



February is

PRECONCEPTION HEALTH AWARENESS MONTH

#ShowYourLoveToday

Preconception Health Awareness Month is an opportunity for health care professionals to re-familiarize themselves with the recommended components and importance of well-woman visits.

For the communities we serve, Preconception Health Awareness Month is an opportunity to engage in conversation about their unique healthcare needs while providing information on where and how to access services.

In 2022 Kansas adopted Medicaid Postpartum Extension, extending coverage for the 12-month postpartum period. This important policy means that healthcare can extend beyond the 2- and 6-week postpartum check-ups and into well-woman preventative care.

Research indicates most women view their OB/GYN as their primary care provider.¹ However, primary care physicians were found to be 2.5x more likely to address multiple co-occurring conditions during preventative wellness visits, such as: mental health concerns, metabolic conditions, circulatory, respiratory, digestive and skin diseases.¹ Approaching each visit with the understanding that there is no wrong door to care is an important step in the community collaborative model.

The [Women's Preventative Services Initiative \(WPSI\)](#) has comprehensive resources and guidance, including recommendations, coding guides, and shortcut guidance healthcare professionals can download on their smartphone.

GUIDE TO TALKING ABOUT PRECONCEPTION HEALTH



Assess, Discuss, & Refer

- Client's overall physical and mental health
- Screenings needed (pap smear, STI screening, HIV screen, depression screening, substance use screening, social determinants of health screening)
- Medical conditions that put one at higher risk such as: diabetes, high blood pressure, obesity, asthma, dental decay
- Vaccinations needed
- Prescription medicines, over-the-counter medications, or supplements taken regularly
- Sobriety support options for substance use, including alcohol, illicit drugs, and/or tobacco use
- Achieving and preventing pregnancy – deciding when and if to get pregnant and contraceptive methods that support the client's needs
- Previous significant medical history, including history with pregnancies (preterm birth or baby weighing less than 5 pounds 8 oz)



Educate, Document, & Connect to Resources

- Taking Folic Acid (400 to 800 mcg every day – based on needs)
- A nutritious diet
- Regular physical activity that is right for the individual
- Healthy ways to reduce stress
- Strengthening client support system and universal education on healthy relationships
- Understanding insurance coverage and payment concerns (prenatal care, delivery services, postpartum extension coverage)
- Health history of client and/or partner's family

PRECONCEPTION INFORMATION & RESOURCES FOR HEALTH CARE PROFESSIONALS

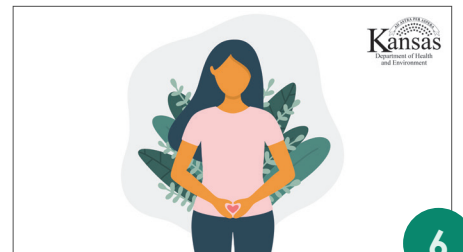
- [KS Reproductive Health and Family Planning Program](#)
- [Reproductive Health National Training Center](#)
- [LARC Integration Toolkit](#) by KDHE
- [Preconception Health Guide](#) by KDHE
- [Postpartum Contraception Access Initiative](#) from ACOG
- [Preconception Care](#) by AAFP
- [MCH Toolkits](#) by KDHE

PRECONCEPTION INFORMATION & RESOURCES FOR PATIENTS

- [KS Reproductive Health and Family Planning Program](#)
- [Reproductive Life Plan](#)
- [Show Your Love](#)
- [Preconception Health for Men](#)

HELP PROMOTE PRECONCEPTION HEALTH AWARENESS MONTH

Sample Social Media Messages



Post 1

Preconception health is about getting healthy and staying healthy throughout your life. It applies to both women and men - regardless if you are planning to have a baby. Preconception health means taking control and choosing healthy habits. To learn more: cdc.gov/preconception/overview.html

La salud preconcepcional consiste en estar sano y mantenerse sano durante toda la vida. Se aplica tanto a las mujeres como a los hombres, independientemente de si planean tener un bebé. La salud antes de la concepción significa tomar el control y elegir hábitos saludables. Para aprender más: cdc.gov/preconception/overview.html

Post 2

Preconception health is about making a plan for the future and taking the steps to get there. For assistance in making your plan: kdhe.ks.gov/DocumentCenter/View/15437/Reproductive-Life-Plan-PDF

La salud preconcepcional consiste en planificar el futuro y dar los pasos necesarios para conseguirlo. Si necesita ayuda para hacer su plan: kdhe.ks.gov/DocumentCenter/View/15437/Reproductive-Life-Plan-PDF

Post 3

Preconception care can increase your chances of becoming pregnant, having a healthy pregnancy, and having a healthy baby. Learn more about preconception health: marchofdimes.org/pregnancy/getting-ready-for-pregnancy-preconception-health.aspx

La atención preconcepcional puede aumentar sus probabilidades de quedar embarazada, tener un embarazo sano y tener un bebé sano. Aprenda más sobre la salud preconcepcional en: marchofdimes.org/pregnancy/getting-ready-for-pregnancy-preconception-health.aspx

Post 4

About 95% of unintended pregnancies occur in women who do not use contraception or use it inconsistently or incorrectly. To learn more about achieving and preventing pregnancy visit kdhe.ks.gov/657

Alrededor del 95% de los embarazos no deseados ocurren en mujeres que no usan métodos anticonceptivos o los usan de manera inconsistente o incorrecta. Para aprender más sobre cómo lograr y prevenir el embarazo, visite: kdhe.ks.gov/657

Post 5

It is equally as important for men and women to be actively involved in pregnancy planning and prevention. To learn more about achieving and preventing pregnancy visit kdhe.ks.gov/657

Es igualmente importante que hombres y mujeres participen activamente en la planificación y prevención del embarazo. Para aprender más sobre cómo lograr y prevenir el embarazo, visite: kdhe.ks.gov/657

Post 6

Sexual health is an important part of wellness. Painful sex is treatable and can be an indicator of something else going on. It can be awkward or uncomfortable to share such personal information but it's just as important getting treatment for pain in any area of the body. #PreconceptionHealthAwareness.

La salud sexual es una parte importante del bienestar. El dolor en las relaciones sexuales es tratable y puede ser un indicador de que algo más está sucediendo. Puede resultar extraño o incómodo compartir esa información tan personal, pero es igualmente importante recibir tratamiento para el dolor en cualquier parte del cuerpo. #PreconceptionHealthAwareness.



Sources:

1. Cohen, D., & Coco, A. (2014, January 1). *Do physicians address other medical problems during preventive gynecologic visits?*. American Board of Family Medicine. <https://www.jabfm.org/content/27/1/13.long>