



‘Not Pregnant Now’

Preventing unintended pregnancies among vulnerable parents. From a local practice orientated program towards nationwide implementation.



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“No one asked me if I wanted to get pregnant”



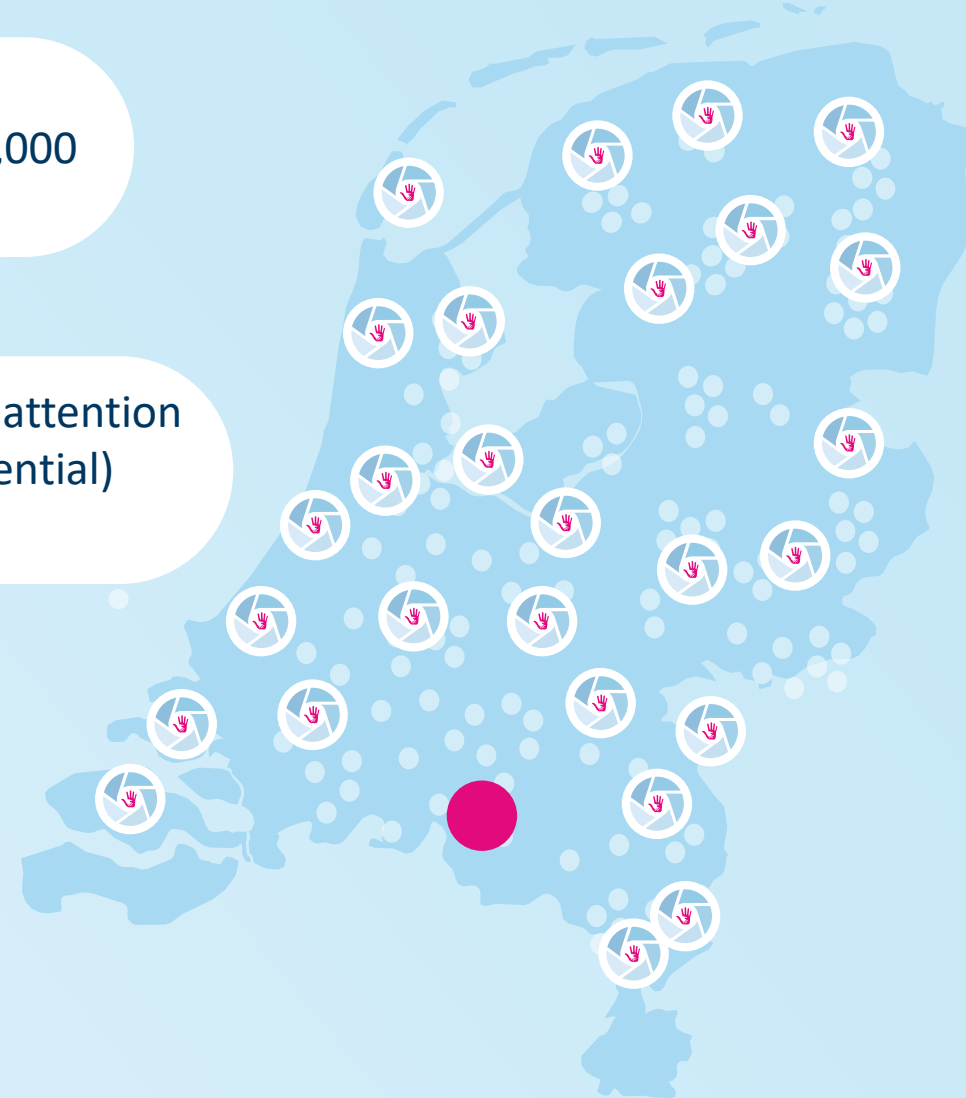
‘Not pregnant now’ started as a pilot in Tilburg, a city in the south of The Netherlands with approximately 222,000 inhabitants and an unfavourable socio-economic profile.



Bottom-up public health initiative caused by perceived lack of attention for the risk of unintended pregnancies among vulnerable (potential) parents during regular health and/or social care meetings.



Since 2018, ‘Not pregnant now’ is part of the national ‘Solid Start’ program of the Ministry of Health improving preconception and birthcare. At the moment > 170 municipalities (50%) offer the program!



Not Pregnant Now:

Addressing family planning and contraceptives during regular care meetings



The program is
preventive and voluntary

Trustworthy relationship and
an open conversation about
family planning

Client-centred support in
conscious choices on pregnancy
intentions (presence approach)

Discussion and advice about
effective contraceptives

Realising contraceptives,
and tackling barriers
(practical and financial)

Collaboration between
public health, social and
and medical professionals



Evaluation of the local program 2018-2021; reach, experiences of care providers & clients, recommendations for nationwide implementation

Local monitor data
about reach,
background
characteristics and
outcomes

131 questionnaires filled in by care
providers about their experiences

In-depth, personal
interviews with 27 care
providers and 11 clients
about their experiences

Care providers

- I feel responsible for signaling and supporting the target group of the program
- I succeed in signaling the target group of the program
- I succeed in having an open conversation about family planning with clients
- I have integrated the program into my daily work activities

89%

83%

78%

58%



“

Colleagues need to ask themselves more often what it means if this client would have a baby now.

