

# CRE HiPP BITE

## Brokering Innovation Through Evidence

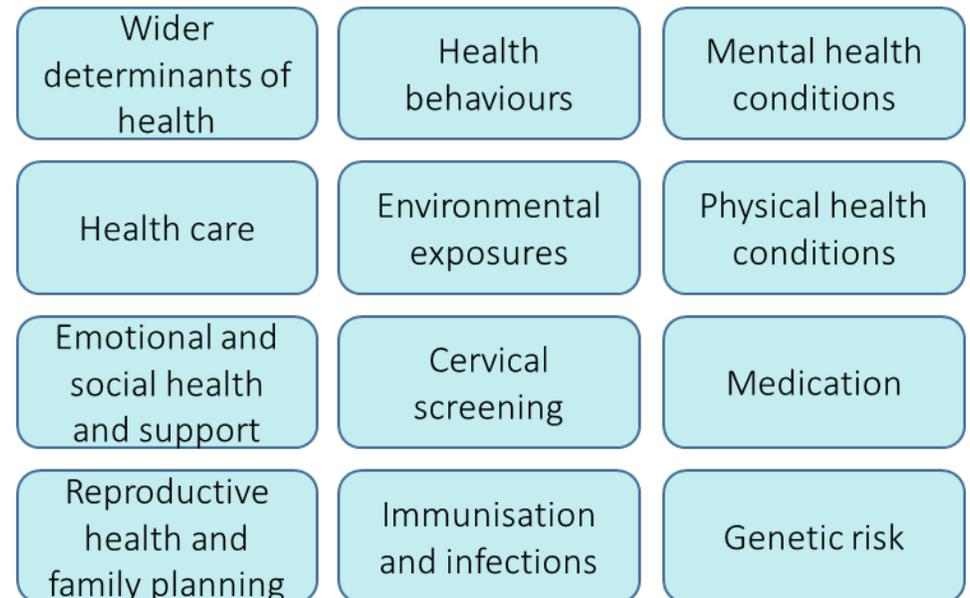
A bite-sized summary of a piece of research disseminated by CRE HiPP

### How can we create a national picture of the state of preconception health, and monitor if this improves over time?

- The health, behaviours and circumstances people live in before becoming pregnant (preconception health) impact the lifelong health of women and men and that of any children they may have.
- To improve people's preconception health and reduce inequalities, we need to plan and advocate for programmes and services that meet people's needs.
- We can find out what these needs are by describing what the population's preconception health looks like, identifying areas for improvement, and monitoring these improvements over time.
- This study determined how we can best describe, and measure changes, in preconception health in England.

### How can we describe preconception health?

Based on a review of existing literature and documents, the following broad factors were identified that can describe preconception health:



## How can we measure (changes in) preconception health?

In England, preconception health can be measured using data that is regularly collected using national surveys and in healthcare settings such as primary care, maternity services, hospitals and community services.

Currently, all specific measures that describe preconception health can be assessed using regularly collected data, except whether women and men receive preconception health assessments and care.



About 9 in 10 non-pregnant women aged 15-45 in England have at least one behavioural (e.g. smoking) or medical (e.g. diabetes) risk factor for pregnancy complications if they were to become pregnant based on primary care data

Schoenaker D, Stephenson J, Connolly A, Shillaker S, Fishburn S, Barker M, Godfrey K, Alwan N, and the UK Preconception Partnership. Characterising and monitoring preconception health in England: a review of national population-level indicators and core data sources. *Journal of Developmental Origins of Health and Disease*. 2021. Doi: 10.1017/S2040174421000258.

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## RECOMMENDATIONS FOR PRACTICE



An interactive online dashboard should make information on the state of preconception health of women and men at national and local levels available to the public, healthcare providers, policy makers and relevant stakeholders.

### What is CRE HiPP

The Centre of Research Excellence in Health in Preconception and Pregnancy (CRE HiPP) is an innovative, passionate, multi-disciplinary team of researchers, clinicians, students and consumers.

We aim to refine and implement health promotion, lifestyle improvement, and obesity prevention strategically targeting women preconception and during pregnancy, to improve the health of women and the next generation.

Find out more about CRE HiPP on our website [hipp.org.au](http://hipp.org.au).

