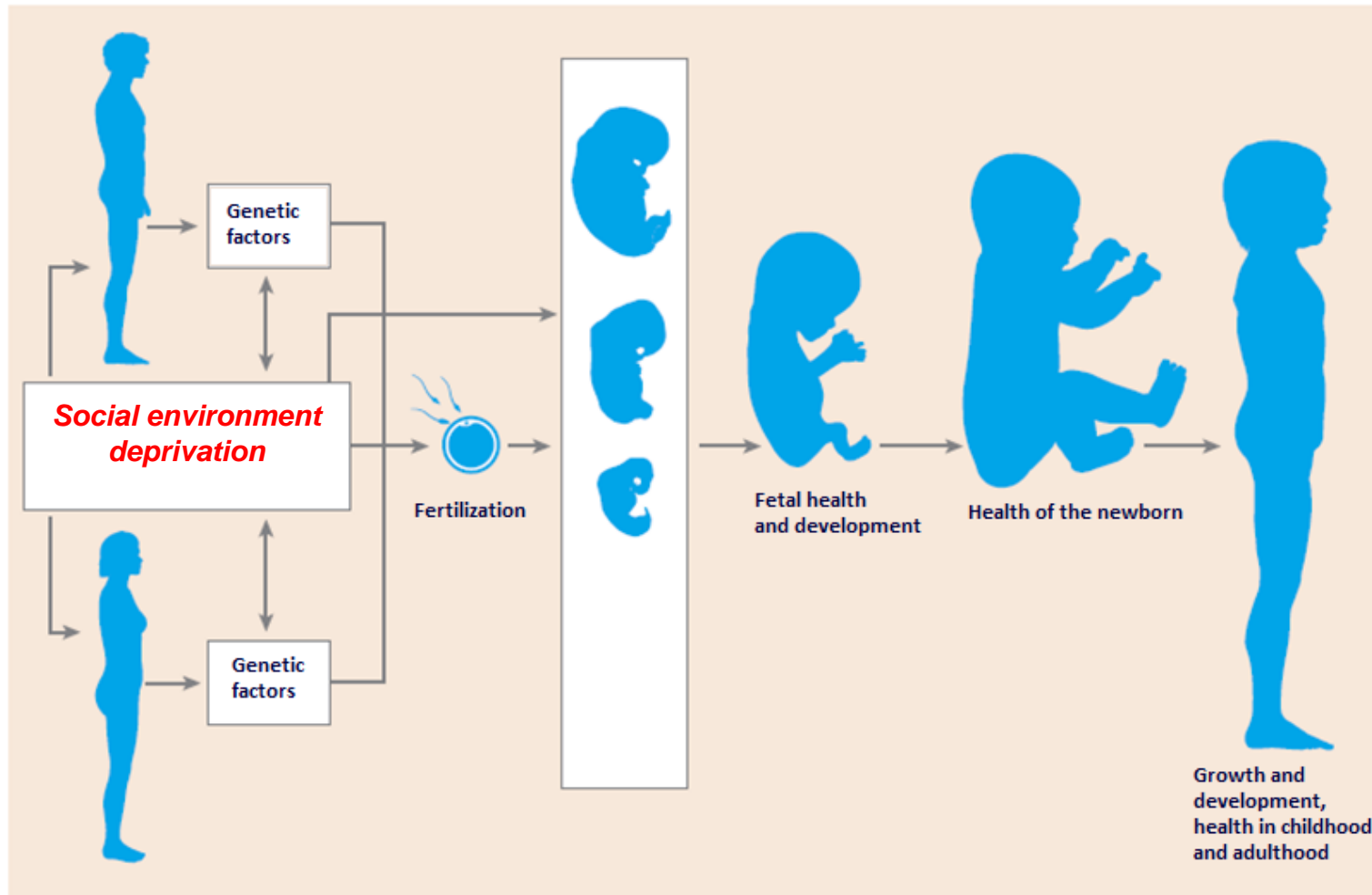




**Social obstetrics:  
integration of perinatal care  
& public health**

Adja Waelput

# Life course approach: embryonic and fetal health



# Begin at the beginning

Being born healthy starts before conception



The first trimester of pregnancy, and even the weeks before, are the most critical periods in our life course

