# TUNE INTO LIFE COURSE HEALTH

TUNE

# WHAT IS LIFE COURSE HEALTH?

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LIFE COURSE HEALTH IS A MODEL THAT EXPLAINS HOW ALL ASPECTS OF A PERSON'S LIFE HAS AN AFFECT ON THEIR FUTURE HEALTH.

# WHAT IS LIFE COURSE HEALTH?

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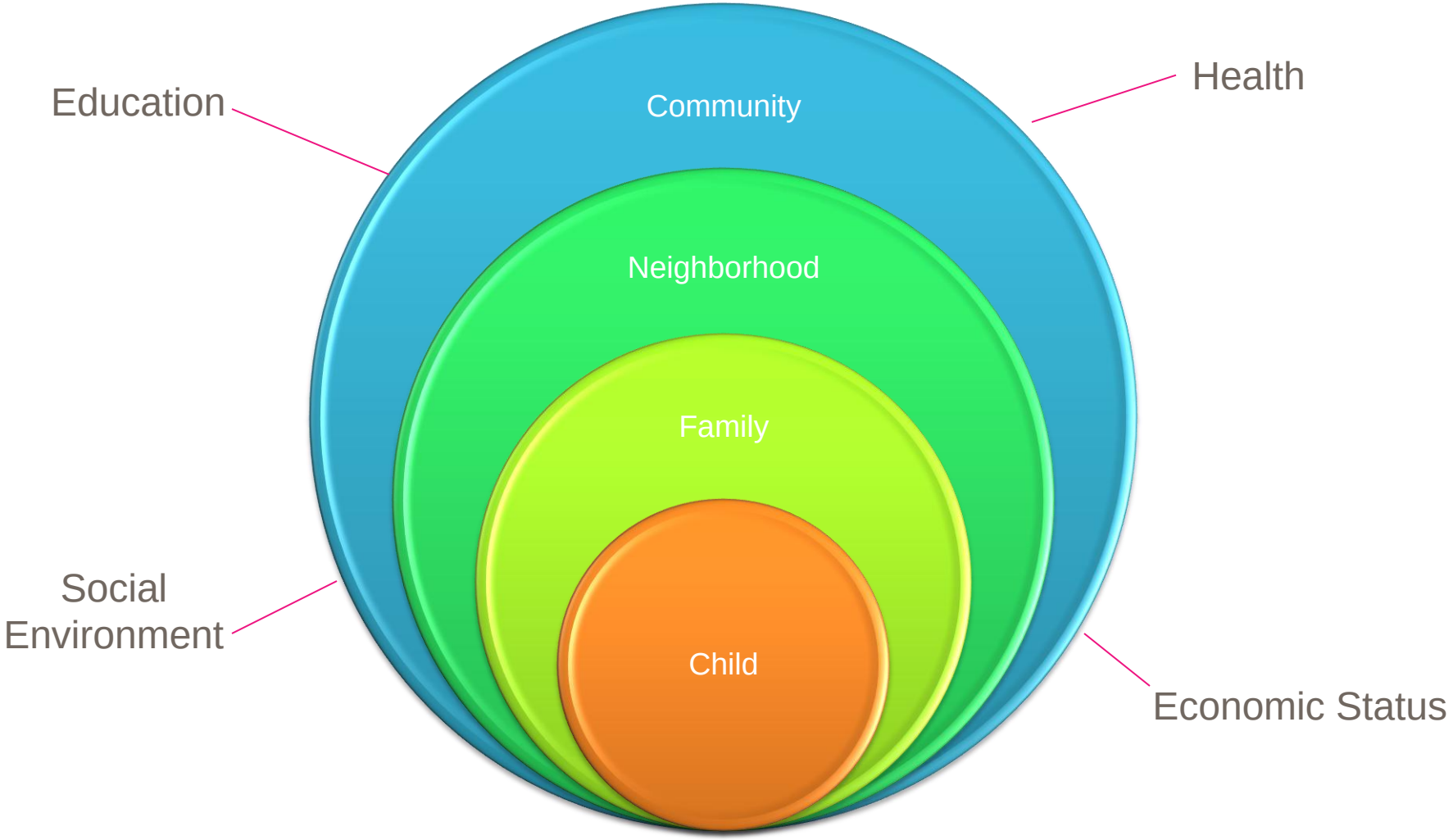
