### Social/Economic/Policy Level

**Environment**
- Climate change & impact of natural disasters impact
- Health diminishing aspects of the built environment

**Social Issues**
- Cultural views on family planning & birth spacing
- Women’s health not a priority
- Cultural views on health habits
- Racism & discrimination
- Poverty

**Healthcare Practice/Policy**
- Preconception health not included in standard health care for women
- Insurance doesn’t cover wellness care
- Lack of emphasis on prevention

**Policy**
- Women’s health issues not a priority

**Economics**
- Inequitable Housing

### Family/Community/Institutional Level

**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

**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

**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

### Individual Level

**Knowledge**
- Low levels of formal education & income (financial instability)
- No reproductive life plan
- Lack of knowledge about the impact of one’s health before

**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

**Individual Health Care**
- Limited access to primary & reproductive health care
- No or limited access to preventative care
- No regular health care provider

**Psychological**
- Low self-esteem or self-efficacy
- Chronic stress

**Other**
- Unemployed/underemployed/financial strain
- Intimate partner abuse

### Target Outcome(s):

**Consequences:**
- 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

- 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