



February is

PRECONCEPTION HEALTH AWARENESS MONTH

#ShowYourLoveToday

Preconception health care is different for every person, depending on his or her unique needs. Preconception health means:

- Taking control and choosing healthy habits
- Living well, being healthy, and feeling good about life
- Making a plan for the future and taking the steps to get there!

Preconception health refers to the health of women and men during their reproductive years (ages 15-44). Preconception care can improve your chances of getting pregnant, having a healthy pregnancy, and having a healthy baby. **All women and men can benefit from preconception health, whether or not they plan to have a baby one day.** This is because part of preconception health is about people getting and staying healthy overall, throughout their lives. In addition, no one expects an unplanned pregnancy, but it can happen. In fact, about half of all pregnancies in the United States are not planned.ⁱ Unplanned pregnancies are at greater risk of preterm birth and low birth weight babies.ⁱⁱ Preconception health care can help reduce these risks. See the [Preconception Health and Prenatal Syphilis Guides for Women's Health Providers](#) for more information.

HEALTH INDICATORS IN THE 3 MONTHS BEFORE PREGNANCY

Among Kansas Women Who Gave Birth in 2019:



29.4%

reported having anxiety



20.9%

reported having depression



5.7%

reported having hypertension



4.3%

reported having Type 1 or 2 diabetes



16.9%

reported smoking cigarettes

Data were gathered from the Kansas Pregnancy Risk Assessment Monitoring System (PRAMS). PRAMS is a survey where women who recently gave birth are interviewed about their health and experiences before, during, and shortly after pregnancy.

Source: Kansas Department of Health and Environment, Kansas Pregnancy Risk Assessment Monitoring System (PRAMS), 2019

PRECONCEPTION HEALTH RESOURCES FOR YOUR PATIENTS/CLIENTS

- [Reproductive Life Plan](#)
- [Show Your Love Preconception Health](#)
- [Getting Ready for Pregnancy: Preconception Health](#)
- [Preconception Health for Men](#)
- [Preconception Health for Women](#)

Sources:

- Preconception Health, Centers for Disease Control, retrieved from <https://www.cdc.gov/preconception/overview.html>, 2020
- Preconception Health, Office on Women's Health, retrieved from <https://www.womenshealth.gov/pregnancy/you-get-pregnant/preconception-health>, 2018
- Show Your Love, retrieved from <https://showyourlovetoday.com/lovedaysocial/>, 2020
- Planning for Pregnancy, Centers for Disease Control, retrieved from <https://www.cdc.gov/preconception/planning.html>, 2020
- Information for Men, Centers for Disease Control, retrieved from <https://www.cdc.gov/preconception/men.html>, 2020

HELP PROMOTE PRECONCEPTION HEALTH AWARENESS MONTH

Sample Social Media Messages



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: <https://www.cdc.gov/preconception/overview.html>
2. Preconception health is about making a plan for the future and taking the steps to get there. For assistance in making your plan click here: <https://www.kdhe.ks.gov/DocumentCenter/View/15437/Reproductive-Life-Plan-PDF>
3. Preconception care can increase your chances of becoming pregnant, having a healthy pregnancy, and having a healthy baby. Learn more about preconception health: <https://www.marchofdimes.org/pregnancy/getting-ready-for-pregnancy-preconception-health.aspx>
4. No one expects an unplanned pregnancy, but about half of all pregnancies in the United States are not planned. Unplanned pregnancies are at greater risk of preterm birth and low birth weight babies. Preconception health can help reduce the risk. <https://www.womenshealth.gov/pregnancy/you-get-pregnant/preconception-health>
5. What does it mean to #ShowYourLoveToday? <https://showyourlovetoday.com/>
 - We can show love to ourselves by taking care of our health – starting now, with whatever we are able to effect.
 - Be intentional about daily health behaviors and make informed decisions about reproductive goals.
 - Take an active role in managing our own health and learning about local resources. By doing this we can achieve the goals we've set for ourselves.