



ONE KEY QUESTION

THE WIC EXPERIENCE

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One Key Question (OKQ)

- “Would you like to become pregnant in the next year?”
- Implemented in Hawaii in four different WIC Local Agencies (LAs)
- Participating LA staff were required to attend training held in August 2016 by OKQ
- OKQ implemented September 1, 2016 in three sites; October 1, 2016 at one site.

QUESTION: Would you like to become pregnant in the next year?

No <input type="checkbox"/>	Yes <input type="checkbox"/>	I'm Ok either way <input type="checkbox"/> --OR-- Unsure <input type="checkbox"/>	Not Applicable <input type="checkbox"/>	Declined to Answer <input type="checkbox"/>
<p>• Are you using a birth control method right now? Yes: _____ No: _____</p> <p>• If yes, are you happy with your birth control method? Yes: _____ No: _____</p>	<p>• Are you taking folic acid or a multi/prenatal vitamin? Yes: _____ No: _____</p>	<p>• Are you taking folic acid or a multi/prenatal vitamin? Yes: _____ No: _____</p> <p>• Are you using birth control method right now? Yes: _____ No: _____</p> <p>• If yes, are you happy with your method of birth control? Yes: _____ No: _____</p>	<p><input type="checkbox"/> Sterilization</p> <p><input type="checkbox"/> Hysterectomy</p> <p><input type="checkbox"/> Pregnancy</p> <p><input type="checkbox"/> Other: _____</p>	

Demographics:

<p>Birth Year: _____</p> <p>Sex: F / M</p> <p>Zip Code: _____</p>	<p>Ethnicity: (Circle which applies)</p> <p>Hispanic/Latino</p> <p>Non-Hispanic</p>	<p>Race: (Circle all that apply)</p> <p>American Indian/Alaska Native</p> <p>Asian</p> <p>Black/African American</p> <p>Native Hawaiian/Pacific Islander</p> <p>White</p>
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¿Te gustaria quedar embarazada durante el proximo año?

No <input type="checkbox"/>	Si <input type="checkbox"/>	Estoy bien con cualquiera <input type="checkbox"/> -O- No se <input type="checkbox"/>	No Aplica <input type="checkbox"/>	Prefiero no contestar <input type="checkbox"/>
<p>• ¿Esta usando un metodo de anticonceptivo? Si: _____ No: _____</p> <p>• ¿Si respondio si, esta contenta con su metodo? Si: _____ No: _____</p>	<p>• ¿ Esta tomando acido folico o una multivitamina o vitamina prenatal? Si: _____ No: _____</p>	<p>• ¿ Esta tomando acido folico o una multivitamina o vitamina prenatal? Si: _____ No: _____</p> <p>• ¿Esta usando un metodo de anticonceptivo? Si: _____ No: _____</p> <p>• ¿Si respondio si, esta contenta con su metodo? Si: _____ No: _____</p>	<p><input type="checkbox"/> Esterilizacion</p> <p><input type="checkbox"/> Histerectomía (sin matriz)</p> <p><input type="checkbox"/> Embarazo</p> <p><input type="checkbox"/> Otra razon: _____</p>	

Office Use only:

Handouts Given:			
<p><input type="checkbox"/> Contraception Options</p> <p><input type="checkbox"/> Other: _____</p> <p><input type="checkbox"/> None</p> <p><input type="checkbox"/> Declined</p>	<p><input type="checkbox"/> Preconception Care</p> <p><input type="checkbox"/> Other: _____</p> <p><input type="checkbox"/> None</p> <p><input type="checkbox"/> Declined</p>	<p><input type="checkbox"/> Contraception Options</p> <p><input type="checkbox"/> Preconception Options</p> <p><input type="checkbox"/> Other: _____</p> <p><input type="checkbox"/> None</p> <p><input type="checkbox"/> Declined</p>	<p>Insurance: _____</p>
Referrals Provided:			
<p><input type="checkbox"/> Primary Care</p> <p><input type="checkbox"/> Family Planning</p> <p><input type="checkbox"/> Other: _____</p> <p><input type="checkbox"/> None</p> <p><input type="checkbox"/> Declined</p>	<p><input type="checkbox"/> Primary Care</p> <p><input type="checkbox"/> Family Planning</p> <p><input type="checkbox"/> Other: _____</p> <p><input type="checkbox"/> None</p> <p><input type="checkbox"/> Declined</p>	<p><input type="checkbox"/> Primary Care</p> <p><input type="checkbox"/> Family Planning</p> <p><input type="checkbox"/> Other: _____</p> <p><input type="checkbox"/> None</p> <p><input type="checkbox"/> Declined</p>	<p>Multivitamin Given: Yes: _____ No: _____</p>

