



# ONE KEY QUESTION

## THE WIC EXPERIENCE

Presenter: Linda Chock, MPH, RDN



# 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 <input type="checkbox"/> Hysterectomy <input type="checkbox"/> Pregnancy <input type="checkbox"/> Other: _____</p>	

**Demographics:**

<p>Birth Year: _____ Sex: F / M Zip Code: _____</p>	<p>Ethnicity: (Circle which applies) Hispanic/Latino Non-Hispanic</p>	<p>Race: (Circle all that apply) American Indian/Alaska Native Asian Black/African American Native Hawaiian/Pacific Islander 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 <input type="checkbox"/> Histerectomía (sin matriz) <input type="checkbox"/> Embarazo <input type="checkbox"/> Otra razon: _____</p>	

**Office Use only:**

<b>Handouts Given:</b>			
<p><input type="checkbox"/> Contraception Options <input type="checkbox"/> Other: _____ <input type="checkbox"/> None <input type="checkbox"/> Declined</p>	<p><input type="checkbox"/> Preconception Care <input type="checkbox"/> Other: _____ <input type="checkbox"/> None <input type="checkbox"/> Declined</p>	<p><input type="checkbox"/> Contraception Options <input type="checkbox"/> Preconception Options <input type="checkbox"/> Other: _____ <input type="checkbox"/> None <input type="checkbox"/> Declined</p>	<p>Insurance: _____</p>
<b>Referrals Provided:</b>			
<p><input type="checkbox"/> Primary Care <input type="checkbox"/> Family Planning <input type="checkbox"/> Other: _____ <input type="checkbox"/> None <input type="checkbox"/> Declined</p>	<p><input type="checkbox"/> Primary Care <input type="checkbox"/> Family Planning <input type="checkbox"/> Other: _____ <input type="checkbox"/> None <input type="checkbox"/> Declined</p>	<p><input type="checkbox"/> Primary Care <input type="checkbox"/> Family Planning <input type="checkbox"/> Other: _____ <input type="checkbox"/> None <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 2<sup>nd</sup> 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"> <li>• 255</li> <li>• 25 with no ID*</li> </ul>	<ul style="list-style-type: none"> <li>• 302</li> <li>• 35 with no ID</li> </ul>	<ul style="list-style-type: none"> <li>• 224</li> <li>• 31 with no ID</li> </ul>	<ul style="list-style-type: none"> <li>• 235</li> <li>• 36 with no ID</li> </ul>	<ul style="list-style-type: none"> <li>• 1016</li> <li>• 127 with no ID</li> </ul>
Bay Clinic	<ul style="list-style-type: none"> <li>• 24</li> <li>• 1 with no ID</li> </ul>	<ul style="list-style-type: none"> <li>• 123</li> <li>• 3 with no ID</li> </ul>	<ul style="list-style-type: none"> <li>• 71</li> <li>• 4 with no ID</li> </ul>	<ul style="list-style-type: none"> <li>• 35</li> <li>• 4 with no ID</li> </ul>	<ul style="list-style-type: none"> <li>• 253</li> <li>• 12 with no ID</li> </ul>
Waianae	N/A**	<ul style="list-style-type: none"> <li>• 81</li> <li>• 12 with no ID</li> </ul>	<ul style="list-style-type: none"> <li>• 4</li> <li>• 0 with no ID</li> </ul>	<ul style="list-style-type: none"> <li>• 39</li> <li>• 1 with no ID</li> </ul>	<ul style="list-style-type: none"> <li>• 124</li> <li>• 13 with no ID</li> </ul>
Pearl City	<ul style="list-style-type: none"> <li>• 125</li> <li>• 25 with no ID</li> </ul>	<ul style="list-style-type: none"> <li>• 94</li> <li>• 11 with no ID</li> </ul>	<ul style="list-style-type: none"> <li>• 80</li> <li>• 11 with no ID</li> </ul>	<ul style="list-style-type: none"> <li>• 58</li> <li>• 12 with no ID</li> </ul>	<ul style="list-style-type: none"> <li>• 357</li> <li>• 59 with no ID</li> </ul>
<b>Total</b>	<ul style="list-style-type: none"> <li>• <b>404</b></li> <li>• <b>51 with no ID</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>600</b></li> <li>• <b>61 with no ID</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>379</b></li> <li>• <b>46 with no ID</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>367</b></li> <li>• <b>53 with no ID</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>1750</b></li> <li>• <b>211 with no ID</b></li> </ul>

\*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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