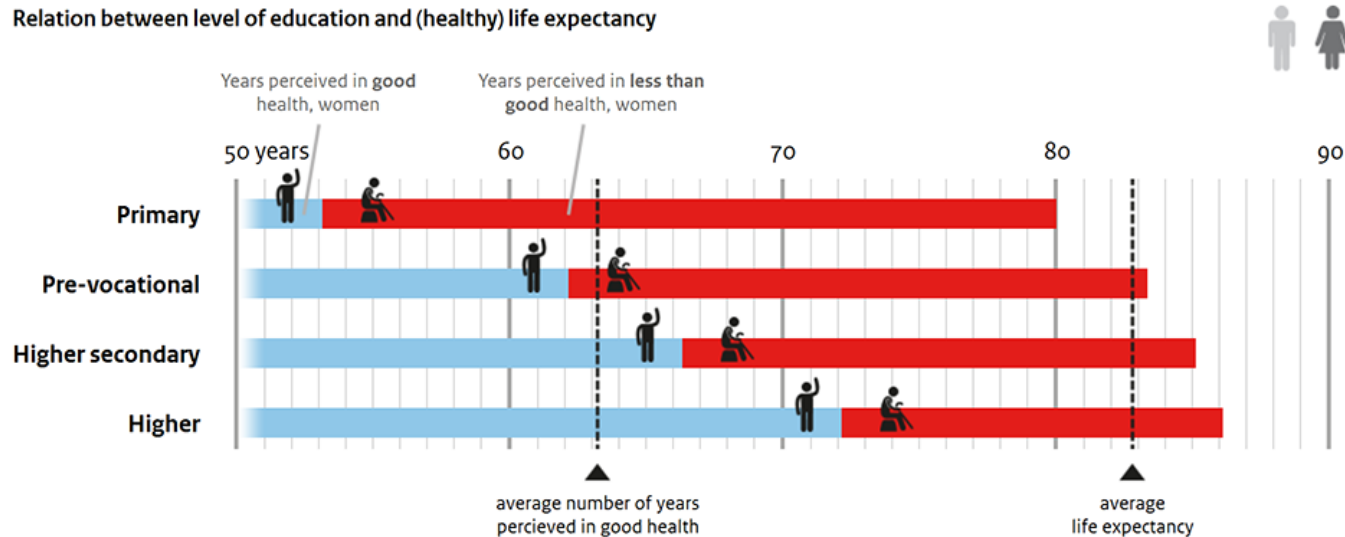
- programming of our perinatal health & health later in life
- most risk factors for unfavorable outcomes are present before pregnancy
  - > assess, advice & modify

# Socioeconomic health inequalities

## Large socioeconomic variations in health status, which could continue to widen

For people with low levels of education, life expectancy averages 6 years shorter than for people with high levels. In terms of life expectancy in self-perceived good health, the difference is 19 years. The gaps may widen in the near future. Many effects of the recent economic recession, such as unemployment, are only just emerging, and the lesser educated and other vulnerable groups have been hardest hit. Whether and how that trend will continue in the longer term is uncertain.

Relation between level of education and (healthy) life expectancy



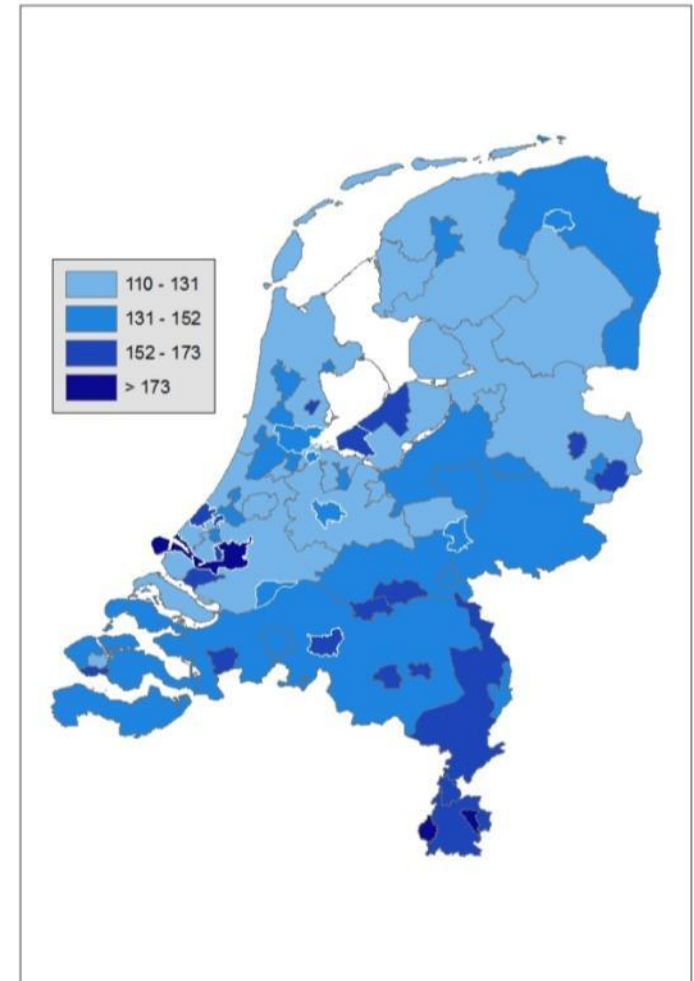
## Perinatal morbidity (2009-2014)

