

# People's School of Reproductive Health (PREhealth): an educational platform

*The why & the how (and the bit where we ask for your help)*



**PREhealth**  
Reproductive learning for everyone.



# What's PREhealth?

PREconception, PREimplantation, and PREnatal care

A platform on which we publish **reproductive health-related content**, including topics such as:

- Prenatal testing
- Fetal and parental disease
- Features of pregnancy



# What's PREhealth?

PREconception, PREimplantation, and PREnatal care

We developed PREhealth to especially serve these audiences:

-  People with low literacy
-  People who don't speak English or Dutch
-  Sexual, gender, and ethnic minorities



# The PREhealth lifecycle

## ***Gestation***

Writing articles, coming up with creative ways to educate

December  
2021

## ***Infancy***

Where do we want to go?  
Who do we want to be?

June  
2022

Future

November  
2021

## ***Conception***

Shaping idea for educational platform

March  
2022

## ***Birth***

Publication of website & end of Honours programme



# PREhealth: why it's needed

Awareness of Options – NIPT case study<sup>1</sup>

TRIDENT-2 study: about 40% uptake by pregnant people

- Data shows only **20% uptake in disadvantaged neighborhoods** (esp. if also religious)
- About 33% of those not participating has **too little knowledge to make an informed decision**

**PREhealth aims to help close the knowledge gap**



# PREhealth: why it's needed

## Low Literacy

18% of Dutch citizens 16 years and up have low literacy!<sup>1</sup>

- Most common in people with least education
- Percentage is increasing (aging population, **decreased literacy level upon primary school graduation, and refugees**)
  - Can have impact on health

In the EU, about 20% of people aged 15 years and up have low literacy!<sup>2</sup>

**PREhealth aims to help bring high-quality reproductive health education to this group**

# PREhealth: why it's needed

## Diversity & Inclusivity

### De moeizame weg naar preventie en zorg

Mensen met een migratieachtergrond vinden niet altijd de weg naar passende preventie en zorg. Voor o.a. vlu vol hobbels en ga

- Zij de weg in de N
- Zij de Nederlands minder goed vind over hun gezondt wordt in de prakti
- Zij andere ideeën niet gewend te pr verhoogd risico lo

### Soc

F

I  
e  
g  
v  
s

Zo blijkt bij zwangere vrouwen met een migratieachtergrond vaker dan bij andere vrouwen de kwaliteit van zorg tekort te schieten, bijvoorbeeld omdat er geen tolk wordt ingeschakeld en daardoor te laat signalen onderkend worden dat de vrouw het niet goed maakt ([Alderliesten et al., 2007](#)).

### Pharos

## Sexual and Reproductive Health Disparities

LGBTQ patients experience disparities in sexual and reproductive health care and outcomes. A recent study suggests that queer people who can get pregnant (except lesbians) are more likely than their straight counterparts **to have an unintended pregnancy, a pregnancy when younger than 20 or an abortion**, a finding that may suggest structural barriers to contraceptive care and a need for LGBTQ-inclusive comprehensive sex education. Research has shown that lesbian and bisexual women are less likely than straight women to **perceive themselves as being at risk of acquiring STIs**, a perception associated with minimized use of preventive reproductive health services.

Other research has found queer women **do not access routine preventive screenings** for breast cancer and cervical cancer at the same rate as their straight peers. These differences in perception and action regarding sexual and reproductive health services can lead LGBTQ individuals to have fewer diagnoses and treatments than their straight counterparts.



# PREhealth: why it's needed

## Diversity & Inclusivity

### De moeizame weg naar preventie en zorg

Mensen met een migratieachtergrond vinden niet altijd de weg naar passende preventie en zorg. Voor o.a. vlu

- Zij de weg in de N
- Zij de Nederlands minder goed vind over hun gezondl wordt in de prakti
- Zij andere ideeën niet gewend te pr verhoogd risico lo

### Soc

F

I  
e  
g  
v  
s

Zo blijkt bij zwangere vrouwen met een migratieachtergrond vaker dan bij andere vrouwen de kwaliteit van zorg tekort te schieten, bijvoorbeeld omdat er geen tolk wordt ingeschakeld en daardoor te laat signalen onderkend worden dat de vrouw het niet goed maakt ([Alderliesten et al., 2007](#)).

### Pharos

CDC Centers for Disease Control and Prevention  
CDC 24/7 Saving Lives. Protecting People™

Health Equity

Health Equity | Featured Articles

## Sexual and Reproductive Health Disparities

LGBTQ patients experience disparities in sexual and reproductive health care and outcomes. A recent study suggests that queer people who can get pregnant (except lesbians) are more likely than their straight counterparts to have an unintended pregnancy, a pregnancy when younger than 20 or an abortion, a finding that suggests the need for LGBTQ-inclusive comprehensive sex education. Research has shown that lesbian and bisexual women are less likely than straight women to perceive themselves as being at risk of acquiring STIs, a perception associated with minimized use of preventive reproductive health services.

Other research has found queer women do not access routine preventive screenings for breast cancer and cervical cancer at the same rate as their straight peers. These differences in perception and action regarding sexual and reproductive health services can lead LGBTQ individuals to have fewer diagnoses and treatments than their straight counterparts.

