

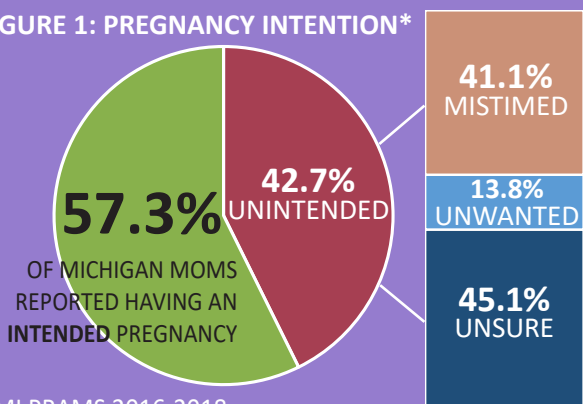
# PREPREGNANCY HEALTH DISCUSSIONS & PREGNANCY INTENTION

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An unintended pregnancy occurs when a woman did not want to become pregnant or the pregnancy was mistimed occurring sooner or later than a woman wanted.<sup>1</sup> Unintended pregnancies may impact adequacy of prenatal care, smoking and drinking during pregnancy, and infant birth weight.<sup>2</sup> Prepregnancy health care visits provide an opportunity for women to make plans about when to become pregnant.<sup>3</sup> In addition, prepregnancy care aims to optimize health for both mother and baby by addressing modifiable risk factors such as weight, smoking, and nutrition and provides an opportunity to educate women about how to have a healthy pregnancy. The American College of Obstetricians and Gynecologists recommends providers counsel all patients of reproductive age about wellness, healthy habits, and plans to become pregnant in the future.<sup>4</sup>

FIGURE 1: PREGNANCY INTENTION\*



## HAVING AN UNINTENDED PREGNANCY IS NOT UNCOMMON

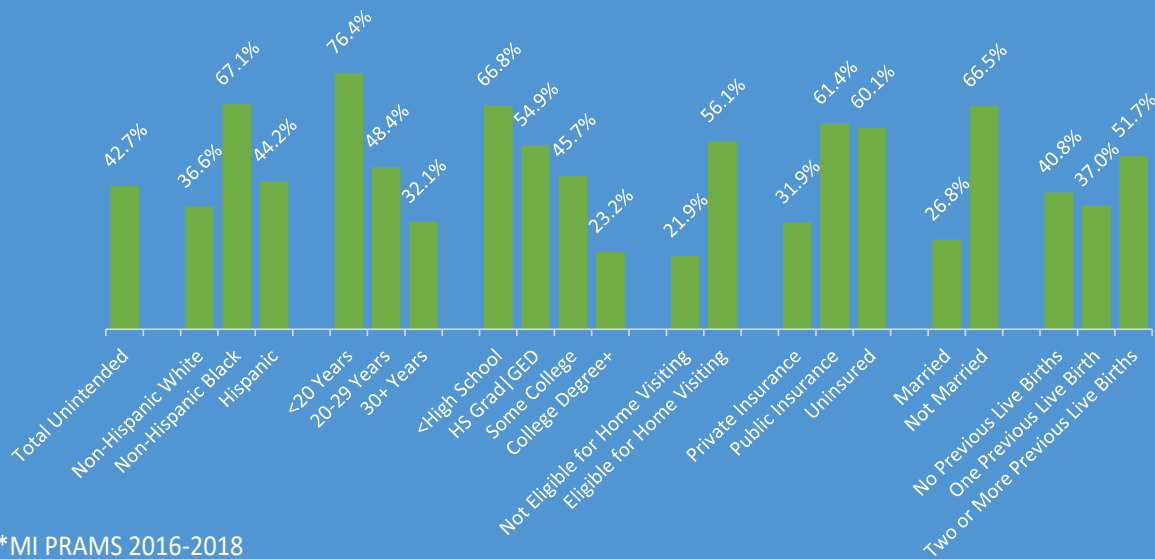
- 4 in 10 Michigan moms have an unintended pregnancy (42.7%, Figure 1).
- The majority of Michigan moms with unintended pregnancies reported being unsure of what they wanted (45.1%) or their pregnancy was mistimed (41.1%, Figure 1).
- Michigan moms who are young, less educated, or unmarried have unintended pregnancies more frequently than other groups (Figure 2).

\*MI PRAMS 2016-2018

“[Pregnancy] just happened, not planned but happy.”