Preterm birth  
(less than 37<sup>th</sup> weeks of gestation)

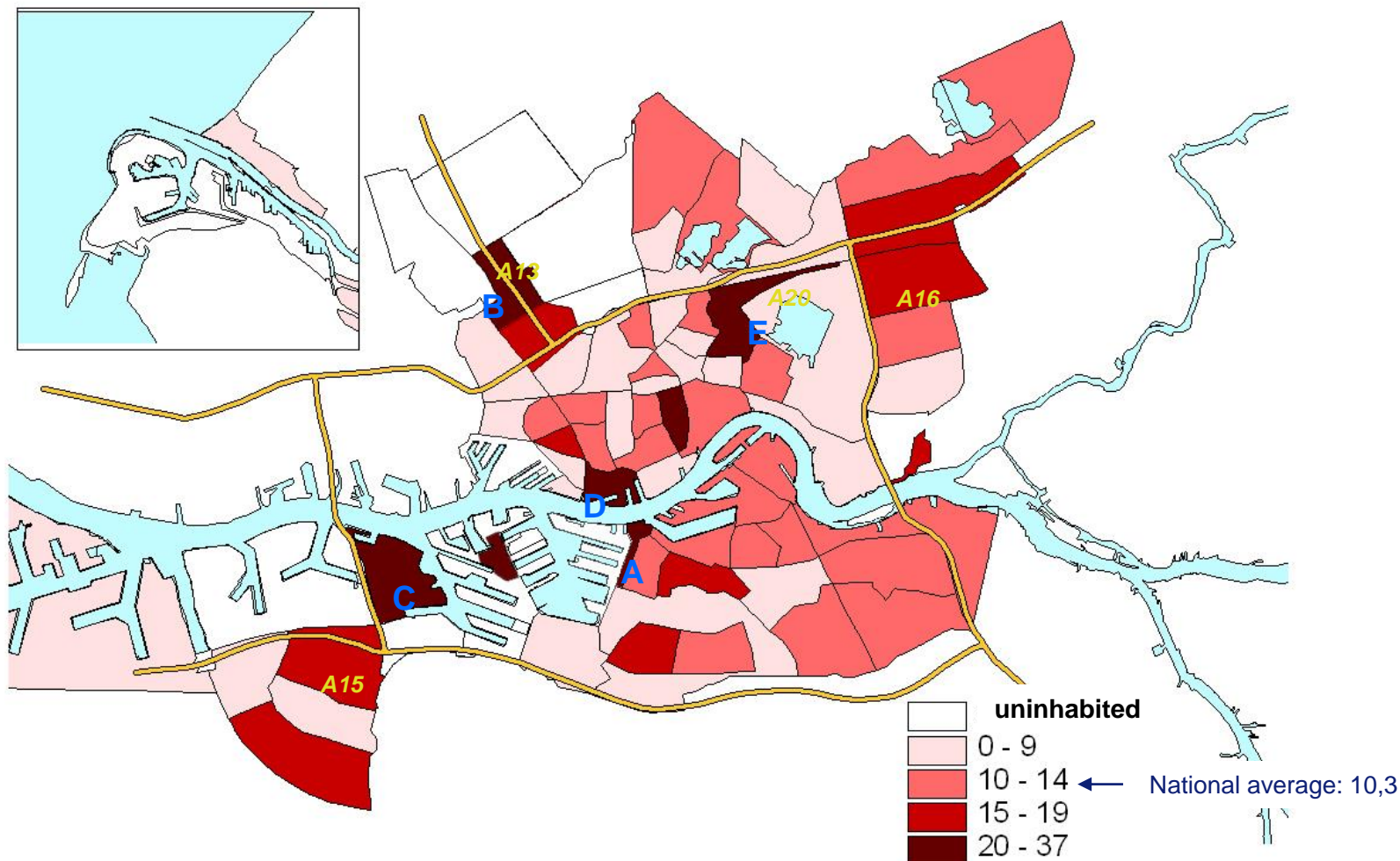
and/or

Small for gestational age  
(birth weight <10th percentile for  
gestational age)

