

Slide 1

Preconception Health: An Issue For Every Woman of Childbearing Age in Florida

Slide 2

Preconception health is a woman's health before she becomes pregnant. Many factors influence a pregnancy, and preconception health has been recognized as one of them.

Slide 3

Taking action on health issues and risks before pregnancy can translate into a healthier pregnancy, and can prevent negative birth outcomes.

Slide 4

In Florida, half of all pregnancies are unintended, meaning these pregnancies are either unwanted or mistimed.

Because most pregnancies are unintended, they are not immediately recognized, and women do not enter prenatal care until a few weeks or even months into their pregnancies.

Yet the first few weeks of pregnancy and the time just before conception are the periods of time associated with the greatest risk of preterm birth and other adverse pregnancy outcomes.

Therefore interventions that occur after conception do not address all of the risks associated with adverse pregnancy outcomes.

Women need to be healthy before conception to address preventable risks for negative pregnancy outcomes.

Slide 5

This presentation will give an overview of Florida's Preconception Health Indicator Report.

The report was created to give a first look at preconception health issues in Florida.

The information provided will help in assessing, monitoring, and evaluating preconception health issues and interventions in the state.

The report also highlights current trends, different populations, and specific issues that are of particular importance to Florida.

This presentation will focus on a few of these preconception health issues.

Slide 6

The indicators used for the report were selected by the CORE State Preconception Health Indicators Working Group, a group formed by seven states including Florida.

The purpose of the group was to define preconception health domains and propose preconception health indicators currently measurable at the state level.

The group selected 45 indicators from 11 domains. Florida's report provides 35 indicators from 10 domains for which data is currently available to summarize preconception health in Florida.

Slide 7

Women in Florida experience many different preconception health issues. Yet the three most common issues – unintended pregnancies, contraception use, and obesity - are important because a large number of women in the state face these issues.

Slide 8

Two of the most common preconception health issues in Florida relate to planning pregnancies and are also related to each other – unintended pregnancies and contraception use.

The percentage of unintended pregnancies is especially high and has not shown any improvement in recent years.

Unintended pregnancies may be attributed to the low rate of contraceptive use among women, especially in women who are not trying to become pregnant.

Obesity is the third most common issue, with the rates of obesity increasing. Obesity is associated with many adverse maternal health conditions, which can directly affect pregnancy and birth outcomes.

Slide 9

Women in Florida compare significantly better to women in the U.S. in these five preconception health areas.

Slide 10

Women in Florida are more likely to have a routine checkup compared to women in the U.S., suggesting that Florida women may have better access to care, or may be more likely to seek care than U.S. women.

Slide 11

While women in Florida are less likely to be obese, it should be noted that the rates of overweight and obesity are continuing to increase, and are still major health issues that need to be addressed.

Slide 12

The percentage of women of childbearing age currently with asthma is lower in Florida compared to U.S. women.

Slide 13

Florida women of reproductive age are less likely to binge drink than U.S. women.

Slide 14

Recent mothers in Florida are less likely to smoke prior to pregnancy compared to recent mothers in the United States.

Slide 15

When compared to the United States, Florida women do significantly worse in these four areas of preconception health.

Slide 16

This area of preconception health is especially important in Florida, because preventing unintended pregnancies is an essential strategy in improving preconception health.

Slide 17

Recent mothers in Florida are less likely to have health care coverage or insurance during the months before pregnancy.

Slide 18

While the rates of daily vitamin consumption among women prior to pregnancy are low throughout the United States, they are even lower in Florida.

Daily multivitamins contain the daily recommended dose of folic acid for women of childbearing age. Consuming the recommended amount of folic acid prior to conception can prevent up to 70% of all neural tube defects and may prevent other adverse pregnancy outcomes.

Slide 19

Women in Florida are significantly less likely to receive an influenza vaccination.

Influenza vaccination prior to pregnancy can prevent pregnancy complications., and is an important area of preconception health.

Slide 20

In recent years, women in Florida are only improving in one area of preconception health – smoking.

Slide 21

The percentage of current smokers in Florida has continued to decrease; however, improvements can still be made.

Slide 22

Women in Florida are worsening in these seven areas of preconception health in recent years.

Slide 23

This decrease of 8.7% since 2000 in health care coverage in Florida indicates that fewer women have access to health care.

Slide 24

This increase in alcohol use may result in worse birth outcomes, especially among women not planning to become pregnant and don't recognize that they're pregnant immediately.

