Delaware Preconception CoIlN Initiative

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Delaware Preconception Journey Milestones

2008
- Healthy Women Health Babies Program

2009
- My Life My Plan Teen & Women Reproductive Life Planning

2011
- Preconception Peer Educator Program

2014
- Delaware Contraceptive Access Now (CAN)

2017
- Preconception CoILIN

2019
- (February) Performance Based Approach RLP & PISQ Universal Benchmark
- (October) HWHB 2.0 SDOH Grantee
# Delaware Prepregnancy Statistics
## (2012-2019)

<table>
<thead>
<tr>
<th>Measures</th>
<th>Statewide Average</th>
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<tbody>
<tr>
<td>Exercise 3 or More Days</td>
<td>40.6%</td>
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<tr>
<td>Overweight/Obese</td>
<td>57.6%</td>
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<tr>
<td>One or More Chronic Conditions</td>
<td>42.5%</td>
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<tr>
<td>Not Taking Vitamins*</td>
<td>57.8%</td>
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<tr>
<td>Smoke Cigarettes</td>
<td>22.1%</td>
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<tr>
<td>Drank Alcohol</td>
<td>53.8%</td>
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<tr>
<td>Taking Prescription Medications</td>
<td>22.5%</td>
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* Multivitamin, Prenatal Vitamin, or Vitamin with Folic Acid

Source: Delaware Department of Health and Social Services, Division of Public Health, PRAMS data, 2012-2019
Every Woman Every Time Delaware!
Well Woman Initiative
Every Woman Every Time Delaware Initiative
Overarching Goals

1. Increase the number of reproductive age woman (15-44) who have an annual preventive visit.
2. Increase the number of providers across all specialties asking a pregnancy intention screening question for all women of reproductive age.
3. Educate consumers and increase their understanding of the importance of the annual well woman visit beyond the requisite cervical cancer screening.
4. Ensure all women (and men) have a reproductive life plan
Delaware’s Well Woman Model of Care

- Improved Reproductive & Pregnancy Related Health Outcomes
- Annual Well Woman Care Visit
  - Reproductive Age Women & Men (15-44)
  - PISQ
  - RLP
- Routine Reproductive Life Planning

Pregnancy Intention Screening Question @Every Encounter by Every Provider
The 4 Pillars of Delaware’s Every Woman Every Time Well Woman Initiative

- **Ask a Pregnancy Intention Screening Question**
- **Assess Health Risk Behaviors via Prevention & Education**
- **Manage Chronic Health Conditions**
- **Identify Social Determinants of Health & Link to Services**
Every Woman in Delaware will receive a yearly well woman visit regardless of whether a PAP screening is needed!

Every Time in Every Visit by Every Provider is an opportunity to promote well woman care!

Every Provider in Every Specialty will ask a pregnancy intention screening question of every reproductive age patient!

Every Woman in Delaware will have a reproductive life plan!
The Pandemic Hits & The World Changes
JOIN US ONLINE.
sunday at 10am | 3pm | 6pm
christianministriescenter.com
facebook.com

COVID-19 Innovation
Virtual Reproductive Life Planning for Teens
The Evolution of the Warehouse Reproductive Life Planning Project

- Community Engagement and Partnership
  - Teen Warehouse
- Leverage Existing Resources
  - Preconception Peer Educators – University of Delaware
  - Reproductive Life Planning – My Life My Plan Teen
- Improvise, Adapt & Overcome
  - Focus Group – Teens Self-Selected Topic Area: Healthy Relationships
  - Virtual Reproductive Life Planning
    - Series 1: Healthy Relationships Jeopardy
### Healthy Relationships Jeopardy:

<table>
<thead>
<tr>
<th>Relationships in Movies &amp; TV</th>
<th>Healthy, Unhealthy, or Abuse?</th>
<th>Fact or Myth?</th>
<th>Relationships in Music</th>
<th>Self Reflection</th>
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Takeaways

• RLP can happen in a variety of settings ex. community
• Think out of the box. Adapting offers unexplored opportunities
• Plan Do Study Act (PDSA)
  • Involve your audience as a part of the process
  • Ask for continuous feedback
• Mishaps can happen in a virtual environment
• Don’t be afraid to course correct along the way