Improving Overall Health for Women of Childbearing Age

Alabama National Heart Disease Mortality Rank, 2021 - 2022

Women Ages 15-54	Overall
2 RANK	3 RANK

Positive lifestyle changes in physical activity and early detection of cardiovascular disease (CVD) risk factors can lower the severity of disease. To reduce the risk of CVD, the Alabama Well Woman (WW) Program offers screenings and support to women of childbearing ages who wants to change their lifestyle.

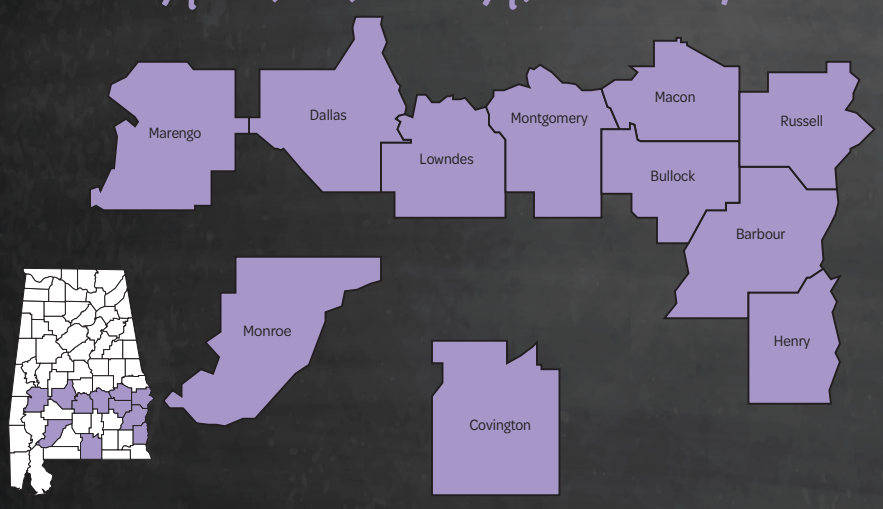
WW Program Overview

Screening
- CVD Risk Factors
- Vision Screening
- Oral Screening

Counseling
- Preconception, Inter-Conception, and/or Postconception
- Health Coaching with Social Worker
- Risk Reduction with Nurse Practitioner

Support
- Nutrition Classes
- Support Groups
- Physical Activity Resources

Where is WW Currently Available in Alabama?



Who is Eligible to Enroll in Alabama WW?

Women of Childbearing Age (15 to 55 Years)

Women Residing in or Receiving County Health Department Services in the Above Counties

The Benefits of the Alabama WW, 2021 - 2022

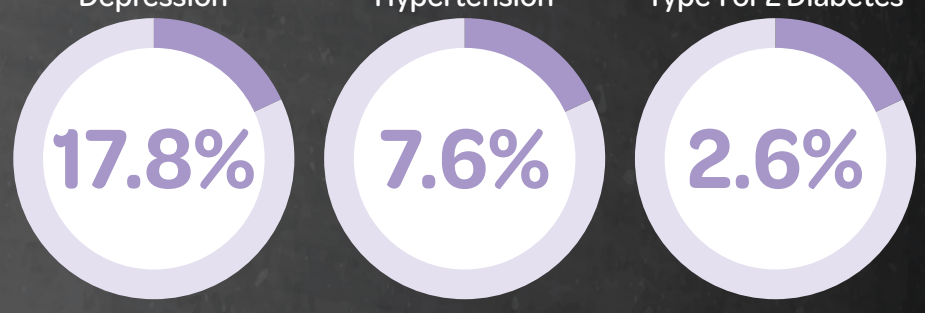
	Blood Pressure	Body Mass Index
Number of Women with Initial Measurement	n=261	n=266
Percent Improved at Annual Re-enrollment	42.9%	44.7%

What is PRAMS?

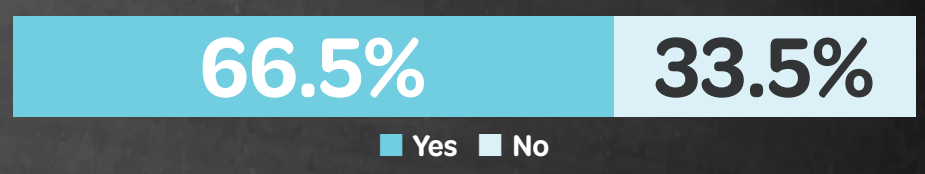
The Pregnancy Risk Assessment Monitoring System (PRAMS) surveys new mothers to identify groups of women and infants at high risk for health problems, monitor changes in health status, and measure progress towards goals in improving the health of mothers and infants. PRAMS participants are asked about lifestyle habits that could impact CVD during their pregnancy and whether they plan to use birth control to prevent unplanned pregnancies. These topics are discussed during the WW counseling session, and goals to make improvements are set.

Alabama PRAMS Findings, 2021 - 2022

Self-Reported Health Conditions 3 Months before Pregnancy



Any Alcohol Use within the Past 2 Years



Average Daily Exercise Leading up to Pregnancy

	3 Months before Pregnancy	Last 3 Months of Pregnancy
Less than 1 Day per Week	25.5%	36.3%
1 to 2 Days per Week	31.8%	29.6%
3 to 4 Days per Week	27.4%	20.3%
5 or More Days per Week	14.5%	8.0%
Told Not to Exercise	0.9%	5.8%

How Mothers Approach Birth Control Use after Delivery

Primary Reasons for Not Using	Primary Methods Used
Do Not Want to Use Birth Control: **43.3%**	Withdrawal (Pulling out): **26.8%**
Worried about Side Effects from Birth Control: **42.2%**	Condoms: **25.0%**
Not Having Sex: **19.7%**	Birth Control Pills: **23.6%**

Scan the QR code if you are interested in enrolling into WW

Scan the QR code to learn more on what WW has to offer

PRAMS

Well Woman

ALABAMA PUBLIC HEALTH

Sources: Alabama Department of Public Health, Office of Maternal and Child Health.
Alabama Department of Public Health, Perinatal Health Division.
Centers for Disease Control and Prevention (CDC), CDC Wonder.