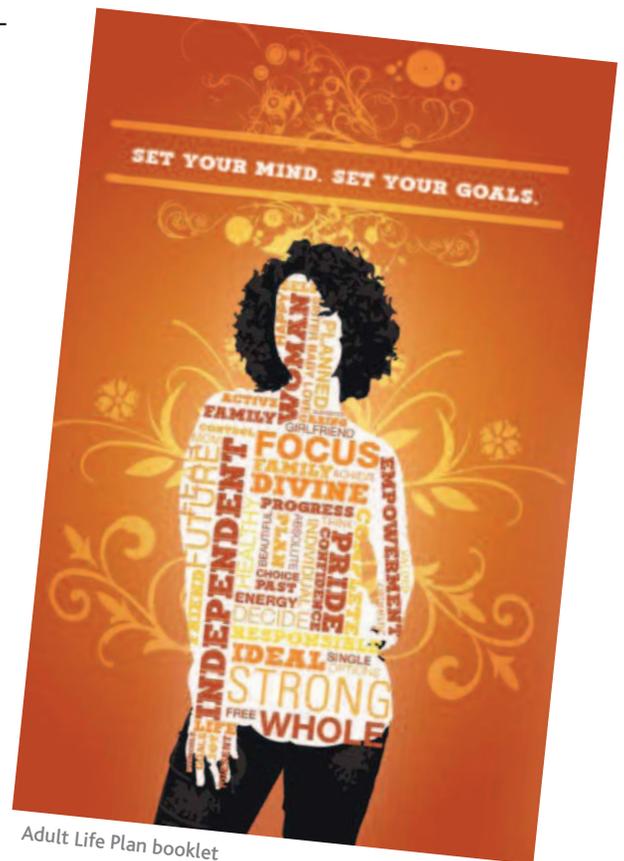


ADULT LIFE PLAN

OVERVIEW

The Centers for Disease Control and Prevention (CDC) recommends that every adult have a reproductive life plan. A reproductive life plan addresses issues such as whether or not to become pregnant, planning for pregnancy, and pregnancy prevention. The Division of Public Health and the Delaware Healthy Mother & Infant Consortium went a step further by adding elements such as goal setting, social-emotional health, health promotion and resources available to help.

The resulting plan—"Set Your Mind. Set Your Goals."—is designed to appeal to young women of different cultural backgrounds. The language is nonjudgmental and affirmative. It respects that each person makes choices and sets goals based on individual values. When you give the plan to a young woman, let her know there is no right or wrong when it comes to choosing whether or not to have children. If she chooses to have children, try to increase her awareness of the importance of preconception care, planned pregnancies, birth spacing and healthy lifestyles. If she chooses not to have children, try to increase her awareness of contraception and healthy lifestyles.



Adult Life Plan booklet



HOW TO USE “SET YOUR MIND. SET YOUR GOALS.”

- Distribute the plan to young women between the ages of 19 and 26.
- Ask them to read the plan and fill in the information requested in its pages.
- Encourage them to discuss their plan—and their choices—with their health care provider.
- Let them know that they have choices, including if or when they want to be a mother.
- Let them know that plans about having or not having children can change over time—and that is OK.



Adult Life Plan inside spread

- Empower them to be in the *driver's* seat of their health care. “Set Your Mind. Set Your Goals.” is a tool to help young women increase communication with their health care provider.
- Teach them that wellness is holistic—it includes a focus on social, emotional and mental health.

TARGET POPULATION

Women 19–26

STRATEGY

“Set Your Mind. Set Your Goals.” is the cornerstone of a broad health education strategy that includes:

- Web-based interactive education and support through HealthyWomenDE.com
- Preconception text messages with tips to help women stay healthy
- Health promotion through peer educators and health ambassadors

To reorder free educational materials, please go to the following website and complete the online form: dhmic.HealthyWomenDE.com/Order

CREDITS

“Set Your Mind. Set Your Goals.” was developed by the Education and Prevention Committee of the Delaware Healthy Mother & Infant Consortium. The Division of Public Health provides facilitation and staff support.