NL: 142 per 1.000 births

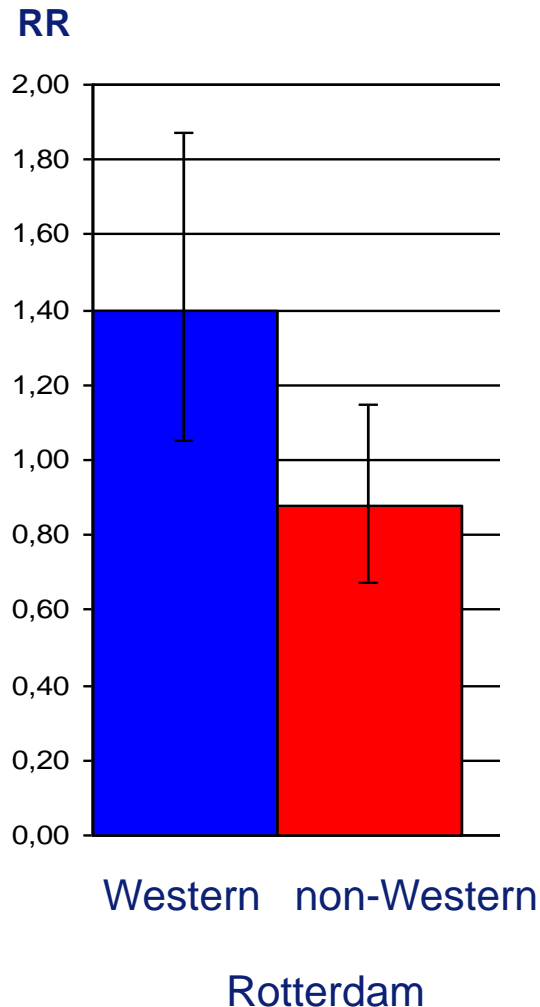


# Perinatal mortality\* in neighbourhoods of Rotterdam (2000-2006)



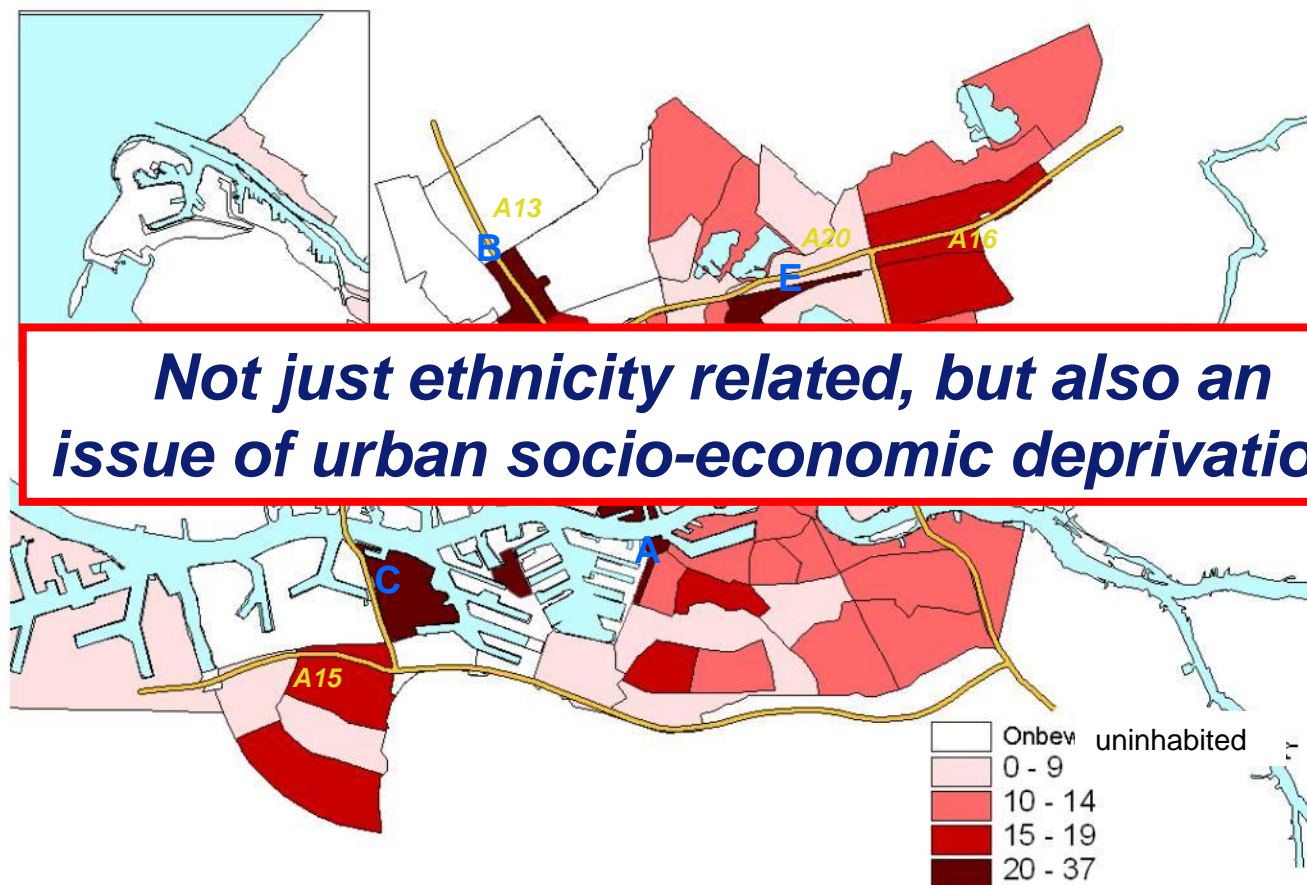
\* 22 weeks-1 week  
Poeran et al., 2011 (data: Perined)

