



## Video Transcript: Strengthening Preconception Health Services

**Speaker 1 (00:0):** Strengthening Preconception Health Services. This video was created by the Reproductive Health National Training Center, RHNTC. RHNTC logo, Reproductive Health National Training Center. Preconception Health is a core family planning service and an important part of Sexual and Reproductive Health Care. Preconception Health Services work to optimize individual health and address modifiable risk factors to prepare for any future pregnancies. Preconception Health Services help reduce maternal morbidity and mortality, low birth weight, preterm birth, and infant mortality. Preconception Health Services also help reduce disparities in maternal health outcomes. This matters especially here in the United States, where, despite relative wealth, rates of maternal morbidity and mortality are on the rise. A line graph titled Maternal morbidity and mortality. A jagged line gradually rises with its peak about halfway up the vertical axis. Quality preconception care focuses on the whole person. Respectful, person-centered counseling and care addresses each client's unique situation, identities, and decisions. Family planning providers know that context matters. A family planning provider counsels a patient. Over 80% of health outcomes can be attributed to social determinants of health, or the conditions where people live, work, and play. These conditions include housing, education, jobs, and neighborhoods, and racism, discrimination, and violence. Family planning agencies have a unique opportunity to intervene early to help meet client's health-related social needs. Providers can work with their clients to identify modifiable factors that risk the individual's health and the health of any future pregnancies, such as: medical conditions including hypertension, immunizations, alcohol, nicotine, and illegal drug use, mental health, intimate partner violence, and folic acid nutrition, and physical activity. Preconception Health Care contributes to the health and well-being of all people of reproductive age, whether or not they are planning a pregnancy.

**Speaker 1 (02:14):** The RHNTC Preconception Health Toolkit offers action steps and supportive resources to help agencies strengthen their preconception services. The toolkit guides agencies to: 1. Assess how well their policies and services align with evidence-based guidelines. By tracking preconception health components over time, agencies can identify gaps and plan for quality improvement. 2. Refresh teams on preconception health care foundations, and train staff to understand reproductive health inequities and harms—especially among communities of color. 3. Carry out routine preconception health assessments to understand clients' reproductive goals, and to counsel client's of all identities—including across gender, sexual orientation, or age. Routine assessments help providers identify when clients need other related services. 4. And finally, build relationships with community partners to strengthen referrals to follow-up treatment and social supports. Referrals are key to addressing causes of health inequities. Family planning providers can't do this work alone. Explore the Preconception Health Toolkit and other relevant resources at [RHNTC.org](https://rhntc.org).