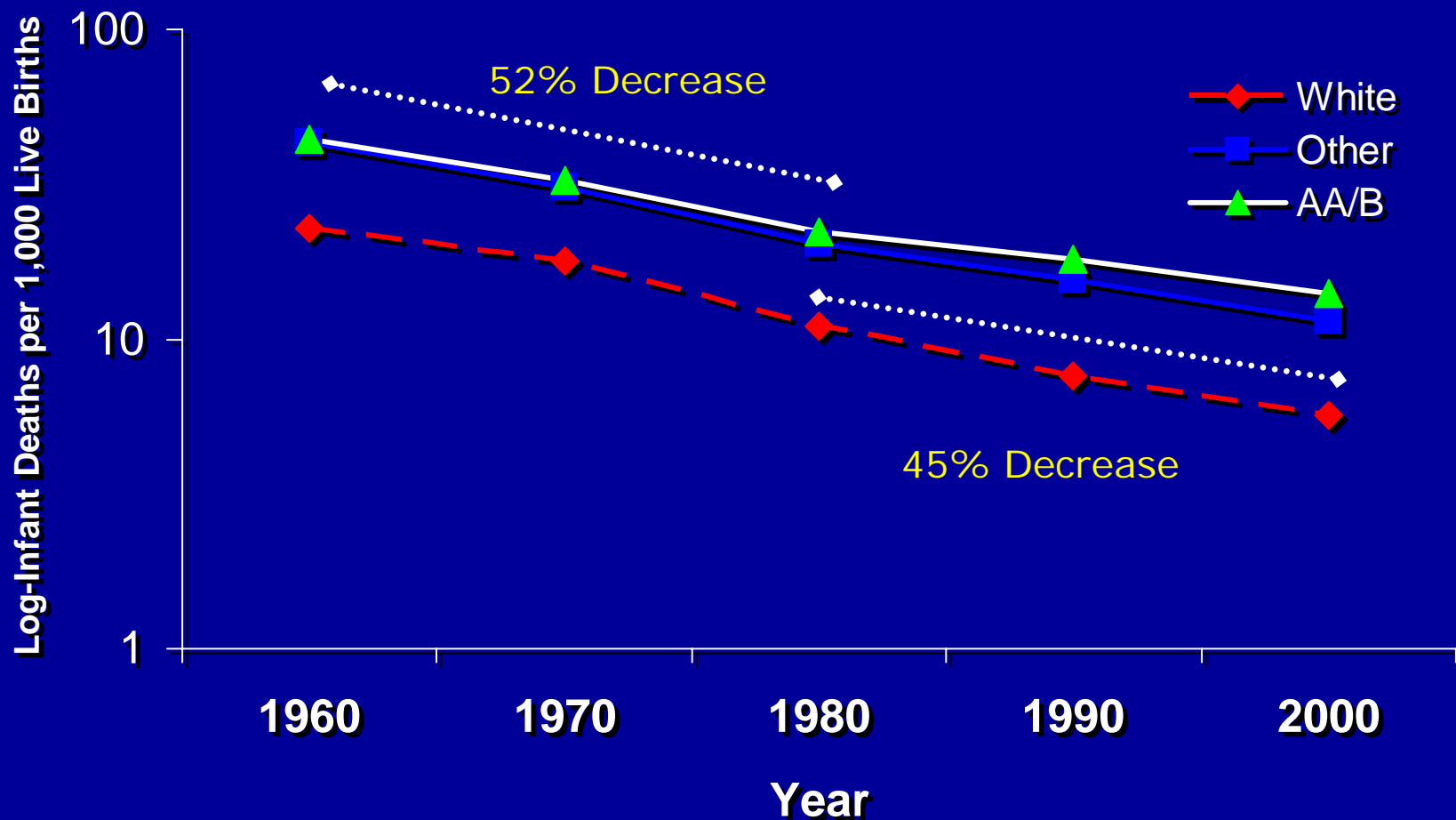
Preterm Delivery, United States 1980-2002



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Infant Mortality Rates, United States 1920-2000