## Relative risks for perinatal mortality in deprived districts





# Perinatal mortality in neighbourhoods of Rotterdam (2000-2006)







## Poverty



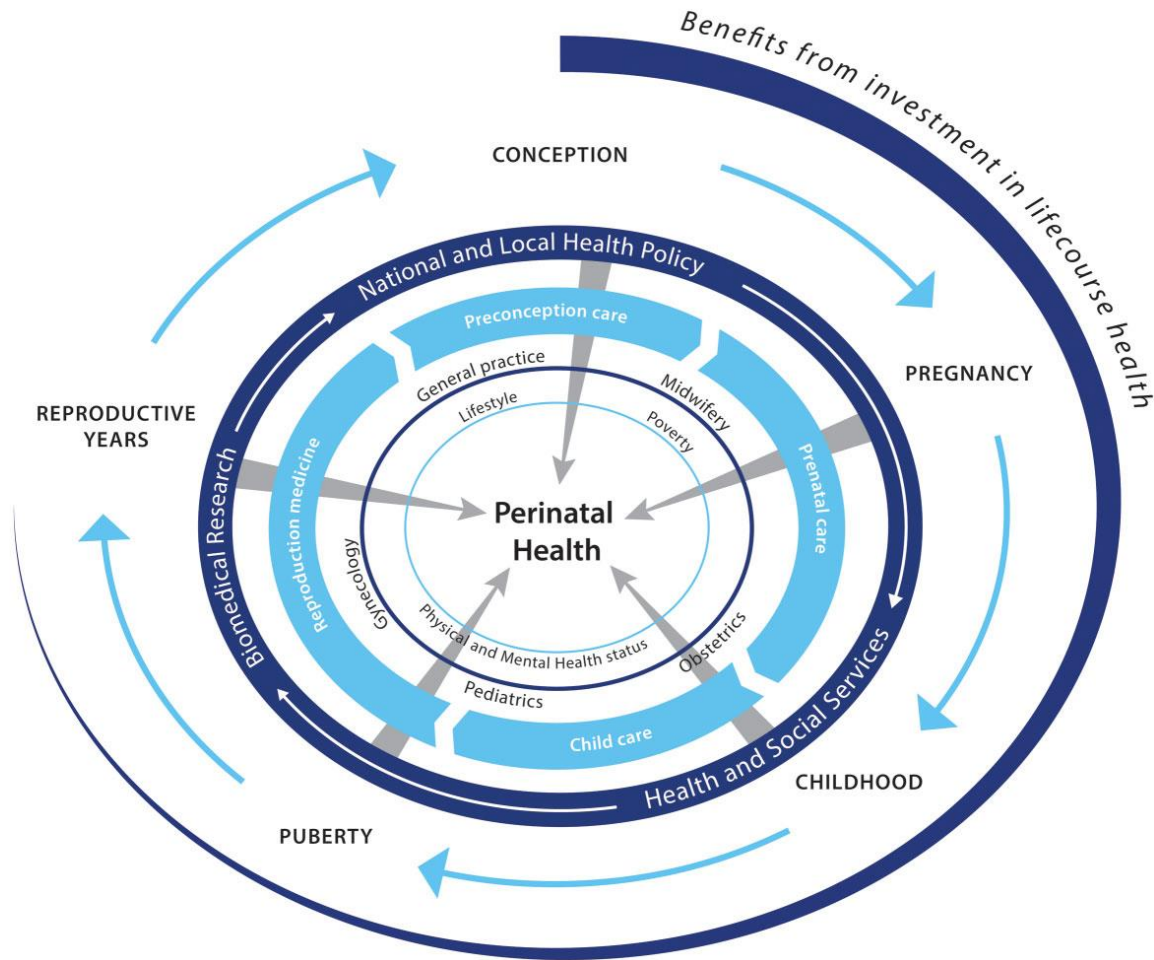
## Perinatal care: in need of a paradigm shift