Materials Currently Offered to Moms

- YES, I WOULD LIKE TO BECOME PREGNANT IN THE NEXT YEAR
 - *Show Your Love brochure*
 - *Show Your Love! Steps to a Healthier Me and Baby to Be! booklet*
 - *One Key Question brochure* - *Folic Acid handout (March of Dimes)*
 - *I'm not pregnant but...9 Questions to ask before becoming pregnant (March of Dimes)*
- NO, I WOULD NOT LIKE TO BECOME PREGNANT IN THE NEXT YEAR
 - *Show Your Love brochure*
 - *Show Your Love! Steps to a Healthier Me and Baby to Be! booklet*
 - *One Key Question brochure* - *Birth Control Facts brochure* - *Choices booklet*
- UNSURE I WOULD LIKE TO BECOME PREGNANT IN THE NEXT YEAR or I WOULD BE OK EITHER WAY
 - *Show Your Love brochure*
 - *Show Your Love! Steps to a Healthier Me and Baby to Be! booklet*
 - *One Key Question brochure* - *Folic Acid handout (March of Dimes)*
 - *I'm not pregnant but...9 Questions to ask before becoming pregnant (March of Dimes)*
 - *Birth Control Facts brochure* - *Choices booklet*

Current WIC Procedures (as of October 2016)

- Collect Pregnancy Intention Forms (PIF) from only biological WIC mothers
 - *Do not collect PIF from Foster Parents, Adoptive Parents, or from 2nd Authorized Representatives*
- Ask biological WIC mothers at certification/recertification/mid-certification appointments
- Note: Paper forms are used.
- Local Agency Coordinator tallies number of forms collected monthly & provides 5 random samples (for quality control/feedback).
- Log in the information system that OKQ was asked at the appointment (to prevent repeats) or note that the mom/dad have chosen sterilization.
- Repeat PIF as appropriate (approximately every 6 months).

Data/Results from September - December

Local Agency	September	October	November	December	Total
Wahiawa	<ul style="list-style-type: none"> • 255 • 25 with no ID* 	<ul style="list-style-type: none"> • 302 • 35 with no ID 	<ul style="list-style-type: none"> • 224 • 31 with no ID 	<ul style="list-style-type: none"> • 235 • 36 with no ID 	<ul style="list-style-type: none"> • 1016 • 127 with no ID
Bay Clinic	<ul style="list-style-type: none"> • 24 • 1 with no ID 	<ul style="list-style-type: none"> • 123 • 3 with no ID 	<ul style="list-style-type: none"> • 71 • 4 with no ID 	<ul style="list-style-type: none"> • 35 • 4 with no ID 	<ul style="list-style-type: none"> • 253 • 12 with no ID
Waianae	N/A**	<ul style="list-style-type: none"> • 81 • 12 with no ID 	<ul style="list-style-type: none"> • 4 • 0 with no ID 	<ul style="list-style-type: none"> • 39 • 1 with no ID 	<ul style="list-style-type: none"> • 124 • 13 with no ID
Pearl City	<ul style="list-style-type: none"> • 125 • 25 with no ID 	<ul style="list-style-type: none"> • 94 • 11 with no ID 	<ul style="list-style-type: none"> • 80 • 11 with no ID 	<ul style="list-style-type: none"> • 58 • 12 with no ID 	<ul style="list-style-type: none"> • 357 • 59 with no ID
Total	<ul style="list-style-type: none"> • 404 • 51 with no ID 	<ul style="list-style-type: none"> • 600 • 61 with no ID 	<ul style="list-style-type: none"> • 379 • 46 with no ID 	<ul style="list-style-type: none"> • 367 • 53 with no ID 	<ul style="list-style-type: none"> • 1750 • 211 with no ID