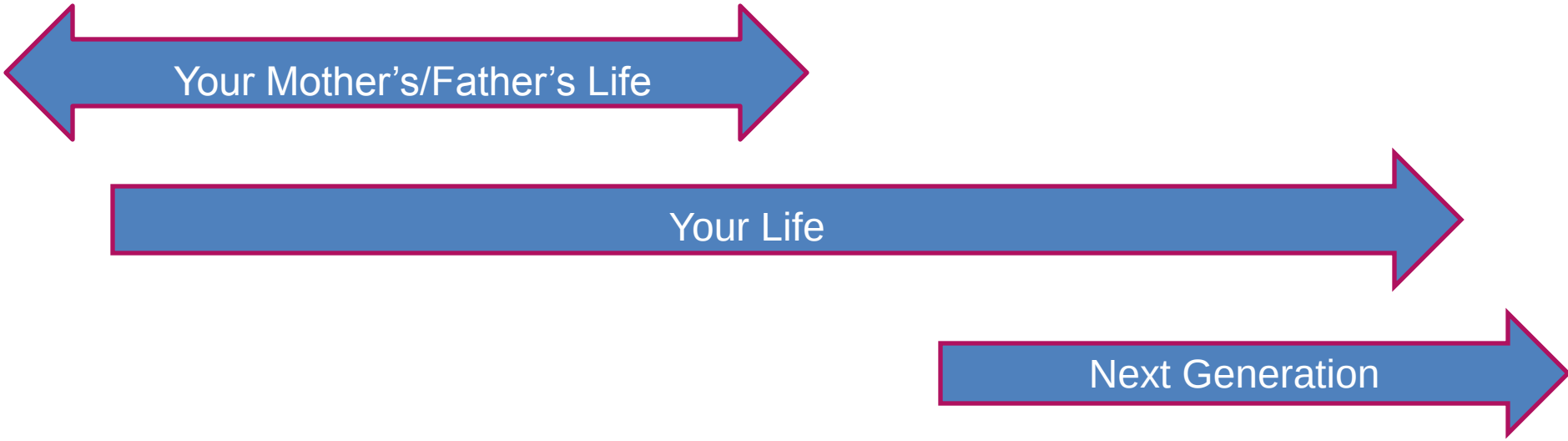
- Looks at the whole person across their entire life.
- Recognizes that what we do today affects not only ourselves, but future generations.
- Understands that we need to look at the developing individual across physical, emotional, cognitive, social and spiritual domains.
- Manages cumulative protective and risk factors.
- Finds critical transition periods.