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Prevalence of Risk Factors

**Pregnant
or
gave birth**

Smoked during pregnancy	11.0%
Consumed alcohol in pregnancy (55% at risk of pregnancy)	10.1%
Had preexisting medical conditions	4.1%
Rubella seronegative	7.1%
HIV/AIDS	0.2%
Received inadequate prenatal Care	15.9%

**At risk of
getting
pregnant**

Cardiac Disease	3%
Hypertension	3%
Asthma	6%
Dental caries or oral disease (women 20-39)	>80%
Diabetic	9%
On teratogenic drugs	2.6%
Overweight or Obese	50%
Not taking Folic Acid	69.0%

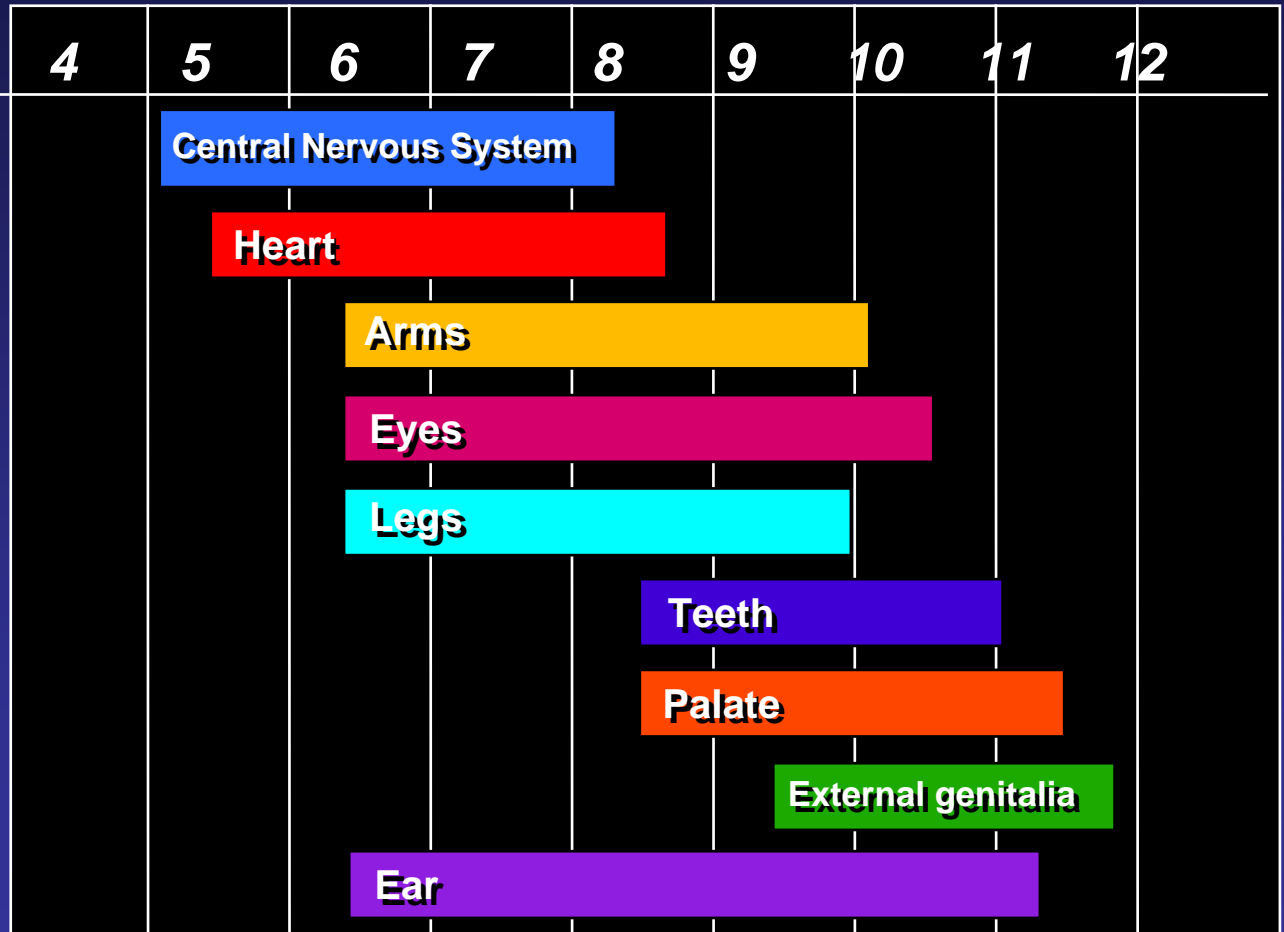


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Critical Periods of Fetal Development