Care provider



Clients

Clients are glad that someone asks about/discusses family planning



Relief: no risk of an unintended pregnancy



Clients feel heard, respected and supported



New experience: making their own choices



Clients feel unburdened (practical & financial)



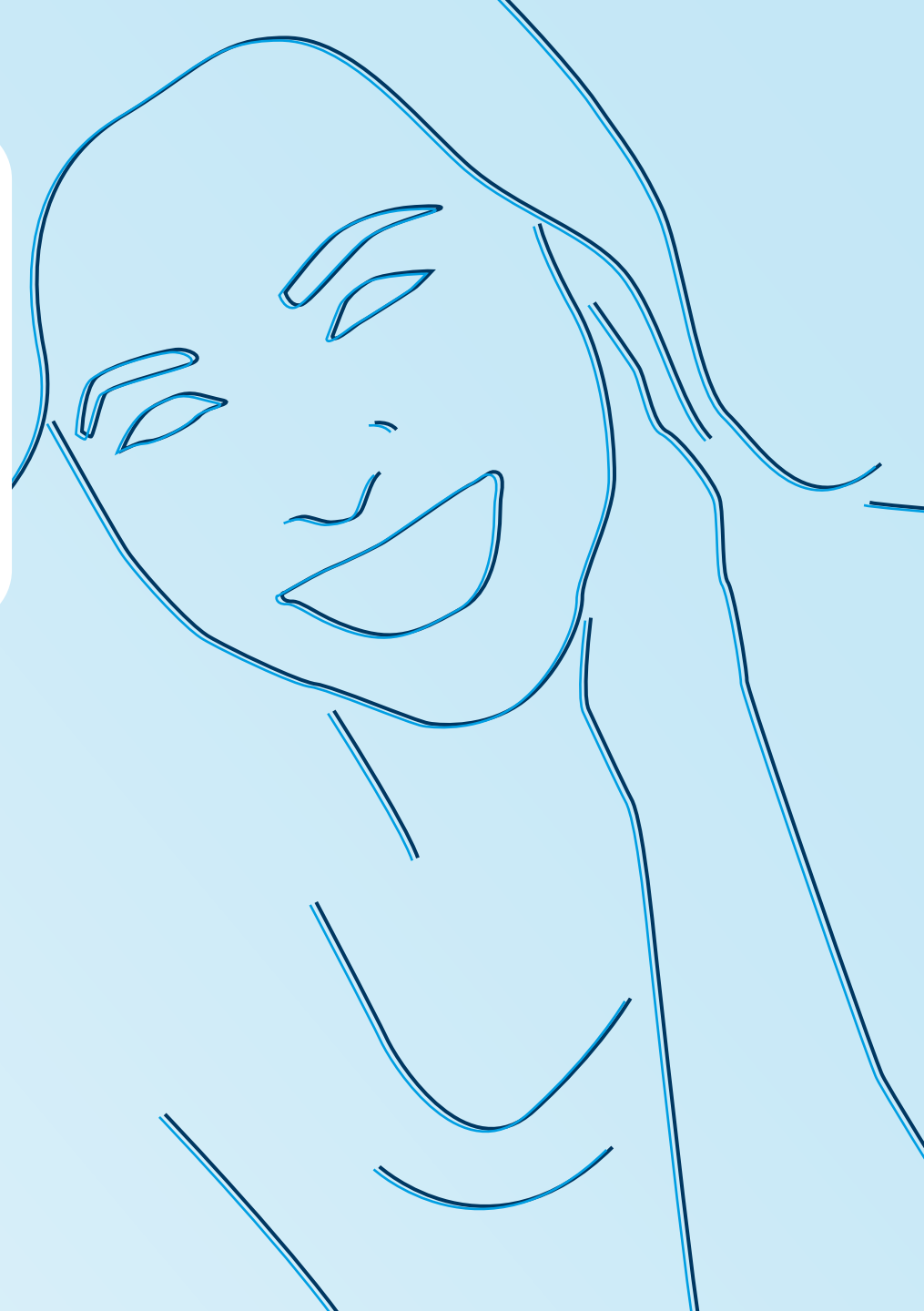
Self confidence
Self control
Empowerment



“

At first I thought ‘why do you ask me if I want to get pregnant now?’
But if she hadn’t brought it up, then I would never have thought about it

Clïent



Some recommendations for practice



Stick to the design of Not Pregnant Now!



Increase the reach by improving signaling



Invest even more in education and training



Secure the program in regular work processes



Ensure committed management and joint responsibility



Limit the vulnerability of the program



Continue collaboration between social and medical professionals

Impact in practice

Presentations, factsheets, LinkedIn, websites, Community Not pregnant now, newsletters,.....

Workplace:
Social & medical professionals



- Including recommendations in support, training, intervision
- Emphasis on ensuring implementation of the program
- Increasing awareness of managers (role&responsibility)

Municipalities:
City council



- Agenda setting and increasing renown of the program
- Lobby among policymakers using results and recommendations, combined with a cost-benefit analysis

National:
Ministry of Health



- Further development of the program (organization, support municipalities & professionals)
- Negotiations with Ministry of Health (recognition, grants)
- Lobby for legal framework program implementation

Thank you! Questions?



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