# MULTI-FACTORAL ELEMENTS OF HEALTH



# LIFE COURSE HEALTH ADDRESSES THREE AREAS:

1. Your health as an individual
2. Your health before your conception (i.e. your mom's health pre-conception)
3. Your children's health (intergenerational component)



**AN IMPORTANT PART OF LIFE COURSE HEALTH IS PRECONCEPTION HEALTH.**

**BEING IN THE BEST POSSIBLE HEALTH BEFORE YOU START A FAMILY.**

# WHAT IS PRECONCEPTION HEALTH?

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Preconception health is a young female's health before she becomes pregnant.

**The key to promoting preconception health is to combine:**

- The best medical care
- Healthy behaviors
- Strong support
- Safe environments at home and at work

# THE CRITICAL ROLES OF MEN IN PRECONCEPTION HEALTH

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WHEN IT COMES TO REPRODUCTIVE HEALTH, MEN HAVE OFTEN BEEN IGNORED.

WE WANT MEN TO SEE THEMSELVES AS MUCH FRONT AND CENTER AS WE SEE WOMEN.

MEN'S ROLES AND RESPONSIBILITES ARE EQUALLY AS IMPORTANT AS WOMEN'S.

# WHY IS PRECONCEPTION HEALTH SO IMPORTANT?

- To reduce adverse birth outcomes (such low birth weight or fetal alcohol syndrome).
- To reduce infant and maternal mortality.
- To decrease compromises to maternal health (such as gestational diabetes).

# WHY IS PRECONCEPTION HEALTH SO IMPORTANT?

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**APPROXIMATELY 50% OF ALL AMERICAN PREGNANCIES ARE UNPLANNED.**

**CONSEQUENTLY, MANY FAMILIES FIND THEMSELVES EXPECTING A CHILD WHEN ONE OF BOTH PARTNERS MAY NOT BE IN THE BEST OF HEALTH — PHYSICALLY, MENTALLY, OR EVEN FINANCIALLY.**

# WHAT'S THE DIFFERENCE?

**Reproductive Health:**

The majority of reproductive health activities focus on the consequences of pregnancy and sexual activity, also covers STDs and birth control.

**Preconception Health:**

The central focus is on decisions, information, planning and interventions necessary to ensure that all pregnancies--even unplanned ones--are healthy for both parent and child.

# LIFESTYLE FACTORS THAT CAN AFFECT YOUR PREGNACY:

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- Diet
- Nutrition
- Weight/Exercise
- Folic Acid
- Domestic Violence
- Alcohol, Tobacco, Drugs
- Medical Conditions
- Vaccinations
- Infections/STD's
- Family Health History
- Stress/Emotional Health

# IF EACH INDIVIDUAL WOMAN AND MAN IN AMERICA:

- Maintained a healthy weight
- Ate nutritious food
- Exercised regularly
- Used alcohol in moderation
- Didn't use tobacco
- Followed medical advice

**...many health disparities and issues could be resolved.**

# BARRIERS YOUNG WOMEN FACE:

- Time demands – balancing school, sports, jobs, sleep
- Lack of money
- Friends and other relationships
- Lack of self-esteem
- Need for self-motivation to improve oneself
- Lack of future goals
- Being in transition: Finding a job/graduating/knowing what they want
- Feeling they can deal with these things later in life

# PROVIDERS CAN ENCOURAGE RESPONSIBILITY BY MODELING FOUR BASIC ACTIVITIES:

1. Have a reproductive life plan
2. Become health aware
3. Manage your health
4. Communicate with your doctor or other health care provider

# WHAT IS A LIFE COURSE HEALTH PLAN?

A plan that allows women and men to think about how today's health practices influence tomorrow's outcomes.

**A set of personal goals about:**

- Physical Health
- Emotional Health
- Friends and Family
- Dating

# HOW CAN COMMUNITY HEALTH WORKERS AND EDUCATORS INCREASE AWARENESS OF LIFE COURSE HEALTH WHEN WORKING WITH YOUNG ADULTS?

# INTRODUCING TUNE

TUNE

**A NEBRASKA DEPARTHMENT OF HEALTH AND HUMAN SERVICES INITIATIVE USING MUSIC THAT WAS BROUGHT ABOUT TO INSPIRE YOUNG WOMEN AND MEN AND TO EMPOWER THEM TO TAKE AN ACTIVE ROLE IN THEIR HEALTH.**

# WHY MUSIC?

- Need to bring information in ways that are new and fresh that connect with young adults.
- They get information online and through friends.
- Music can make connections and start conversations.

# TUNE AREAS OF EMPHASIS:

- Physical Health
- Emotional Well-Being
- Friends and Family
- Dating
- Education

# TOOLS AVAILABLE:

- TUNE my life website - www.tunemylife.org
- Inspirational music videos with discussion guides highlighting a variety of health topics
- Reproductive life plan
- Life Course PowerPoint and discussion guide
- Library of resource information www.dhhs.ne.gov/tune