-PRAMS MOM, 2016

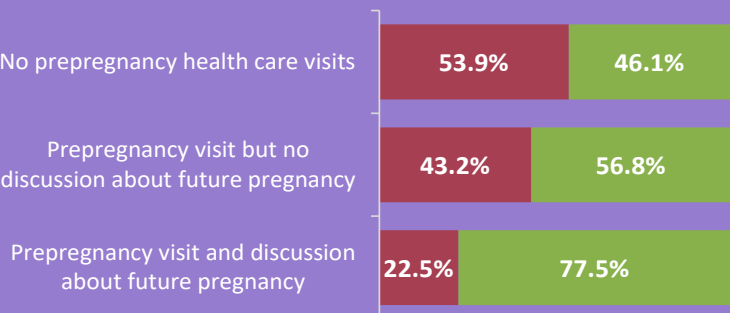
FIGURE 2: UNINTENDED PREGNANCY BY SELECTED MATERNAL CHARACTERISTICS\*



\*MI PRAMS 2016-2018

## MOTHERS WHO HAVE PREPREGNANCY DISCUSSIONS ABOUT THEIR HEALTH ARE MORE LIKELY TO HAVE INTENDED PREGNANCIES

FIGURE 3: PREPREGNANCY HEALTH CARE VISITS & PREGNANCY INTENTION\*



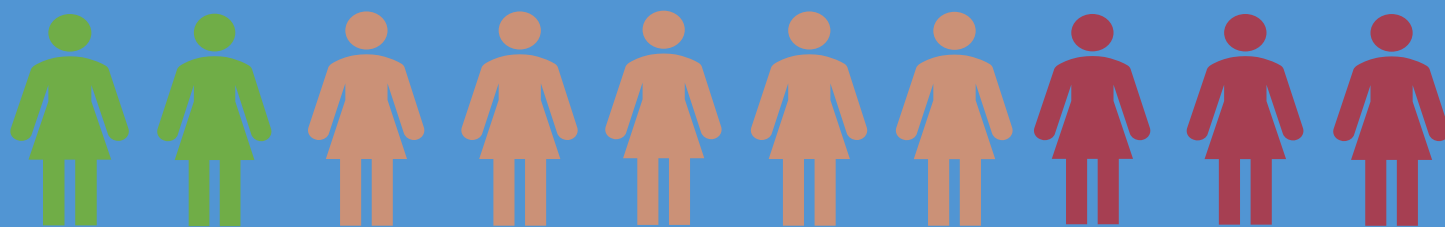
- Over half of mothers who did not have a prepregnancy health care visit had an unintended pregnancy (53.9%, Figure 3).
- Unintended pregnancy was prevalent among mothers who had a prepregnancy health care visit but did not discuss how to improve their health before pregnancy (43.2%, Figure 3).
- Twice as many mothers who did not have a prepregnancy health care visit had an unintended pregnancy compared to mothers who had a visit and discussed how to improve their health before pregnancy (53.9% VS. 22.5%, Figure 3).

Intended Unintended

\*MI PRAMS 2016-2018

HEALTH CARE PROVIDERS CAN SUPPORT MICHIGAN MOTHERS BY DISCUSSING HOW TO IMPROVE THEIR HEALTH BEFORE PREGNANCY

FIGURE 4: PREVALENCE OF PREPREGNANCY DISCUSSIONS\*



19.4%

of Michigan mothers have a prepregnancy health care visit and discuss how to improve their health before pregnancy

49.5%

of Michigan mothers have a prepregnancy health care visit but do not discuss how to improve their health before pregnancy

31.2%

of Michigan mothers do not have a prepregnancy health care visit

\*MI PRAMS 2016-2018

“I wish [my doctor talked to me about how to improve my health before pregnancy]!”

-PRAMS MOMS, 2017 & 2018



## TAKE ACTION

### PROVIDERS CAN HELP BY DISCUSSING HOW TO IMPROVE HEALTH BEFORE PREGNANCY WITH ALL WOMEN OF REPRODUCTIVE AGE

The American College of Obstetricians and Gynecologists recommend that any patient encounter with nonpregnant women with reproductive potential be counselled about wellness and healthy habits. Conversations may begin with asking, “Would you like to become pregnant in the next year?”

In addition to pregnancy intention, providers may address factors which influence prenatal health during these prepregnancy care visits. Topics for discussion include taking a daily folic acid vitamin, addressing chronic medical conditions such as diabetes, hypertension, or thyroid disease, and reviewing prescription medications.

Health screenings may also be included in prepregnancy health counseling, including screenings for genetic conditions, sexually transmitted infections, and psychiatric illness.

## SELECTED PREPREGNANCY CARE EDUCATIONAL RESOURCES FOR PROVIDERS

American Academy of Obstetricians and Gynecologists, Committee Opinion 762, Updated January 2019: [www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2019/01/prepregnancy-counseling](http://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2019/01/prepregnancy-counseling)

Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report, April 2006: [www.cdc.gov/mmwr/pdf/rr/rr5506.pdf](http://www.cdc.gov/mmwr/pdf/rr/rr5506.pdf)

Family Planning National Training Center, Preconception Counseling Checklist, July 2019: [www.fpntc.org/sites/default/files/resources/fpntc\\_preconcpn\\_counsel\\_chklst\\_2019-06.pdf](http://www.fpntc.org/sites/default/files/resources/fpntc_preconcpn_counsel_chklst_2019-06.pdf)

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