*No WIC ID (mom is not enrolled)

**Waianae did not begin until October

Analysis of Random Samples (5 per Local Agency each Month)

Local Agency	How many women responded in the following categories (Total for all months received)	Majority Race
Wahiawa	Yes: 6 No: 9 Unsure/Ok either way: 1 Not Applicable: 4	Non Hispanic, White Non Hispanic, Native Hawaiian/Pacific Islander
Bay Clinic	Yes: 1 No: 8 Unsure/Ok either way: 2 Not Applicable: 4	Non Hispanic, Native Hawaiian/Pacific Islander
Waianae	Yes: 1 No: 9 Unsure/Ok either way: 1 Not Applicable: 4	Non Hispanic, Native Hawaiian/Asian Non Hispanic, White
Pearl City	Yes: 4 No: 9 Unsure/Ok either way: 1 Not Applicable: 1	Non Hispanic, White Non Hispanic, Asian

Synopsis of Very Limited # Random Samples

- The majority of clients answered “No, they do not want to become pregnant within the next year” and were taking birth control and were happy with their method.
- Those that answered “Yes” were taking multivitamin/prenatal vitamins.
- Those that answered “I’m okay either way” were not taking prenatal vitamins or multivitamin.
- The majority of “Non-Applicable” clients were clients who were either pregnant or mom/dad was sterilized.
- The majority of moms either declined handouts or LAs did not give any handouts regardless of OKQ answer.
- PIF collection may have decreased over time (although appointments in November and December tends to trend downward because of the holidays).

How is the data being used?

- WIC has not analyzed data yet, potential exists for more referrals.

Is the data entered into a data base for reporting?

- Not currently.
- WIC is in the process of transitioning to new information system.
Any system changes/additions will have a cost.
- Any data analyses would be separate from information system.

LA Feedback & Experiences with OKQ

- Most WIC moms are fine with the question.
- Moms genuinely have questions about birth control or preparing for their next pregnancy.
- OKQ opens further conversation for moms who are breastfeeding and taking hormonal birth control and experiencing low milk supply.
- Some staff feel it is not WIC's responsibility but the responsibility of the OBGYN.
- OKQ takes additional time to service the client.
- It can be uncomfortable to ask a mom who was recently divorced – “I don't have a husband right now.”
- Asking OKQ after a mom recently delivered is a bit premature as the client hasn't even seen her OB for follow up.
- The form could be amended to add “no, not yet” under the “Are you using birth control?” section of the form.
- Asking OKQ to a pregnant mom is awkward – it's a waste of paper, and they look confused.
- Many moms were unaware they could receive free birth control.

Feedback Given to the Local Agencies

- Stress the importance that the whole form needs to be filled out by staff.
- Review the collected forms daily to ensure completeness.
- Urge the WIC LAs to report their findings in a timely manner.
- Ensure all WIC competent professional authorities (CPAs) are asking OKQ and filling out the form. Note: CPAs = WIC Nutrition Assistants and Registered Dietitian Nutritionists.

Conclusions

- Most WIC moms planning on becoming pregnant are aware of the importance of taking folic acid/multivitamin/prenatal vitamin.
- WIC direct services staff are getting more comfortable asking OKQ.
- Better management oversight is needed to ensure accuracy.
- Follow-up on handouts may be necessary.
- Survey analysis is needed (WIC as well as comparison to other groups).
- Potential to implement OKQ statewide exists.

Thank you!

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