

# Available now to help you provide quality care

## Before, Between & Beyond Pregnancy Tool Kit

Website: <http://beforeandbeyond.org/toolkit/>

**Purpose:** The BBB National Preconception / Interconception Care Clinical Toolkit was designed to help primary care providers, their colleagues and their practices incorporate preconception health into the routine care of women of childbearing age. The goal of the toolkit is to help clinicians reach **every woman** who might someday become pregnant **every time** she presents for routine primary care with efficient, evidence-based strategies and resources to help her achieve:

- Healthier short and long term personal health outcomes;
- Increased likelihood that any pregnancies in her future are by choice rather than chance; and
- Decreased likelihood of complications if she does become pregnant in the future.

### **What is the evidence?**

The U.S. Department of Health and Human Services' Secretary's Advisory Committee on Infant Mortality (SACIM) includes family planning and the postpartum visit as key services for improving women's health and birth outcomes.<sup>i</sup>

The Expert Panel on Improving Maternal and Infant Health Outcomes in Medicaid and the Children's Health Insurance Program (CHIP), has also identified strategies to improve the value of care for Medicaid and CHIP-covered mothers and infants. In recognition of the importance of preconception, interconception and postpartum care, the Expert Panel's recommendations include adopting contraception and family planning measures, and improving the measurement of postpartum care timing and content.<sup>ii</sup>

Content below is from [New NASHP Brief | Opportunities for States to Improve Women's Health and Birth Outcomes Through Medicaid Incentives for Effective Contraceptive Use and Postpartum Care](#)

### **What can you do as a provider?**

- **Contraception Care:** To support healthy, planned births, providers can educate women who are not interested in becoming pregnant about effective methods of contraception.
- **Preconception Care:** During the preconception period, providers can support women in improving their health before they become pregnant and assist in pregnancy planning by asking women whether they would like to become pregnant in the next year.<sup>ii</sup>
- **Postpartum Care:** A postpartum follow up visit is an opportunity to support healthy women and babies. Postpartum, many women experience conditions that affect their physical and emotional health and influence their infants' health too.<sup>iii</sup> During the postpartum follow up visit the provider assesses a woman's physical and emotional health to address any acute needs or chronic conditions she has, and can address family planning to ensure adequate birth spacing.<sup>iv</sup>
- **Interconception Care:** Because pregnancies that begin less than 18 months after a live birth are associated with an increased risk for adverse birth outcomes.<sup>v</sup> Providers can educate women on the importance of spacing their births and effective contraceptives and empower them to improve their health before becoming pregnant.

<sup>i</sup>Centers for Medicaid and CHIP Services. [Overview of the CMCS Maternal and Infant Health Initiative](#). Fact Sheet. December 2014. <sup>ii</sup><http://www.onekeyquestion.org/>

<sup>iii</sup>Cheng, C., Fowles, E. and Walker, L. *Postpartum Maternal Health Care In the United States: A Critical Review*. [J Perinat Educ](#). 2006 Summer; 15(3): 34–42. <sup>iv</sup>Ohio Department of Health. [The Postpartum Visit](#). <sup>v</sup>March of Dimes. [Birth Spacing Fact Sheet](#). November, 2015. <sup>vi</sup>[Overview of the CMCS Maternal and Infant Health Initiative](#).

## Birth Outcomes in [COUNTY] County

➔ The information below represents [COUNTY] County rates of key Maternal and Child Health indicators.

Medical Indicator	[COUNTY]	New York State	HP 2020 Goal
Percent of unintended pregnancy among live births, 2014 <b>Find county and regional percentages at this link:</b> <a href="#">Prevention Agenda Dashboard, Measure # 39</a>		24.5%	
Percent of preterm births (<37 weeks), 2012-2014 <b>Find county and ZIP code percentages at this link:</b> <a href="#">NYS County/ZIP Code Perinatal Data Profile, Preterm Birth Column</a>		10.8%	11.4%
Percent of low birth weight births (<2500g or 5lbs, 8oz), 2012-2014 <b>Find county and ZIP code percentages at this link:</b> <a href="#">NYS County/ZIP Code Perinatal Data Profile, Low Birth Weight Column</a>		7.9%	7.8%
Percent of births where the mother received late or no prenatal care, 2012-2014 <b>Find county and ZIP code percentages at this link:</b> <a href="#">NYS County/ZIP Code Perinatal Data Profile, Late or No Prenatal Care Column</a>		5.6%	

Data sources:

New York State Prevention Agenda Dashboard – County Level, New York State Department of Health, [https://apps.health.ny.gov/doh2/applinks/ebi/SASStoredProcess/guest?\\_program=/EBI/PHIG/apps/dashboard/pa\\_dashboard](https://apps.health.ny.gov/doh2/applinks/ebi/SASStoredProcess/guest?_program=/EBI/PHIG/apps/dashboard/pa_dashboard), updated May 2016.

New York State County/ZIP Code Perinatal Data Profile – 2012-2014, New York State Department of Health, <http://www.health.ny.gov/statistics/chac/perinatal/county/2012-2014/index.htm>, updated June 2016.

<sup>i</sup> See Appendix A. Report of the Secretary’s Advisory Committee on Infant Mortality (SACIM): Recommendations for Department of Health and Human Services (HHS) Action and Framework for a National Strategy. January 2013.

<http://www.hrsa.gov/advisorycommittees/mchbadvisory/InfantMortality/About/natlstrategyrecommendations.pdf>

<sup>ii</sup> <https://www.medicare.gov/Medicare-CHIP-Program-Information/By-Topics/Quality-of-Care/Downloads/Crosswalk-of-Activities.pdf>