# TUNE WEBSITE

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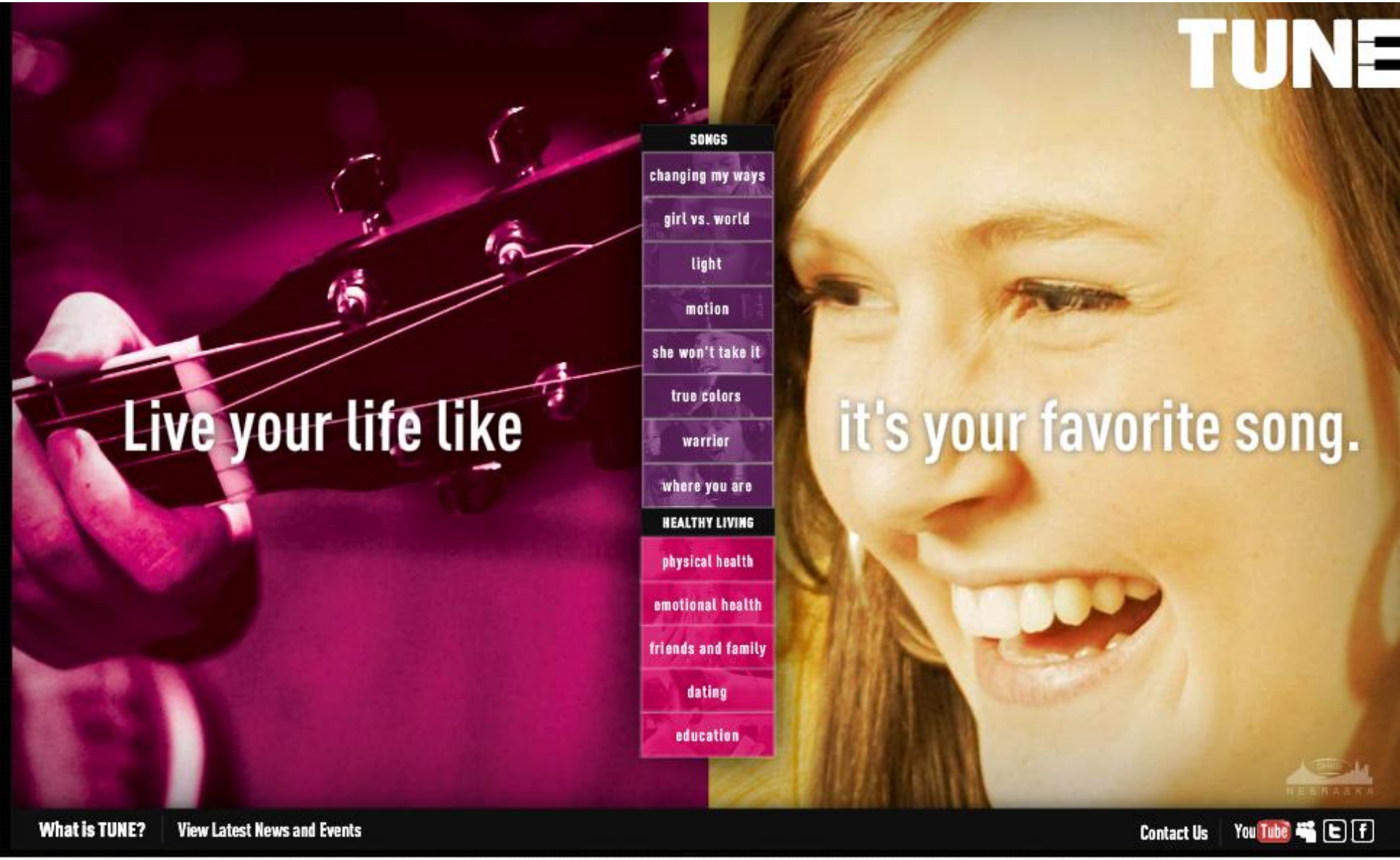

# MUSIC VIDEOS

# HOW DOES THIS APPLY TO YOU?

- You can start conversations now, long before pregnancies occur.
- You can talk about Life Course Health with young women and men.
- You can bring a new emphasis to earlier planning, risk assessment, decision-making and prevention.