Weeks gestation
from LMP



Most susceptible
time for major
malformation

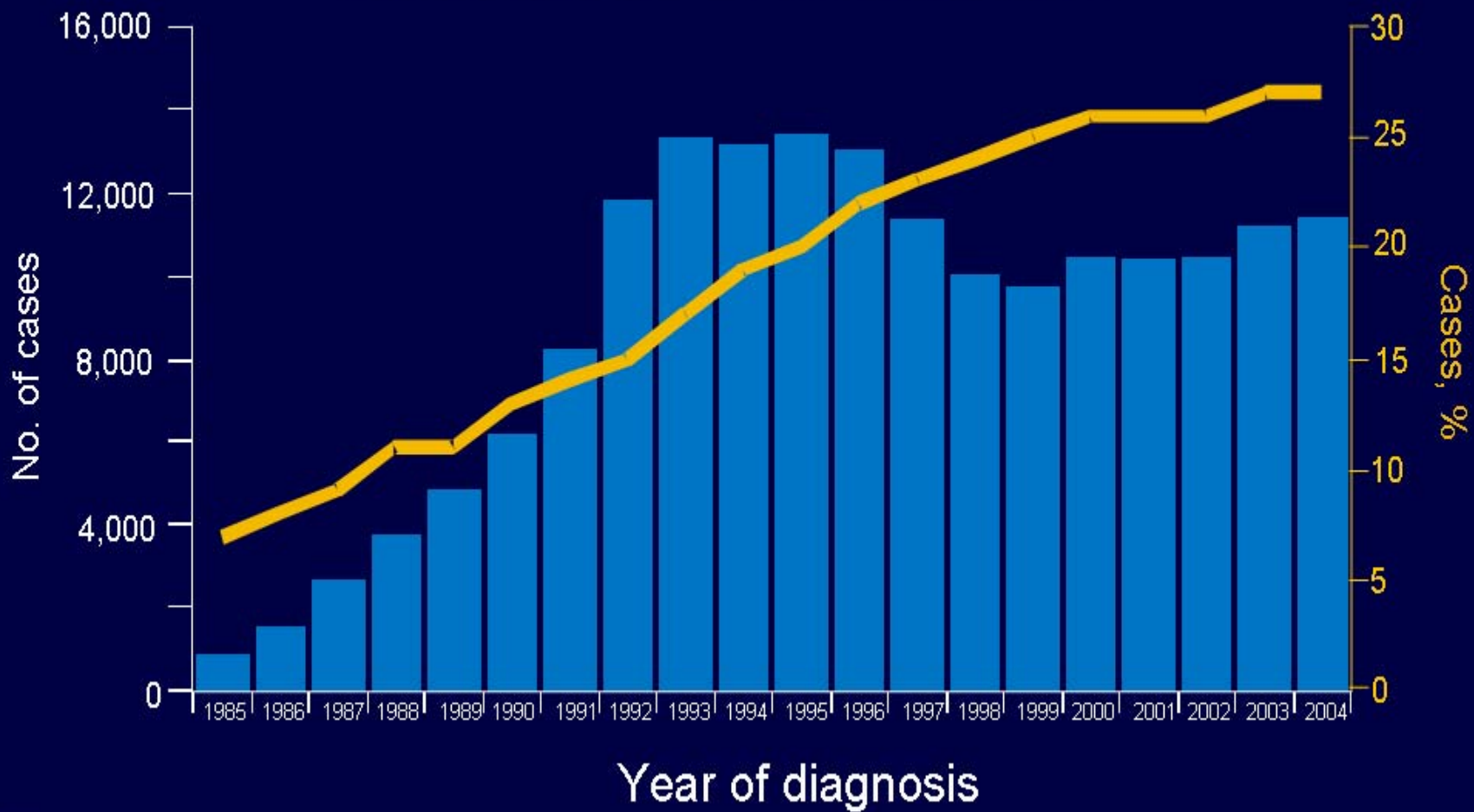
Missed Period

Mean Entry into Prenatal Care

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