

Healthy Women, Healthy Families Denver Public Health's Community-Based Preconception Health Program

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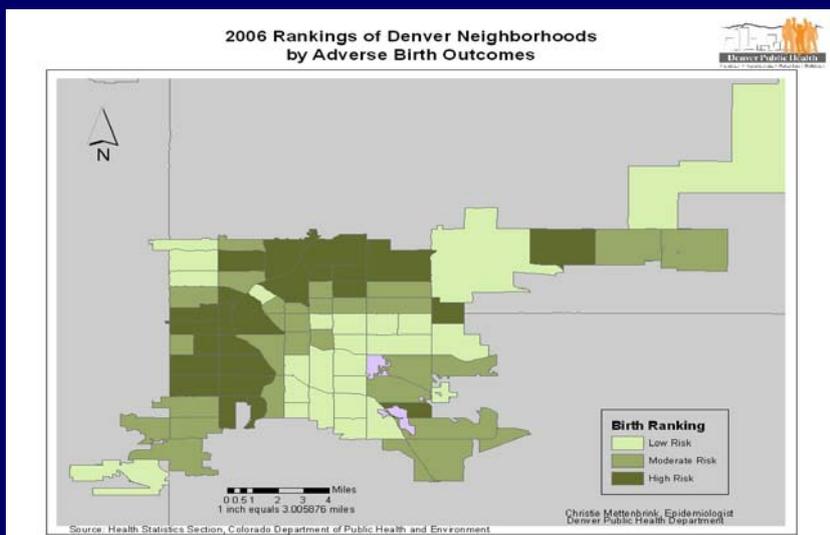
Background

- Most MCH programs have not focused on community-based interventions to address preconception health
- There are a significant number of adverse birth outcomes despite the availability of good clinical services
 - Women see providers relatively infrequently
 - Often medical visits have competing demands

Program Goal

- Develop a community-based preconception program for Denver County
 - Focus on educating reproductive age women (13-50 years) on the importance of preconception health
 - Offer assistance in self-management approaches for avoiding adverse birth outcomes
 - Facilitate access to medical services for healthcare needs

2006 Ranking of Denver Neighborhoods by Adverse Birth Outcomes



Program Development

- Conducted key informant interviews and small group interviews to develop program
 - Questioning path: relevant topics, logic model, presentation format, identification of venues/at-risk populations, program evaluation
- Presentation piloted with two focus groups
 - Suggestions used to revise talk/format
 - Groups were very appreciative of being asked for their input/opinions

Intervention

- Two hour presentation:
 - Conducted in English or Spanish
 - Utilizes 30 highly pictorial slides suitable for lower literate audiences
 - Bilingual flipcharts available for situations when electronic presentations were not possible
 - Allows time for questions and discussion
- Conducted in community locations:
 - Schools, community centers, churches, recreation centers
 - Averages 13 participants/session

The Goals of the Presentation Include Talking and/or Learning About:

- The role of healthy lifestyles in having a healthy future family
- Giving future babies the BEST POSSIBLE CHANCE OF BEING BORN HEALTHY



Main Topics of Discussion

- Reproductive life planning
- Family planning options
- Nutrition and exercise
 - Folic acid
- Health care
- Substance abuse
- Stress management
- Healthy relationships

Evaluation

- Focused on changes in knowledge about preconception health
- Assessed perceptions regarding the need for medical care and ability to access necessary services
- Measured using a survey completed by each participant before and after the presentation

Participant Demographics

Participants	305
Women:	252/284 (89%)
Men:	32/284 (11%)
Hispanic:	220/305 (72%)
Average age:	29 years (range: 7-65)
Ever pregnant:	113/157 (72%)

Evaluation Results

Knowledge of how factors can affect contraception and pregnancy	Baseline N (%)	Follow-up N (%)
Adverse effects of drinking:	166/297 (56%)	244/282 (87%)*
Beneficial effects of exercise:	158/212 (75%)	189/212 (89%)*
Adverse effects of mercury:	142/293 (48%)	256/276 (93%)*

* P < 0.001

Evaluation Results

Self-efficacy answered "definitely"*	Baseline N (%)	Follow-up N (%)
I understand steps to take before getting pregnant	137/296 (46%)	217/280 (78%)†
I can find the needed resources to have a healthy baby	160/300(53%)	214/281 (76%)†

* On a 5-tiered likert scale, † P < 0.001

Evaluation Results

Access to services	Baseline N (%)	Follow-up N (%)
DH clinics provide care to those without insurance:	207/297 (70%)	252/283 (89%)*
Obtaining family planning at DH is “definitely” easy:†	31/204 (15%)	52/196 (27%)*

*P < 0.001 † on a 5-tiered likert scale

Evaluation Results

Satisfaction	Mean (95% CI)
Overall quality:	4.66 (4.58-4.73)
Enough time for questions:	4.29 (4.19-4.38)
Relevant to my life:	4.47 (4.39-4.55)

(5-tiered likert scale: 1=Strongly Disagree–5 Strongly Agree)

Lessons Learned

- Denver has diverse communities
 - Program requires flexibility
- Need to integrate program into existing community-based organization's (CBO) curriculum
 - Provide benefits to CBOs to offer training
 - Demonstrate to CBOs potential benefit for their constituents
 - Trainings currently conducted by only one health educator
 - Need to use “train-the trainer” approach

Future Plans

- Use MCH Title V funding to develop a sustainable program
- Continue integration of the program into neighborhoods of need
- “Train the trainer” model
- Complete a detailed analysis of the program's findings

Funding

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Questions

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