



Public Health Update – March 2018

Optimizing Preconception Health in Your Practice

- The Public Health Agency of Canada released new [Family-Centred Maternity and Newborn Care: National guidelines](#), on [preconception care](#), for healthcare providers.
- The goal of preconception care is to improve the overall health of an individual before they become pregnant and to minimize individual and environmental factors that could lead to poor health outcomes.
- Print this educational [infographic](#) for your office display
- The guidelines respond to the fact that:
 - 73% of women 15 years and older consume alcohol
 - Only 58% of women take folic acid prior to pregnancy
 - 16% of women aged 20-29 smoke marijuana
 - Obesity rates have more than doubled in the past 10 years
 - The guidelines also include an information sheet for healthcare providers which provides recommendations for preconception screening.

Food Programs and Services Guide

- Refer to the 2018 [Food Programs and Services Guide](#) for the following patient resources:
 - Diabetes education
 - Nutrition services by registered dietitians
 - Food access programs
 - Cooking programs
 - Garden programs

Managing Substance Misuse Workshop

- Reminder: please complete the [Managing Substance Misuse Workshop Survey](#) by March 19, 2018. Information gathered from the survey will assist us in organizing a fall workshop on substance misuse.

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