



*DELAWARE HEALTH
AND SOCIAL SERVICES*
Division of Public Health

Delaware Preconception COLIN Initiative

April L. Lyons-Alls, RN, MSN, MPA

Women, Infants, and Families Nurse Consultant

Delaware Healthy Mother and Infant Consortium

Delaware Division of Public Health





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 CoIN

2019
(February) Performance Base Approach RLP & PISQ Universal Benchmark
(October) HWHB 2.0 SDOH Grantee

Delaware Preconception Journey Milestones

Delaware Prepregnancy Statistics (2012-2019)

Measures	Statewide Average
Exercise 3 or More Days	40.6%
Overweight/Obese	57.6%
One or More Chronic Conditions	42.5%
Not Taking Vitamins*	57.8%
Smoke Cigarettes	22.1%
Drank Alcohol	53.8%
Taking Prescription Medications	22.5%

* 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*

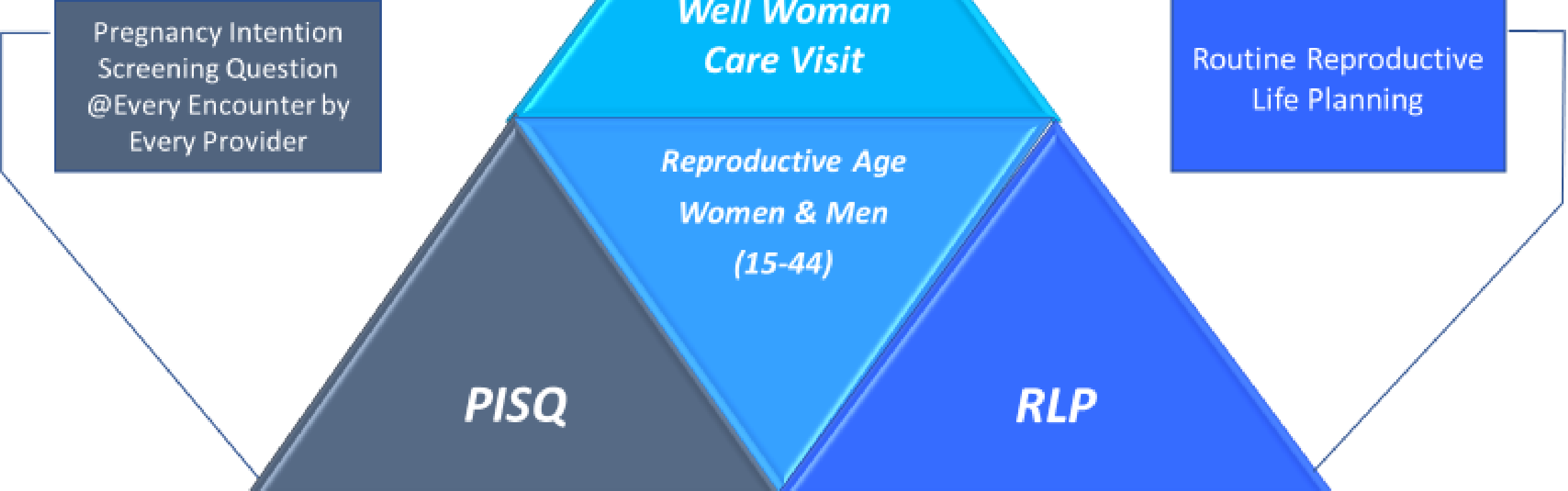
*Reproductive Age
Women & Men
(15-44)*

Routine Reproductive
Life Planning

Pregnancy Intention
Screening Question
@Every Encounter by
Every Provider

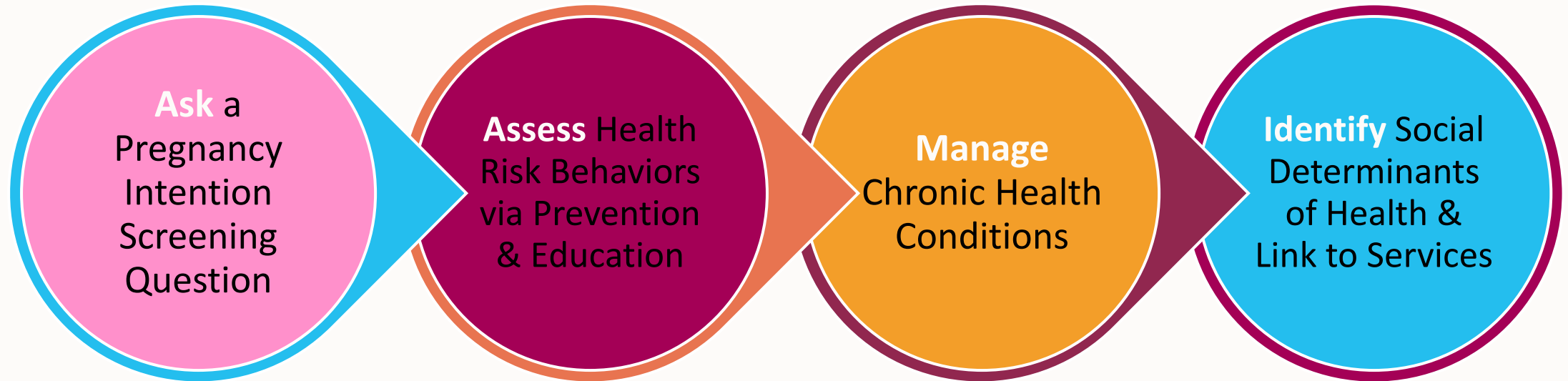
PISQ


RLP



The 4 Pillars of Delaware's

Every Woman Every Time Well Woman Initiative





Every Woman in Delaware Will Receive A Yearly Well Woman Visit Regardless of Whether a PAP Screening is Needed!

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!

Every Time in Every Visit by Every Provider is an Opportunity to Promote Well Woman Care!

Every Woman Every Time Delaware Key Take Aways!



The Pandemic Hits & The World Changes

A tablet computer is shown from a slightly elevated angle, displaying a white screen with orange and grey text. The screen is partially obscured by a white, torn-paper-like border that separates it from a black background below. The text on the screen is an invitation to join an online event.

JOIN US ONLINE.

sunday at 10am | 3pm | 6pm
christianWorshipcenter.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





Relationships in Movies & TV	Healthy, Unhealthy, or Abuse?	Fact or Myth?	Relationships in Music	Self Reflection
\$ <u>100</u>	\$ <u>100</u>	\$ <u>100</u>	\$ <u>100</u>	\$ <u>100</u>
\$ <u>200</u>	\$ <u>200</u>	\$ <u>200</u>	\$ <u>200</u>	\$ <u>200</u>
\$ <u>300</u>	\$ <u>300</u>	\$ <u>300</u>	\$ <u>300</u>	\$ <u>300</u>
\$ <u>400</u>	\$ <u>400</u>	\$ <u>400</u>	\$ <u>400</u>	\$ <u>400</u>

Healthy Relationships Jeopardy:



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