

Women's Health, Interconception Care and WIC



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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.
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- Impacts a woman's overall wellbeing today and later in life.
- Offspring's health is impacted by woman's health 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

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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**





Preconception Health: The Role of Nutrition

AN ASPHN BRIEF - 2015

- 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





Implementation Recommendations

Preconception Health: The Role of Nutrition

- 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!

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Driven to DiscoverSM

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