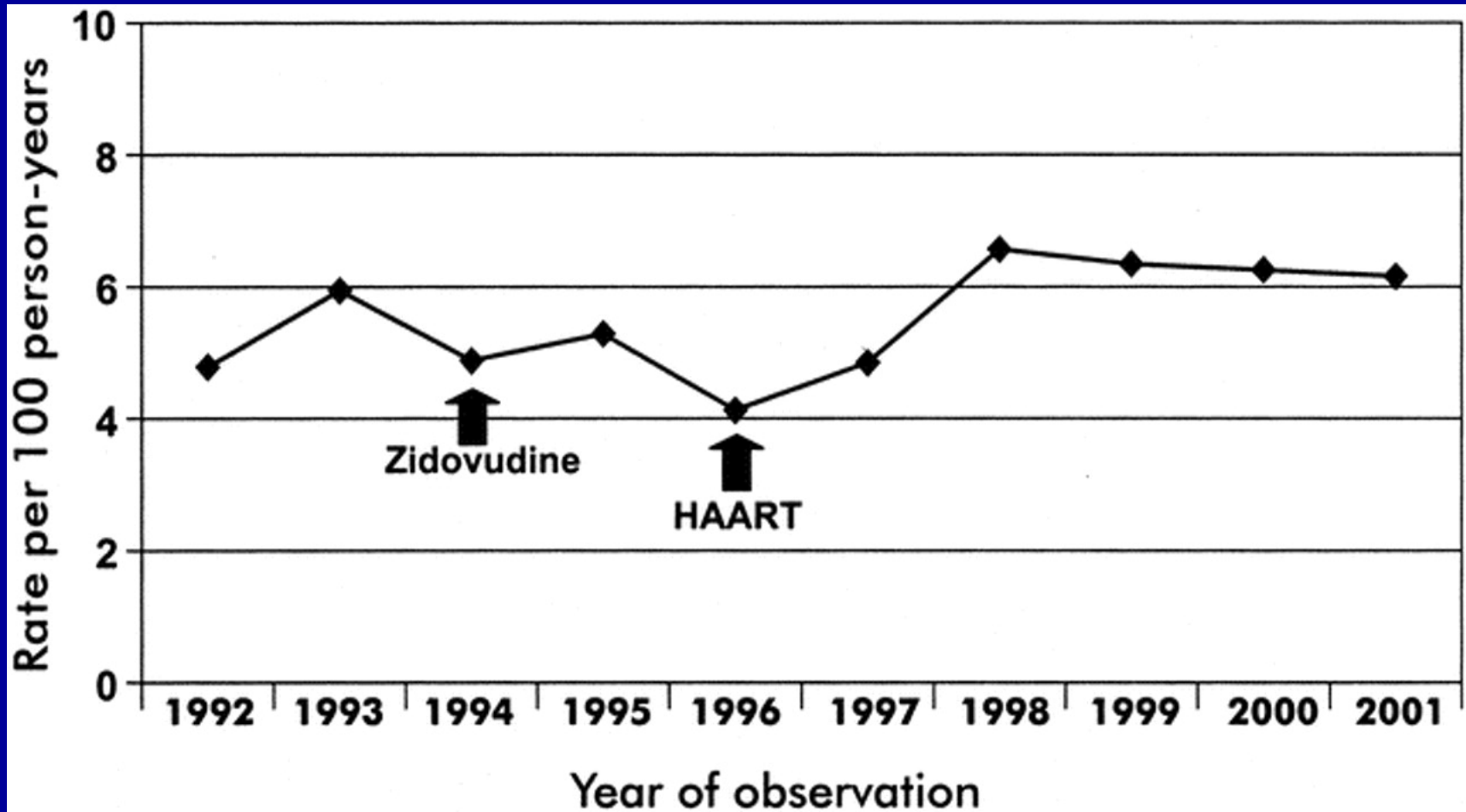
Number and Proportion of AIDS Cases among Female Adults and Adolescents 1985-2004—United States



Note. Data have been adjusted for reporting delays.



