

## Preconception Peer Educator Program

### Pre-Test

The purpose of this pretest is to find out about your level of awareness/knowledge/related health behaviors on key topics of our program. This is a pretest that is conducted prior to your training. To ensure confidentiality, *do not* write your name on this survey. Data will be shared/published only in an aggregated format.

**Respond to each of the following items by either filling in the blank or circling a choice.**

#### Part 1. Respondent Profile

1. What is your age? Please specify \_\_\_\_\_
2. Gender:    female\_\_\_    male\_\_\_
3. What is your ethnicity?
  - a. American Indian or Alaskan Native
  - b. Asian or Pacific Islander
  - c. Black/African-American
  - d. Hispanic/Latin American
  - e. White (Non Hispanic)
  - f. Other \_\_\_\_\_
4. What is your college rank?
  - a. Freshman
  - b. Sophomore
  - c. Junior
  - d. Senior
  - e. Special
  - f. Recent graduate
5. What is the name of your college and major? \_\_\_\_\_

6. Who do you currently consult (if anyone) while making key health-related decisions?
- No one
  - My parents
  - Friends
  - My boyfriend/girlfriend/partner/spouse
  - Primary care provider or other healthcare provider (please specify)
  - College health center staff
  - Other (please specify) \_\_\_\_\_
7. Please circle all answers that apply. I currently:
- Exercise regularly (at least two days per week)
  - Eat a healthy diet (including fruit, vegetables, and other healthy foods every day)
  - Smoke
  - Drink more than 6-7 alcoholic drinks per week
  - Take a multivitamin complex every day (including folic acid)
  - Attend regular checkups with my physicians (every year)
  - Have a healthy body weight for my height
  - Have a chronic medical condition (please specify) \_\_\_\_\_
  - Feel I can manage stress properly, so it does not affect me
  - Sleep a minimum of 6-8 hours per night
  - Take prescription medications or herbal supplements
  - Other (please specify) \_\_\_\_\_
8. Who would you trust (if anyone) on helping you make health-related decisions if you would become pregnant and wanted to stay healthy during your pregnancy?
- No one
  - My parents
  - Friends
  - My boyfriend/girlfriend/partner/spouse
  - Primary care provider or other healthcare provider (please specify)

10. Rate the level of difficulty in implementing the following health behaviors in your life on a scale of 1 to 5, with '1' representing 'very easy to implement' and '5' representing 'very difficult to implement'.

Exercising regularly: \_\_\_\_\_

Quitting/reducing smoking: \_\_\_\_\_

Taking vitamin supplements: \_\_\_\_\_

Stopping/reducing alcohol consumption: \_\_\_\_\_

Eating healthy food: \_\_\_\_\_

Scheduling and attending routine visits with your physicians: \_\_\_\_\_

Quitting/reducing alcohol intake: \_\_\_\_\_

Managing stress: \_\_\_\_\_

Reducing the risk for STDs by practicing safe sex or abstaining: \_\_\_\_\_

Undergoing genetic counseling: \_\_\_\_\_

### **Facts and Statistics on Preconception Health and Pregnancy**

1. What percentage of pregnancies in the United States are unplanned?
  - a. 25%
  - b. 50%
  - c. 75%
  - d. 100%
  
2. The leading causes of infant mortality in the United States are:
  - a. Premature birth/ Low-birth weight
  - b. Birth defects
  - c. Sudden Infant Death Syndrome (SIDS)
  - d. Respiratory distress syndrome
  - e. None of the above
  
3. Being aware of your own as well as your family's medical history, and sharing it with your partner is important because it:
  - a. May help avoid complication during pregnancy
  - b. May help you become aware of the risk for your baby to be born with a genetic disease
  - c. May reduce the chance for preventable birth defects
  - d. All of the above
  
4. How many days after your missed period can your unborn baby be affected by your health habits?
  - a. 3 days
  - b. 7 days
  - c. 10 days
  - d. 14 days

5. Smoking before and during pregnancy can lead to:
  - a. Decreased fertility
  - b. Poor sperm quality in men
  - c. Low birth weight
  - d. All of the above
  
6. What are some key factors that contribute to an increased chance of low birth weight or preterm birth?
  - a. Teenage pregnancy
  - b. Poor maternal nutrition
  - c. Smoking during pregnancy
  - d. Lack of prenatal care
  - e. All of the above
  
7. Low birth weight babies:
  - a. Weigh less than 5 lbs. 8 oz.
  - b. Are nearly 25 times more likely to die in the first year of life
  - c. Are not able to get enough nutrients through the placenta
  - d. All of the above
  
8. When talking to your peers to increase awareness about the need for preconception health promotion and counseling, it is most important that you understand (check all that apply)
  - a. Preconception care only involves regular check-ups and taking multivitamins
  - b. Only women need to be involved in preconception care
  - c. Preconception care may reduce the chance of birth defects during future pregnancies
  - d. Many women do not know that they are pregnant during the critical time of fetal development.
  
9. When do most birth defects happen?
  - a. Actual birth process
  - b. Last month of gestation
  - c. First 8 weeks after conception
  - d. Second trimester of pregnancy

10. Spina Bifida (a birth-defect that causes varying degrees of paralysis, and bladder and bowl problems-also called 'open spine') is a condition that can be often prevented by:
- Not drinking alcohol
  - Increasing folic acid intake before conception and during pregnancy
  - Wearing a face mask around toxic chemicals
  - Not smoking cigarettes
11. What is the ideal time to become aware/educate oneself on key health issues in order to best promote the birth of healthy infants?
- Throughout pregnancy
  - At the first prenatal visit
  - After the birth of the infant
  - Before becoming pregnant/throughout childbearing age
12. Which of these birth defects can be prevented by optimal pre-conception and prenatal care? Select all that apply.
- Spina Bifida
  - Fetal Alcohol Syndrome
  - Genetic birth defects
  - None of the above
13. Overweight women should be encouraged to reach a healthy body weight before becoming pregnant primarily to prevent (please circle all answers that apply):
- Fetal Alcohol Syndrome
  - Increased chance for birth defects even with other kinds of preconception care
  - Labor and delivery complications
  - Maternal health problems during pregnancy
  - All of the above
14. There is no 'safe' level of alcohol use during pregnancy, but when is alcohol use most harmful?
- First three months of pregnancy
  - Last month of pregnancy
  - Second trimester of pregnancy
  - All of the above

15. The ultimate reason for providing/receiving preconception counseling is to:
- a) Determine the number of previous pregnancies the woman may have had
  - b) Encourage the use of contraceptives until a pregnancy is desired
  - c) Ensure that the woman has received required immunizations
  - d) Anticipate future problems and medical conditions so that those conditions for which medical or non-medical interventions exist could be prevented or mitigated

**Please respond to the following questions briefly.**

1. What does the word 'preconception' mean to you?

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2. Do you think that preconception health and care means the same for women as it does for men? Please explain.

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3. Which behaviors in your daily lifestyle lead to you having a healthy and happy life?

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**Thank you for taking the time to complete this pre-test. Please bring it with you to the Preconception Peer Educator Program.**