Slide 25

Along with the increasing prevalence of alcohol consumption, the prevalence of recent mothers binge drinking prior to pregnancy has also continued to increase in recent years.

Slide 26

The prevalence of obesity has continued to increase in both the nation and the state. This increase is concerning because obesity is associated with many chronic conditions, which can lead to poor health outcomes for both the mother and infant.

Slide 27

The increased prevalence of diabetes may be related to the increased prevalence in obesity. Diabetes is associated with several negative birth outcomes.

Slide 28

Hypertension is also associated with negative birth outcomes, but these outcomes can be prevented with good medical care prior to pregnancy. Like diabetes, the increasing prevalence of hypertension may be attributed to the increasing rates of obesity.

Slide 29

Chlamydia is capable of causing many complications among women before and during pregnancy, including infertility. The rates have continued to increase in recent years.

Slide 30

Racial and ethnic disparities are evident in preconception health. Disparities are seen in these 7 indicators.

Slide 31

Social determinants of health are the circumstances in which people are born, grow up, live, work, and age.

In Florida, racial and ethnic disparities are apparent in two social determinants of health – education and poverty. The disparities in education and poverty may be contributing factors to disparities seen in the other 7 preconception health indicators.

Slide 32

Hispanic women are more likely to not have a high school education or a GED. Lower education can lead to unhealthy behaviors, exposure to stress, and psychological reactions to stress than increase the risk for adverse birth outcomes.

Slide 33

Black women of reproductive age in Florida are more likely to live at or below 200% of the federal poverty threshold, compared to White women. And Hispanic women of reproductive age in Florida, compared to Non-Hispanic women, are more likely to live at or below 200% of the federal poverty threshold.

The racial and ethnic disparities seen in both education and poverty may translate into disparities seen in the following areas of preconception health.

Slide 34

Non-Hispanic White women are at greater risk in only two areas of preconception health – alcohol consumption and smoking. This graph shows that Non-Hispanic white women in Florida are more likely to consume alcohol, compared to Non-Hispanic Black women, Hispanic women, and other Non-Hispanic women.

Slide 35

Non-Hispanic White women are also more likely to be current smokers than Non-Hispanic Black women and Hispanic women.

Slide 36

Compared to Non-Hispanic White women, Non-Hispanic Black women are more likely to have an unintended pregnancy.

Slide 37

Compared to Non-Hispanic White women and Hispanic women, Non-Hispanic Black women are more likely to be overweight or obese.

Slide 38

Non-Hispanic Black women are more likely to have hypertension, compared to Non-Hispanic White women and Hispanic women.

Slide 39

Non-Hispanic Black women are more likely to have sexually transmitted infections, compared to Non-Hispanic White women and Hispanic women.

Slide 40

Hispanic women are less likely than Non-Hispanic women to have health care coverage.

Slide 41

These indicators give an overall view of how Florida is currently doing in preconception health. While improvements need to be made in some areas, and specific issues need to be addressed, Florida has already begun to increase efforts to address preconception health in recent years. These are 4 examples of programs that have been implemented to focus on these needs.

Florida VitaGrant was implemented in 2004 to educate women and health care professionals about the importance of consuming 400 micrograms of folic acid each day prior to pregnancy.

Every Woman Florida is a collaborative project between the March of Dimes and the Florida Department of Health, focusing on raising awareness on the importance of being healthy prior to pregnancy.

The Florida Department of Health also funded Healthy Start Coalitions to develop pilot interventions to promote preconception health. Individual Healthy Start Coalitions were also funded to develop a model for incorporating interconception health education into services already provided through Healthy Start. These efforts have been incorporated as part of the Healthy Start program.

In addition to the state Healthy Start program, Florida has five federal healthy start programs (Gadsen, Tampa, St. Pete, Jacksonville, West Palm Beach and a new project in Miami-Dade) that serve high-risk communities with significant disparities in birth outcomes. In some ways, these projects led the way in Florida and nationally in defining

and reaching the need for a focus on preconception health. Each of these projects currently offers preconception care to women, including special initiatives that focus on depression (WPB, Tampa), family planning (Pinellas), healthy weight (Magnolia), and primary care (Gadsen).

Slide 42

Future Preconception Health Reports from Florida will monitor the health of women of reproductive age, and assess the impact of statewide preconception health initiatives and other influences.

Slide 43

The complete Preconception Health Indicator Report is located on www.everywomanflorida.com.