

Preconception Health: Problem Analysis Diagram

<p>Social/Economic/Policy Level</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Environment Climate change & impact of natural disasters impact Health diminishing aspects of the built environment</p> </div>	<p>Social Issues Cultural views on family planning & birth spacing Women's health not a priority Cultural views on health habits Racism & discrimination Poverty</p>	<p>Healthcare Practice/Policy Preconception health not included in standard health care for women Insurance doesn't cover wellness care Lack of emphasis on prevention</p>	<p>Policy Women's health issues not a priority</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Economics Inequitable Housing</p> </div>
<p>Family/Community/Institutional Level</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Family/Home Family's/Partner's views on family planning Partner not aware of impact of own health & wellness on woman Partner's use of tobacco, alcohol, & drugs Partner's STDs Violence in the home</p> </div>	<p>Community/Environment Neighborhood violence Access to/time/safe space/affordability of exercise Limited access to affordable nutritious food Limited economic opportunities Exposure to toxic substance at work on woman or partner Environmental exposures Poor education support & quality</p>	<p>Healthcare Institutions Providers not discussing optimizing health (screen) before pregnancy Preconception care not integrated with primary care for women/men Lack of providers available for primary & preventative care Lack of knowledge of providers about preconception health concepts Interventions not offered or available for risks</p>	
<p>Individual Level</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Knowledge Low levels of formal education & income (financial instability) No reproductive life plan Lack of knowledge about the impact of one's health before</p> </div>	<p>Health Behaviors/Status Overweight/obese or underweight Mental health &/or substance use issues Chronic health condition(s) No/inconsistent use of effective contraception Poor oral health & care Not taking folic acid Not up to date on vaccinations</p>	<p>Individual Health Care Limited access to primary & reproductive health care No or limited access to preventative care No regular health care provider</p>	<p>Psychological Low self-esteem or self-efficacy Chronic stress</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Other Unemployed/underemployed/financial strain Intimate partner abuse</p> </div>
<p>Target Outcome(s):</p>	<p>Preconception health behaviors (pregnancy intention, interpregnancy interval, folic acid use, nutrition, physical activity, oral healthcare, abstinence from alcohol, tobacco, drug abuse, harm reduction for required prescription drugs, healthy weight, healthy relationships, appropriate healthcare access, safe environment, financial stability, mental wellness, vaccinations, prevention/management of diseases</p>		
<p>Consequences:</p>	<p>Preterm birth, low birth weight, infant born exposed to substances or disease, birth defects, infant mortality, child developmental delays. risk factors for chronic disease. maternal morbidity. maternal mortality</p>		