Women’s Health, Interconception Care and WIC

HELENE KENT MPH, RDN, HM KENT CONSULTING, DENVER, COLORADO HELENE@HMKENT.COM
Learner Objectives

• Identify three reasons why an interconception approach will benefit WIC enrolled postpartum women and their children.

• Recognize the vital role of weight and other nutrition topics within in interconception care.

• State how current WIC interventions may be adapted to include an interconception care approach.

• Find resources to assist with this effort.
PRECONCEPTION AND INTERCONCEPTION HEALTH
Preconception and Interconception Health

• The goal of the care is two-fold: improve the woman’s health and help reduce health risks to her future baby.

• Refers to the state of a woman’s health and the care she receives before and between pregnancies (interconception care).

• Identifies and modifies risks (biomedical, behavioral and social) risks to a woman’s health and/or pregnancy outcome through prevention and management.
Preconception and Interconception Health

- An adjunct to prenatal care. Importance as a way to improve women’s and infant’s health.
- Impacts a woman’s overall wellbeing today and later in life.
- Offspring's health is impacted by woman’s health. Generational impact. Nutrition is an important factor affecting fetal genome – life-long consequences.
- Children born to women with this care should be less likely to be premature, low or high birthweight, have a birth defect or other disabling condition.
Preconception and Interconception Health

- Address issues that are difficult or impossible to change during pregnancy

- Seeks to positively influences factors associated with poor pregnancy outcomes

- Tailored to the individual woman

- Includes health assessment and maintenance across life

- Includes reproductive life planning
Resources

• **The National Preconception Health and Healthcare Initiative** is a leader in promoting preconception health. A public/private partnership led by CDC.

• **Before, Between and Beyond Pregnancy website** was established as comprehensive clinical resource.
INTERCONCEPTION HEALTH AND WIC
WIC

- Is ideally positioned

- Already does this work
  - Directly healthy eating and weight
  - Screening and referral

- It is “repackaging”
Interconception Care Topics

• Nutrition and Weight
  – Weight - especially postpartum
  – Healthful eating - quality and access
  – Folic acid intake
  – Medical nutrition therapy
Obesity and Perinatal Women’s Health

• Influences fertility
• Increased risk of:
  – Hypertension,
  – Pre-eclampsia,
  – Gestational diabetes,
  – Assisted delivery,
  – Depression during and after pregnancy,
  – Birth defects,
  – Birth weight (high, low and preterm)
Postpartum Weight Retention

• 75% of women have higher weights at 12 months postpartum than before pregnancy
  – 47% retain 10 lb or more
  – 24% retain 20lb or more
  
  • Largely seen among women with prepregnancy obesity rather than those with excessive gain
    – Up to 13% of women will move from prepregnancy normal weight to postpartum overweight status

• Weight retention at 6 months postpartum associated with higher weight status and larger waist circumferences at 7yr and 15yr postpartum

Interconception Care Topics

• **Chronic Disease**
  – Receiving needed care
  – Medical nutrition therapy needs as appropriate

• **Family Planning**
  – Address short interconception period
  – Reproductive life planning
  – Referral
Interconception Care Topics

• Screening and Referral
  – Medication Use
  – Substance Use
  – Previous Pregnancy Outcomes
  – Mental Health
  – Interpersonal Violence
HOW TO INCORPORATE AN INTERCONCEPTION HEALTH APPROACH IN WIC
Project Background

• Funded by MCHB

• Developed by University of Minnesota, School of Public Health

• Steered by a committee of WIC and MCH practitioners

• Adopted by Association of State Public Health Nutritionists (ASPHN)

• Companion to ASPHN’s The Role of Nutrition in Infant Mortality
Steering Committee

- Jamie Stang, PhD, MPH, RD, LN, Associate Professor, School of Public Health, University of Minnesota
- Denise Sofka, RD, MPH, Project Officer, HRSA, MCHB
- Stephanie Bess, RD, MS, LDN, Director WIC Program, Illinois Department of Human Services
- Robin Colbert, MS, RD, LDN, CLC Regional WIC Nutritionist, Illinois Department of Human Services
- Jodi Klement, RD, CD, CLE WIC Nutrition & Breastfeeding Coordinator, Milwaukee County, Wisconsin Division of Public Health
- Patricia Faulkner, MS WIC Nutrition Unit Supervisor, Minnesota WIC/CSFP Program, Minnesota Department of Health
- Sandy Perkins, RD, MS Consultant, Association of State Public Health Nutritionists
- Brittany Stotmeister, RD, CD, Graduate Student, School of Public Health, University of Minnesota
- Brittany Ulrich, Graduate Student, School of Public Health, University of Minnesota
- Helene Kent, MPH, RDN Project Manager
Association of State Public Health Nutritionists
ASPHN.org Resources

• The Role of Nutrition in Infant Mortality: A Public Health Perspective, MCH Council, Winter 2013

• Preconception Care: The Role of Nutrition, MCH Nutrition Council, Winter 2015 – 16

• Implementing the Recommendations

• Communicating about Weight
• Introduction
• Preconception health and health care
• Organizing frameworks supporting a preconception health approach
• Nutrition and preconception care and health care
  – Dietary adequacy
  – Achieve and maintain a healthy weight
  – Existing health conditions
• What PHN can do to support preconception care
• How to adapt WIC Activities to support PCC
• WIC based activities to support this care

• Interconception care implementation tips
  – External environment
  – WIC clinic processes
  – WIC clinic visit
What Can You Do?

• Learn more about this topic see suggested resources

• Consider how to adjust your services to include this approach

• Support preconception care services within your community, agency and program

• Encourage women to participate in this care

• Address health equity and use culturally competent interventions
Thank You!

Helene Kent - Helene@hmkent.com
Jamie Stang - stang002@umn.edu

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