

# One Key Question®

{ Oregon Foundation for Reproductive Health

Helen K. Bellanca, MD, MPH  
Medical Director  
January 2012

48% of all pregnancies in Oregon are unintended.

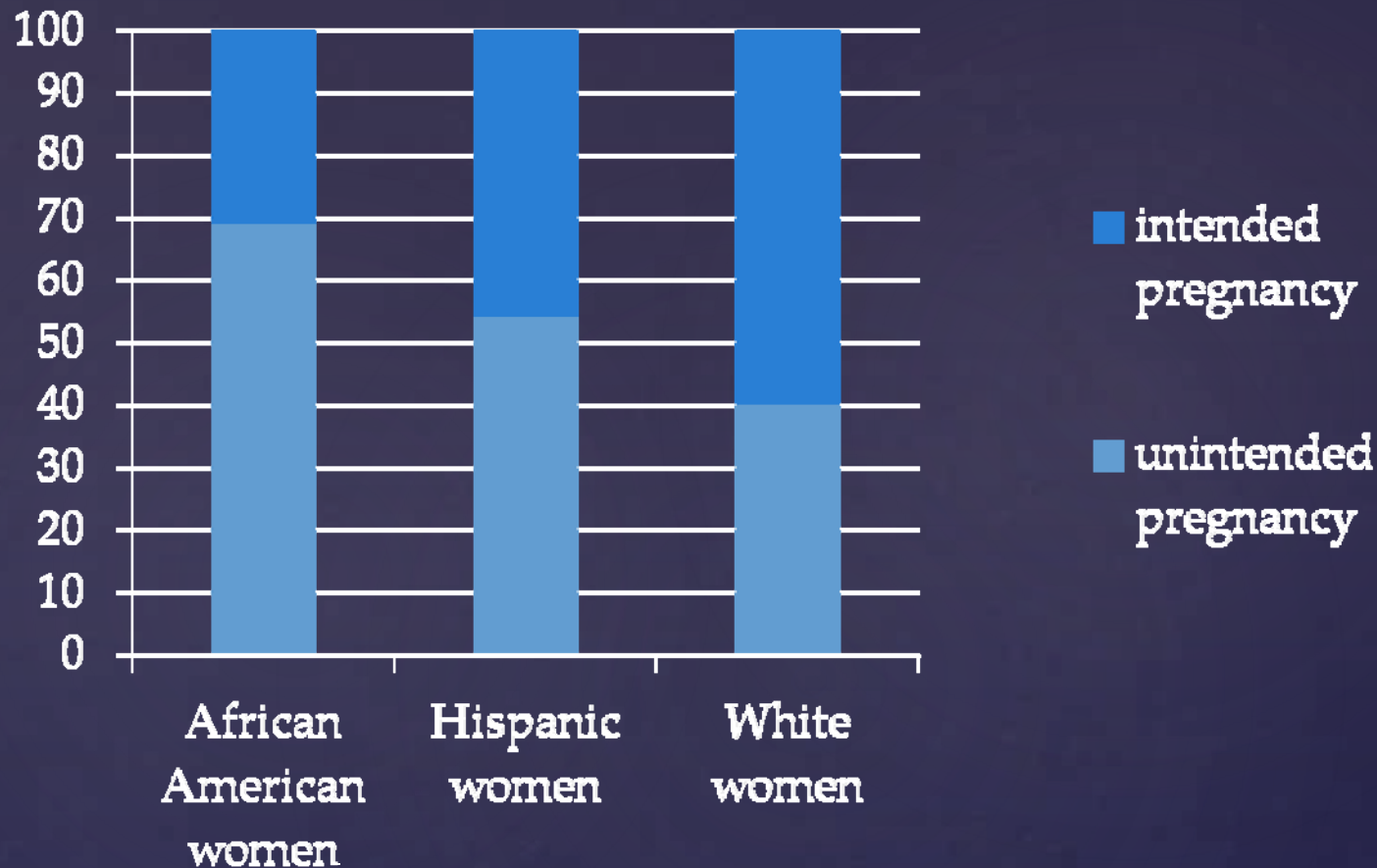
There were 10,800 abortions in 2009.

Meaning there were more than  
34,000 unintended pregnancies in  
Oregon.

Why this is important

& The average American woman desires 2 children, but she is fertile for about 39 years.

& Most women spend more than 30 years of their lives trying to prevent an unintended pregnancy every month.



# Unintended pregnancy is a health disparity issue

Finer LB and Henshaw SK. (2006) Disparities in rates of unintended pregnancy in the United States, 1994 and 2001, *Perspectives on Sexual and Reproductive Health*, 38(2):90-96

## & Unintended pregnancies lead to:

- ⌘ Worse health outcomes for mother and child
- ⌘ Social stressors such as poverty and derailment of career and education plans
- ⌘ Societal costs (medical and social support)

We can change this.

& If women were screened for their pregnancy intentions, more pregnancies would be planned, wanted, and as healthy as possible.

One Key Question<sup>®</sup>

# How do we get there?

& All women age 18-50 are routinely asked by their primary care provider:

*Would you like to become pregnant in the next year?*

One Key Question<sup>®</sup>



{ Yes!



{ Follow up

- ⌘ Screened for conditions that can affect pregnancy
- ⌘ Medication review
- ⌘ Counseled on nutrition, exercise, substance use
- ⌘ Folic acid daily



{ No!



{ Follow up

- & Are you using contraception you are satisfied with?
- & Offered contraception options
- & Offered emergency contraception

{ Unsure, or ok  
either way



{ Follow up

- & Combination of  
contraception and  
preconception care
- & Discussion of  
relevant issues

# Preventive reproductive health should be *proactive*, not *reactive*

Primary care providers should  
ask, not just respond

# The ONE KEY QUESTION<sup>®</sup> Initiative is endorsed by:

Nurse Practitioners of Oregon  
Oregon Nurses Association  
Oregon Medical Association  
Oregon Academy of Family Physicians  
Oregon Obstetricians and Gynecologists  
Osteopathic Physicians and Surgeons of Oregon  
Oregon Society of Physician Assistants  
Oregon Primary Care Association  
Office of Rural Health  
Oregon Public Health Association  
Oregon Public Health Institute  
Northwest Portland Area Indian Health Board  
Medical Society of Metropolitan Portland  
Oregon Midwifery Council  
Oregon State Pharmacy Association