Preconception Health for Adolescents: A Prevention and Health Promotion Strategy for Wellness Across the Lifespan

Opportunities: Preconception Care Guidelines (CDC)
Recommendation #1 (R1): Individual responsibility across the lifespan - “reproductive awareness”: Develop, evaluate and disseminate reproductive life planning tools. Develop, disseminate and evaluate individual health education materials.
Recommendation #2 (R2): Consumer Awareness - Develop, evaluate and disseminate age-appropriate educational curricula and modules for use in school health education programs. Integrate reproductive health messages into existing health promotion campaigns. Design and conduct social marketing campaigns to develop messages for promoting preconception health knowledge and attitudes, and behaviors.
Recommendation #4 (R4): Interventions for Identified Risks - Increase health/education provider awareness concerning the importance of ongoing care for chronic conditions and interventions for identified risk factors.
Recommendation #8 (R8): Public Health Programs and Strategies - Develop and support public health practice collaborative groups to promote shared learning and dissemination of approaches for increasing preconception health. Incorporate preconception care efforts into existing public health and education programs.

The strategy should be informed by and designed to impact identified risk and protective factors of the target audiences in order to achieve identified outcome(s).

Life Course Framework
Preconception Care Guidelines
Health Promotion
Prevention
Evidence-Based
Disparities Focus
Documentation
Evaluation
Sharing Lessons Learned
Professional Development
Capacity Building

Guiding Values
Leadership
Creativity
Innovation
Integration
Collaboration
Communication
Problem Solving