

REPRODUCTIVE LIFE PLANNING

HEALTHY START PERFORMANCE MEASURE



Healthy Start Benchmark:

Increase the proportion of Healthy Start women participants who have a documented reproductive life plan to 90%.

Rationale

A reproductive life plan is a set of goals and action steps based on personal values and resources about whether and when to become pregnant and have (or not have) children. Reproductive life plans are intended to promote planned, healthy pregnancies, positive birth outcomes, and overall health and well-being for women, men, and infants.

Unintended pregnancies include pregnancies that are reported by women as being mistimed or unwanted. Unintended pregnancies are associated with adverse maternal and child health outcomes, such as delayed prenatal care, premature birth, and negative physical and mental health effects for children. Thus, encouraging women, men, and couples to have a reproductive life plan is an important strategy to support healthy mothers and healthy babies. This includes assessing Healthy Start participants' personal goals about becoming pregnant and pregnancy intention, counseling participants on reproductive life planning, and improving access to and use of contraception to reduce rates of unintended pregnancy.

This Resource Sheet provides recommended strategies and a selection of resources and evidence-based practices to aid Healthy Start grantee organizations, partners and their staff in supporting the women and families they serve in developing a reproductive life plan.



*Supporting communities to
give every child a Healthy Start.*

Healthy Start EPIC Center



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Program Level Strategy

Build Capacity to Promote the Reproductive Life Plan

Strategies	Select Resources & Evidence-Based Practices
<p>Educate all providers and staff on the importance of reproductive life planning to promote healthy pregnancy and birth outcomes.</p>	<p>Before, Between, and Beyond Pregnancy : The National Preconception Curriculum and Resources Guide for Clinicians</p>
<p>Integrate reproductive life planning into your program (e.g., medical visits or family planning sessions with Healthy Start participants).</p>	<p>Putting the QFP into Practice Series: Integrating Reproductive Life Planning (RLP) into Your Family Planning Session</p>
<p>Train providers and direct service staff in the skills necessary to screen, counsel, and refer Healthy Start participants for contraceptive use.</p>	<p>CDC Contraceptive Method Guidance: Slide Sets and Continuing Education Opportunities for Health Care Providers</p> <p>Family Planning Counseling</p> <p>One Key Question Patient Provider Materials</p>
<p>Train providers and direct service staff on how to support Healthy Start participants in making informed choices on contraceptive use.</p>	<p>Family Planning Basics</p> <p>Effectiveness of Family Planning Methods</p>
<p>Educate Healthy Start grantee staff on ACA requirement for health insurers to offer certain preventive health services free of co-pays or coinsurance, including contraceptive methods and counseling.</p>	<p>Health Cares About IPV Screening and Counseling Toolkit</p> <p>Getting the Coverage You Deserve: What to Do If You Are Charged a Co-Payment, Deductible, or Co-Insurance for a Preventive Service</p>



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Individual & Family Level Strategies

Assess Pregnancy Intention at Every Encounter

Strategies	Select Resources & Evidence-Based Practices
<p>Assess pregnancy intention at every encounter with Healthy Start participants.</p>	<p>One Key Question Initiative (OKQ) Healthy Start Screening Tools</p>
<p>Assist Healthy Start participants in developing a reproductive life plan, or updating an existing plan, annually.</p>	<p>My Reproductive Life Plan Putting the QFP into Practice Series: Integrating Reproductive Life Planning (RLP) into Your Family Planning Session</p>
<p>Provide evidence-informed counseling to Healthy Start participants about the full range of contraceptive methods for postpartum use.</p> <p>Provide Healthy Start participants and their partners with information and education resources on contraceptive method options.</p> <p>Refer Healthy Start participants to a local health care provider to obtain contraceptive method of choice as warranted.</p>	<p>Providing Quality Family Planning Guidelines Birth Control Methods: Frequently Asked Questions Method Match Birth Control for Men Your Birth Control Choices Fact Sheet</p>
<p>Refer Healthy Start participants to community-based programs (e.g., home visiting) that provide support and resources to during the pregnancy and postpartum periods, including reproductive life planning and contraceptive counseling.</p>	<p>Nurse Family Partnership Early Intervention Program (EIP) for Adolescent Mothers</p>
<p>Assist Healthy Start participants in enrolling in and obtaining health insurance to support access to contraceptive services and other preventive care.</p>	<p>From Coverage to Care Getting the Coverage You Deserve: What to Do If You Are Charged a Co-Payment, Deductible, or Co-Insurance for a Preventive Service Health Insurance Marketplace</p>



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Community Level Strategies

Promote Awareness on Reproductive Life Planning Among Community Groups and Partners

Strategies	Select Resources & Evidence-Based Practices
<p>Distribute education materials on reproductive life planning to community partners and programs that serve women, children, and families.</p>	<p>Every Woman North Carolina: North Carolina Preconception Health Campaign</p> <p>My Reproductive Life Plan</p> <p>Putting the QFP into Practice Series: Integrating Reproductive Life Planning (RLP) into Your Family Planning Session</p>
<p>Promote awareness on reproductive life planning among community partners, other programs serving women, children, and families, and the public through social marketing.</p>	<p>Show your Love Campaign</p>
<p>Establish referral systems with local health provider organizations that provide a broad range of contraceptive methods.</p>	<p>Providing Quality Family Planning Guidelines</p>



Healthy Start EPIC Center Webinar Resources:

[Ask the Expert: Reproductive Life Planning: Setting Goals for a Healthy Family](#)

[Ask the Expert: Preconception Care](#)

This Resource Sheet can be accessed electronically: <http://healthystartepic.org/>