Trends in Pregnancy Among HIV+ Women



From Blair et al., 2004 Obstetrics and Gynecology

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Preconception Health Initiative

- Evaluate the current state of the science
- Develop national recommendations to improve preconception health
- Improve provider knowledge, attitudes, and behaviors



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Preconception Health Initiative

- Identify opportunities to integrate PCC programs and policies into federal, state, local health programs
- Develop tools and promote guidelines for practice
- Evaluate existing programs for feasibility and demonstrated effectiveness



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Definition of Preconception Care

“Preconception care is defined as a set of interventions that aim to identify and modify biomedical, behavioral, and social risks to a woman’s health or pregnancy outcome through prevention and management.”



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A Vision for Improving Preconception Health and Pregnancy Outcomes

- All women and men of childbearing age have high reproductive awareness
- All women have a reproductive life plan
- All pregnancies are intended and planned.



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A Vision for Improving Preconception Health and Pregnancy Outcomes

- All women of childbearing age have health coverage
- All women of childbearing age are screened prior to pregnancy
- Women with a prior adverse pregnancy outcome have access to intensive inter-conception care



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Goals for Improving Preconception Health

1. To improve the knowledge, attitudes, and behaviors of men and women related to preconception health.
2. To assure that all U.S. women of childbearing age receive preconception care services – screening, health promotion, and interventions – that will enable them to enter pregnancy in optimal health.



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Goals of Preconception Care

3. To reduce risks indicated by a prior adverse pregnancy outcome through interventions in the interconception period.
4. To reduce the disparities in adverse pregnancies outcomes.



Recommendation 1: Individual responsibility across the lifespan

- Each woman, man, and couple should be encouraged to have a reproductive life plan.



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Recommendation 2: Consumer Awareness

- Increase public awareness of the importance of preconception health behaviors and pre-conception care services by using information and tools appropriate across various ages; literacy, including health literacy; and cultural/linguistic contexts.



Recommendation 3: Preventive Visits

- As a part of primary care visits, provide risk assessment and educational and health promotion counseling to all women of childbearing age to reduce reproductive risks and improve pregnancy outcomes.



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Recommendation 4: Intervene for Identified Risks

- Increase the proportion of women who receive interventions as follow-up to preconception risk screening, focusing on high priority interventions.



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Recommendation 5: Interconception Care

- Use the interconception period to provide additional intensive interventions to women who have had a previous pregnancy that ended in an adverse outcome.



Recommendation 6: Prepregnancy Checkup

- Offer, as a component of maternity care, one prepregnancy visit for couples and persons planning pregnancy.



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Recommendation 7: Health Insurance Coverage for Low-Income Women

- Increase public and private health insurance coverage for women with low incomes to improve access to preventive women's health and preconception and interconception care.



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Recommendation 8: Public Health Programs and Strategies

- Integrate components of preconception health into existing local public health and related programs, including emphasis on interconception interventions for women with previous adverse outcomes.



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Recommendation 9: Research

- Increase the evidence base and promote the use of the evidence to improve preconception health.



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Recommendation 10: Monitoring Improvements

- Maximize public health surveillance and related research mechanisms to monitor preconception health.



Summary

- Increase consumer demand/expectations
- Improve clinical services
- Increase access to health care services
- Improve public health programs to reach target populations
- Monitor progress and adjust as needed



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Next Steps

Life after publishing the MMWR



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MCHJ Supplement

- Call to action
- Clinical, public health, economic perspectives
- Risk/intervention summaries
- Summary of recommendations



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Response to the Recommendations

- Press
- Public inquiries
- Internet chatter



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Work Group Activities

- Implementation Activities
 - Clinical services
 - Public Health programs
 - Consumer materials



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Next Steps for CDC & Partners

- ▮ Develop tools and guidelines for practice
- ▮ Increase awareness among public/private providers
- ▮ Identify opportunities to integrate PCC into state, local, and community health programs
- ▮ Evaluate existing programs for feasibility and demonstrated effectiveness



Public Health Leadership Responsibilities

- ▮ Review the recommendations and action steps
- ▮ Identify opportunities for integration of preconception health promotion activities
- ▮ Evaluate efforts and publish results.



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Resources

- <http://www.cdc.gov/ncbddd/preconception/default.htm>
- <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5506a1.htm>

