

# PW24 Educational Sessions Outcomes Report



Department of  
Health

## Project overview

The subrecipients of the Ohio Department of Health's Reproductive Health and Wellness Program (RHWP) conducted preconception health educational sessions to increase awareness of modifiable factors to improve pre-pregnancy health related to smoking cessation, healthy lifestyle, mental health, and managing chronic diseases to community members. The educational sessions took place from Oct. 1, 2023, to Mar. 31, 2025.

Title X staff provided information about modifiable factors to improve pre-pregnancy health, brochures about and referrals to Title X clinics, and distributed preconception health information handouts. Preconception health handout information came from the Preconception Health 101 curriculum for medical providers and community members created by the Ohio Colleges of Medicine Government Resource Center.

Community members completed a pre-test survey and post-test survey containing the same questions. Pre- and post-test surveys measured knowledge, planned behavior, and awareness of community resources. An analysis was conducted to measure change in knowledge, planned behavior, and awareness before and after listening to the educational session.

## Outcomes

The total number of pre- and post-test surveys completed are presented in Table 1.

	Pre-test Survey <i>n</i> (%)	Post-test Survey <i>n</i> (%)	Total <i>n</i>
Healthy Lifestyle	247 (47.5%)	273 (52.5%)	520
Smoking Cessation	316 (46.2%)	368 (53.8%)	684
Mental Health	101 (47.0)	114 (53.0%)	215
Managing Chronic Disease	98 (47.1%)	110 (52.9%)	208
	762	865	1,627

## Healthy Lifestyle

Participants answered eight knowledge-based questions related to healthy lifestyle. The average knowledge score increased from 5.5 to 6.9 out of eight possible points. Eight of eight questions show improvement, ranging from 3.6% to 52.0% improvement in the post-test survey responses. The average knowledge score results were statistically significant ( $p < 0.05$ ). The question with the largest improvement asked about how long it takes between pregnancies (Q4, +52.0%). After the session, 76.6% of participants agreed/strongly agreed they could identify where to find resources to take care of their health compared to 64.8% before the session (+11.8%). An increase of 4.8% was observed for agree, and an increase of 7.0% was observed for strongly agree. When asked if the community members planned to eat the right amount of healthy food to reach a healthy weight, responses for strongly agree and agree increased from 77.6% to 87.5% (+9.9%). Before the session, 72.0% of responses indicated the community members were not currently interested in receiving treatment for health or wellness needs at the Title X clinic. After the session, 7.9% of participants strongly disagreed or disagreed with being more likely to receive care at the Title X clinic, while 66.5% strongly agreed or agreed that they were more likely to receive care.



## Smoking Cessation

Participants answered six knowledge-based questions related to the impacts of smoking and vaping. The average knowledge score increased from 5.19 to 5.58 out of six possible points. Five of six questions show improvement, ranging from 2.7% to 9.4% improvement in the post-test survey responses. The question with the largest improvement asked if vaping was a safe alternative to smoking (Q5, +9.4%). The average knowledge score results were statistically significant ( $p < 0.05$ ). After discussion, 77.3% of participants agreed or strongly agreed they could identify where to find resources related to tobacco cessation. When asked if the community member planned to set a goal to reduce smoking or vaping, responses marked strongly disagree and disagree decreased from 13.3% to 9.3% (-4.0%) among the 244 pre-test participants who indicated they smoked or vaped and 272 post-test participants who indicated they smoked or vaped. Before the session, 71.6% of responses indicated the community members were not currently interested in receiving treatment for health or wellness needs at the Title X clinic. After the session, 14.4% of participants strongly disagreed or disagreed with being more likely to receive care at the Title X clinic, while 44.5% strongly agreed or agreed that they were more likely to receive care.

## Mental Health

Participants answered six knowledge-based questions related to anxiety and depression symptoms, risk factors, and treatment. The average knowledge score increased from 4.91 to 4.94 out of six possible points. Four of six questions show improvement, ranging from 3.0% to 5.6% improvement in the post-test survey responses. The question with the largest improvement asked if depression often needs a doctor to help treat it. (Q3, +5.6%). Q1 and Q2 required participants to select the best answer to describe depression (Q1) and anxiety (Q2). Before the session, 8% of participants selected the wrong answer for depression and 19.8% selected the wrong answer for anxiety. After the session, 12.3% of participants selected the wrong answer for depression and 24.1% selected the wrong answer for anxiety. It could be beneficial for further mental health education to explain the difference between depression and anxiety. The average knowledge score results were not statistically significant ( $p = 0.86$ ). Community members who correctly answered the question indicating awareness of the Ohio Careline increased by 6.8% compared to the pre-test survey (86.1% to 92.9%). When asked if the community member planned to talk to a healthcare provider about their mental health, responses for agree and strongly agree increased from 71.3% to 78.6% (+7.3%). Before the session, 59.0% of responses indicated the community members were not currently interested in receiving treatment for health or wellness needs at the Title X clinic. After the session, 9.1% of participants strongly disagreed or disagreed with being more likely to receive care at the Title X clinic, while 65.5% strongly agreed or agreed that they were more likely to receive care.

## Managing Chronic Disease

Participants answered seven knowledge-based questions related to how hypertension, diabetes, and thyroid disease can impact pregnancy, as well as how to manage chronic diseases. The average knowledge score increased from 4.1 to 6.3 out of seven possible points. Seven of seven questions show improvement, ranging from 18.9% to 53.5% improvement in the post-test survey responses. The question with the largest improvement asked about when a woman who had gestational diabetes should get tested for Type 2 diabetes after having her baby (Q6, +53.48%). The average knowledge score results were statistically significant ( $p < 0.05$ ). After discussion, 92.6% of community members answered the question indicating awareness of RHWP services correctly compared to the 74.0% in the pre-test survey (+18.6). When asked if the community member planned to talk to a healthcare provider about chronic diseases before pregnancy, responses marked strongly agree and increased from 63.5% to 74.1% (+10.6%). Before the session, 12.5% of responses indicated the community members were not currently interested in receiving treatment for health or wellness needs at the Title X clinic. After the session, 8.3% of participants strongly disagreed or disagreed with being more likely to receive care at the Title X clinic, while 73.1% strongly agreed or agreed that they were more likely to receive care.

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