



Public Health Workgroup of the Preconception Care Council of California

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Workgroup Vision Statement

Public Health promotes healthy communities by supporting reproductive life planning as an essential public health function.

Reproductive life planning presents a window of opportunity to ensure optimum health for all people across the lifespan.



Workgroup Priorities

- Integration of preconception health promotion messages into existing MCAH programs (Strategy 1.1.3 from Title V Implementation Plan)
 - Six core components
- Coordination and communication of information statewide
 - Website



Six Core Components

- Active Living, Nutritious Eating
- Substance Use
- Relationships and Emotional Wellness
- Healthy Environments
- Reproductive Life Planning
- Physical Health



Conceptual Framework

The Spectrum of Prevention

Influencing policy and legislation

Mobilizing neighborhoods and communities

Fostering coalitions and networks

Changing organizational practices

Educating providers

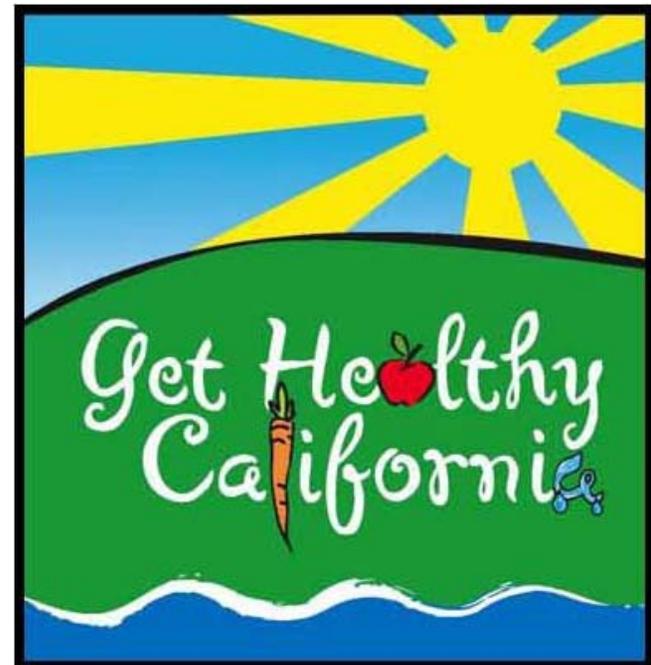
Promoting community education

Strengthening individual knowledge and skills



Influencing Policy and Legislation

- 2007: SB 12—School Nutrition Bill
- Menu labeling legislation
- California Obesity Prevention Plan
- Farmers Markets and WIC





Mobilizing neighborhoods and communities

- Community organizing for farmers markets/better availability of fresh foods
- Cause walks (Step Out to Fight Diabetes etc.)
- Improved walking trails and public recreation areas

Case Study: Unused Canal Gets a Much Needed Face-Lift

- The City of Parlier filled in an unused canal near a park to create a skate park
- Plans are underway to improve the lighting and sidewalks
- The new recreation area and skate park are big attractions for those living in the community





Fostering Coalitions and Networks

- Healthy Women's Weight Action Learning Collaboratives (HWWALC)
- Network for a Healthy California



Changing Organizational Practices

- Promoting the use of Body Mass Index (BMI) as a vital sign
- Community gardens in schools
- Employer Toolkits
 - Los Angeles Best Babies Network's Pregnancy and Family Friendly Workplace Policies
 - CA Fit Business Kit
- Healthy foods and exercise breaks at meetings 😊



Educating Providers

- Every Woman Every Time provider education packet
- ABCDE's to Envisioning a Healthy Future
- Professional Associations (especially for pediatricians, family medicine doctors etc.)
- Health promoters (promotoras de salud)



Promoting Community Education

- Workshops in community venues (churches, community centers)
- Recipe clubs
- Promote active ways of getting from school to work, running errands



Strengthening Individual Knowledge and Skills

- Promote healthier food choices
- Educate about different kinds of physical activity
- Nutrition and physical activity guidelines through AFLP
- Health care providers, public health nurses, outreach workers, peer-to-peer



Active Living, Nutritious Eating

- **Key Messages**
 - Risks to woman's health and future pregnancies if overweight/obese now
 - Folic acid can prevent birth defects now
- **Key Interventions**
 - Nutrition and physical activity
 - Multivitamin use
- **Local Integration Example**



Substance Use

- **Key Messages**

- Drinking, especially binge drinking, during very early pregnancy is harmful
- Almost half of pregnancies are unplanned
- Risks of tobacco use to a woman's health and future pregnancies—better to quit now

- **Key Interventions**

- If you drink or use, contracept (counsel/refer)
- Screening for ATOD use (and Rx drug abuse)
- Brief intervention and referrals

- **Local Integration Example**



Relationships and Emotional Wellness

- **Key Messages**
 - Healthy Relationships (IPV)
 - Emotional Wellbeing
 - Stress management
 - Social Support
- **Key Interventions**
 - Screening tools
 - Brief intervention/referral
- **Local Integration Example**



Healthy Environments

- **Key Messages**

- Occupational, household and neighborhood hazards
- Food safety
- Lead and mercury poisoning

- **Key Interventions**

- Education and referral
- Community mobilization

- **Local Integration Example**



Reproductive Life Planning

- **Key Messages**

- Having a baby is a significant event in one's life—planning for it is a good idea!
- Planned pregnancies are healthier for mom, baby and the whole family

- **Key Interventions**

- Reproductive life planning tools
- Birth spacing education
- Contraception!

- **Local Integration Example**



Physical Health

- **Key Messages**

- Chronic diseases have an impact on pregnancy and take time to control
- Infections can have an impact in pregnancy and almost half of pregnancies are unplanned (IZ and STIs)
- Poor oral health is another source of infections
- Certain medications are harmful to pregnancy

- **Key Interventions**

- Get chronic disease under control now—counsel/refer
- Keep immunizations current
- Good oral health now and during pregnancy too
- Screening for STIs
- Talk to your doctor about medications if you could become pregnant

- **Local Integration Example**



Small Group Activity and Discussion

- Break into five groups. Each group to start with a topic area.
- Look at grid and fill in projects you are already working on that fit under each of the “levels” for that topic area. Include any ideas for projects you could easily implement
- Make a note of key points. Come back and discuss as a group
- Suggestions, questions, comments?



Preconception Health Website

- Spectrum of prevention and six core components as conceptual framework
- Tip sheets and links
- Provider education resources
- Community-based activities
- Policy initiatives
- Partners and Discussion Forums
- Website workgroup—volunteers?