- health starts before the conception
- inequalities in perinatal outcome
- contribution of non medical risk factors & poverty to less favourable perinatal outcomes
- perinatal health influences on the health & well being of future generations

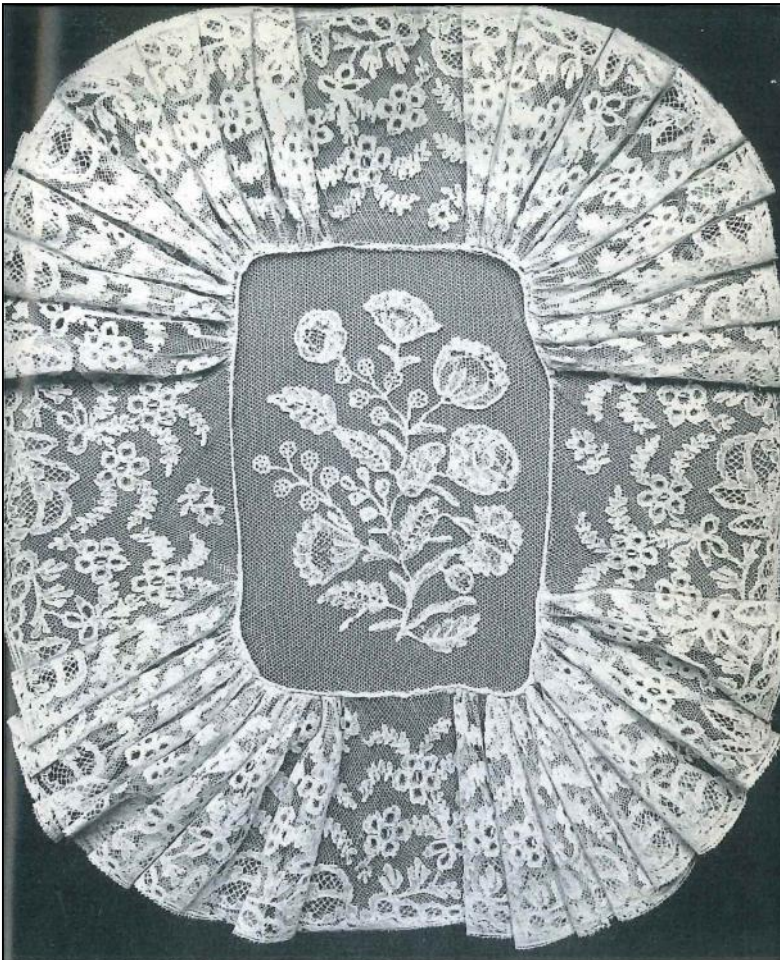
We are in need of

- close cooperation between obstetric care, public health and social domain
- innovations in care (*not just in obstetric care*)
- which are supported by evidence

