

CRE HiPP BITE

Brokering Innovation Through Evidence

A bite-sized summary of a piece of research in preconception health, presented by Dr Asvini Subasinghe, CRE HiPP Research Fellow



Figure 1: Preconception, pregnancy and postpartum life phases

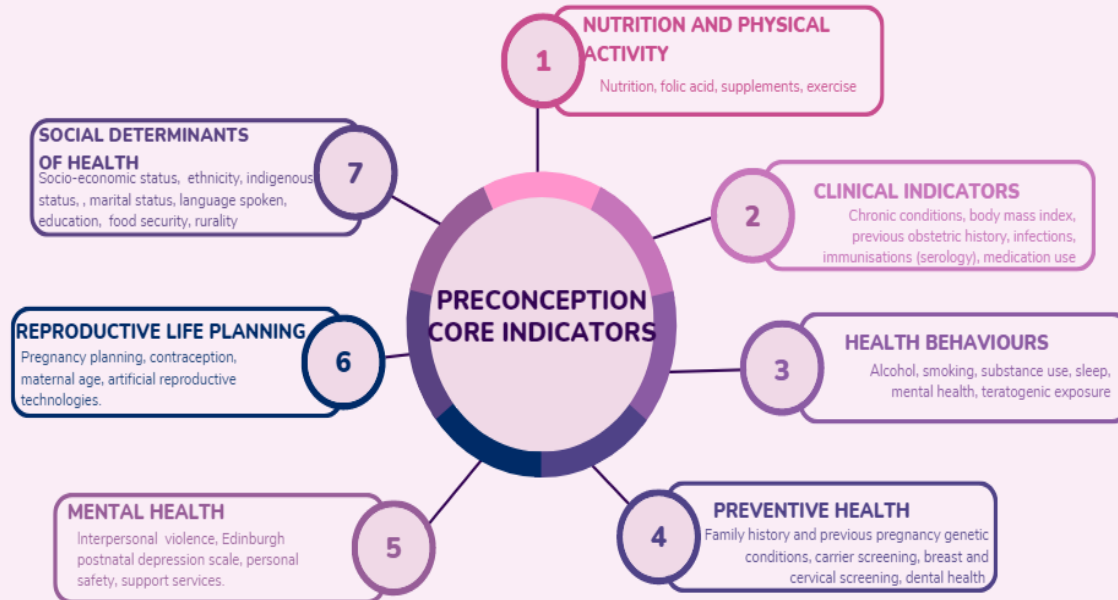


Figure 2. Preconception health core indicators developed across seven health domains

Mapping preconception health indicators across state-based perinatal data sources

AIMS

- To map preconception core indicators to perinatal data sources.
- To identify preconception core indicators that do not have available data sources.

BACKGROUND

- Health and wellbeing prior to pregnancy, and between pregnancies, is a critical time to intervene to improve the health of women and children¹ (Figure 1).
- Optimising the nation's preconception health requires ongoing monitoring of important indicators of pregnancy and child health to identify the impact of research, care and policy².
- We co-developed a list of core indicators that were identified as impacting the quality of future pregnancies (Figure 2)³.
- However, it is unclear whether these indicators align with data routinely collected from maternity services nationally.

This research is presented on behalf of the Preconception Health working group of Associate Professor Jacqueline Boyle, Dr Edwina Dorney and Professor Kirsten Black, and key contributors Dr Briony Hill and Haimanot Hailu.

METHODOLOGY

- Researchers, clinicians, policy experts, and consumer/community representatives came together over three workshops, using a modified Delphi and Nominal Group Technique approach to identify a set of core indicators suitable to monitor preconception health and care in Australia (unpublished data).
- Indicators were mapped against data available from the Maternity Information Matrix and state-based perinatal databases.

FINDINGS

- Information regarding chronic conditions, physical health, previous obstetric history, alcohol and smoking, screening for interpersonal violence, age and ethnic background were largely available across all states.
- Data were lacking nationwide for nutrition, exercise, pregnancy planning, contraception, ART, and the entire preventive health domain.
- Social determinants of health markers around food security, personal safety, poverty and education data were also not collected.
- We highlight a lack of important preconception health data being collected from perinatal databases across Australia.

References:

¹Stephenson J. Lancet. 2018;391(10132):1830–41.

²Schoenaker DA et al. J Dev Orig Health Dis. 2022;13(2):137–50

³Boyle et al. 2022.Semin Reprod Med. 2022 Jul;40(3-04):214-226

RECOMMENDATIONS FOR PRACTICE

To develop national preconception health surveys that capture data which is lacking on core indicators.

To develop the first national-level report card on the state of preconception health of women in Australia.

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 at our website: hipp.org.au.

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