# Holistic approach to pregnancy-related care: crossing medical and social domains







*Het kraamkloppertje*

Frans Hals museum, Haarlem. Dit kostbare kantwerk op de huisdeur was in de 17e eeuw het teken van geboorte. Het werd over een ebbenhouten 'tafeltje' gespannen, dat met rozerode zijde was overtrokken. Het bruidsboekje bevatte deze materialen in de vorm van een kanten strik en een rozerood lint. Thans worden de fraaie bruidstoiletten veelal gebruikt voor de bekleding van de wieg. Beide tijdsverschijnselen vertegenwoordigen op symbolische wijze de manier waarmee 'het kind in de continuïteit van het leven van de moeder wordt opgenomen' (Janssen, 1968)

*Gedrukt ter Koninklijke Drukkerij Van Gorcum & Comp., Assen*

1963; World Health Organization,  
commission for Maternal and Child Health

### Definition of Social Obstetrics;

'those aspects of personal and community life which have an impact on the child-bearing potential, habits and efficiency of a population and the health and treatment of individual woman, with particular reference to her reproductive system'

'het vakgebied waarin aandacht wordt gegeven aan de zwangere vrouw en de maatschappelijke context waarin haar bevalling zal plaatsvinden'

'dubbele gerichtheid op de individuele medische zorg en behandeling en op de maatschappij, waarin de geboorte plaats vindt, alsmede de maatschappelijke facetten ervan'

Recht op een gezonde start!

Samenvatting van  
het Aanvalsplan  
Perinatale Sterfte  
in Rotterdam



MOEDERS VAN  
ROTTERDAM



Integrated care, research, monitoring, evaluation

Preconception  
care

Antenatal care

Delivery

Maternity  
Care

Preventive Youth  
Health Care

Inter-  
conception  
care

## We aim at .....

Tailored care for couples, women and children

- in close cooperation between obstetric, maternity and youth health care & municipalities and local health authorities
- by sharing information
- by acknowledging and strengthening one another & one's potential roles
- to organize a continuum of care (pre-pregnancy to childhood)
- that contributes to better chances for children

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Tailored care for couples, women and children

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**especially women with a higher risk on less favorable start at birth & less favorable infant growth and development**



## Innovations & research

- Early start, before conception
  - collectively, by municipalities: *social marketing* & education
  - individually: preconception advise & care
- Systematic risk assessment & care
  - before, during and after pregnancy
- Referral to appropriate care
  - locally adopted care pathways
    - to professionals from perinatal care & community health services
  - structural multidisciplinary consultation
- Outreaching



First group peer educators Perinatal Health



# Out reaching to disadvantaged groups

By providing health care that fits

Involvement of the community

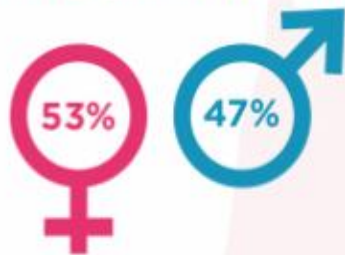
Stimulating the recruitment of specific groups of participants



# Health literacy

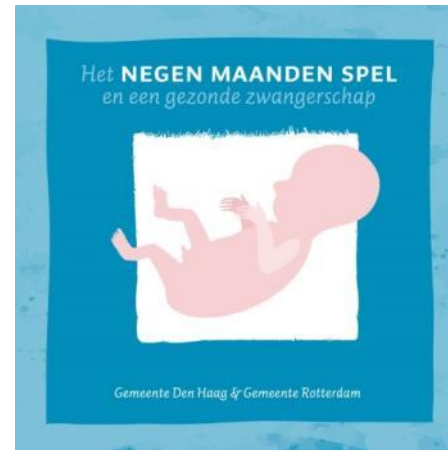
## 1,3 MILJOEN

laaggeletterden tussen de  
16 en 65 jaar in Nederland



van die 1,3 miljoen is  
**65%** autochtoon

03 "PISA" International Assessment for Adult Literacy (2013)



- commitment by local government for a healthy start
- integration of perinatal care in the policy and activities of both the local council and municipal health authorities
- awareness by perinatal care providers on social circumstances
- local networks of care providers & public health
- acquainted with one another & each other's potential roles
- development and implementation of care pathways
- new evidence, insights and questions



DAVID PARKINS



# Support mothers to secure future public health

Evidence that long-term health is shaped by the environment in early life calls for prenatal interventions to tackle chronic disease, argue **David Barker** and colleagues.