**PREhealth aims to create an inclusive environment for learning, to help increase awareness and health outcomes among marginalized groups**

Mortality

in in improving Black  
nproving maternal



Health Week is  
ch year from April 11-  
awareness to Black



Zwanger hardlopen? Dit is alles wat je ...  
runnersworld.com



buik zwanger



zwanger cartoon



# PREhealth Pillars

## 1: Awareness = Fairness

The screenshot shows the PREhealth website interface. At the top left is the PREhealth logo. To its right is a language selector showing 'EN' with a dropdown arrow. Further right are navigation links: 'what we do', 'browse', and 'contact'. A search bar contains the text 'Search...'. Below the navigation is a green banner with the text: 'New to health-related language? Open our glossary in a separate window for easy reading! Terms in articles found in our glossary are highlighted.' and a 'Glossary >' button. Below the banner is a horizontal menu with categories: 'All Articles', 'Maternal Complications', 'Fetal Complications', 'Health Tips', 'Tests', and 'More >'. A search icon is on the far right. Two article cards are visible. The first card features a photo of a family and has the following text: 'Sep 2 • 5 min', 'Fetal Complications', 'Trisomies', and a paragraph: 'Genetic disorders that are caused by three copies of one chromosome being present in one or more cells, instead of the usual two copies.' The second card features a photo of a woman at a medical appointment and has the following text: 'Sep 2 • 4 min', 'Tests', 'Invasive Prenatal Testing Methods', and a paragraph: 'Methods used to diagnose disorders of the fetus, by entering the uterus and taking away tissue or fluid surrounding the fetus to test.'

This screenshot shows the 'Browse Our Articles' section. It features a large background image of a pregnant woman in a pink shirt being examined by a healthcare provider in a grey shirt. The text reads: 'Browse Our Articles', 'The main goal at PREhealth is providing you with information that you can trust. We're not a replacement for your doctor, but we can provide a basis for reading up on topics before or after your doctor's appointment.', and a button that says 'See all articles >' with an information icon. Below this is a 'Categories' section with four green boxes. Each box contains a category name, a short description, and a 'Read more >' button. The categories are: 'Maternal Complications' (issues that can arise in the carrier of the fetus during pregnancy), 'Fetal Complications' (issues that can arise in the fetus), 'Health Tips' (helping distinguish sense from nonsense), and 'Tests' (basics of commonly carried out tests).



# PREhealth Pillars

## 2: Catering To Different Levels of (Health) Literacy

**Glossary**

Words highlighted like so are elsewhere in this glossary!

**A**

**Amniocentesis** - an invasive prenatal test in which amniotic fluid (in which the baby floats) is extracted by means of a hollow needle inside the uterus. Read more about prenatal invasive testing [here](#).

Source: Roca P. Amniocentesis. In: Ramus RM, Talavera F (eds.). Medscape. 2018. Available from: <https://emedicine.medscape.com/article/1997955-overview> [Accessed September 3rd, 2022]

**Aneuploidy** - abnormal number of chromosomes in a cell. This could be more (e.g. [trisomies](#) = 3 chromosomes) or fewer (e.g. monosomy = 1 chromosome only) than the usual two chromosomes, in one or more specific pairs.

Source: O'Connor C. Chromosomal Abnormalities: Aneuploidies. Nature Education. 2008;1(1):172.

**Autosomal chromosomes** - all chromosomes which are not sex chromosomes. This means chromosome pairs 1 up to and including 22.

Source: Alberts B, Johnson A, Lewis J et al. Molecular Biology of the Cell. 6th ed. New York: Garland Science; 2015.

**D**

A  
B  
C  
D  
E  
F  
G  
H  
I  
J  
K  
L  
M

N  
O  
P  
Q  
R  
S  
T  
U  
V  
W  
X  
Y  
Z

**PREhealth** EN what we do browse contact Search...

**Videos**

**Ectopic Pregnancy**

What is an ectopic pregnancy? What happens when you have one? Watch this video to learn more.

[Read More](#)

**Miscarriage**

How common are miscarriages? How are they caused and what can be done if they happen regularly? View this video to learn more.

[Read More](#)

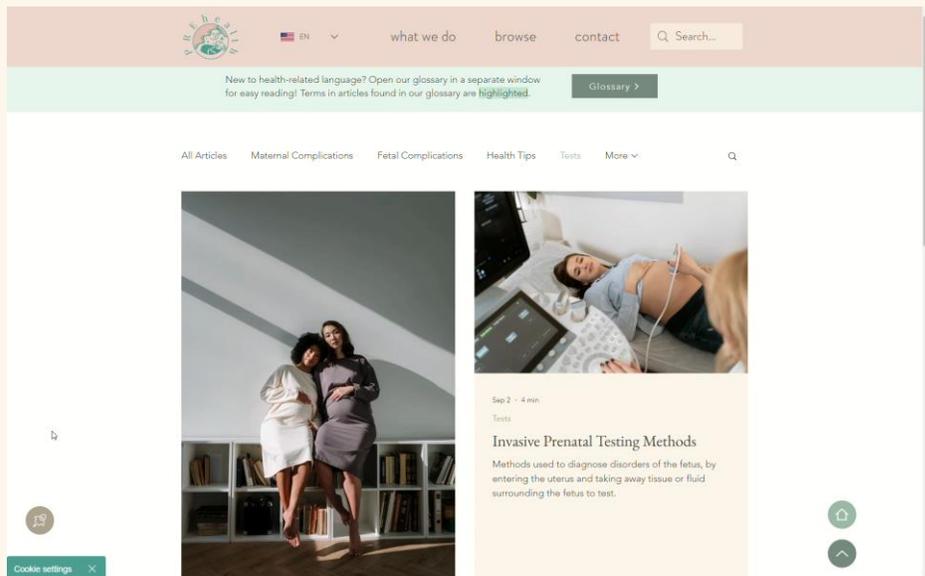
# 3: Diversity & Inclusivity



## Translators

Language	Translator
Dutch	Juliëtte Gossens
German	Sophie Oppelt Selina Voßen
Turkish	Yasemin Kaya Sena Nur Arduc
Urdu	Alizeh Ahsan

- Gender-inclusive (additive) language
- Queer-inclusive content
- Highlighting racial & ethnic disparities
- Disability-inclusive language & content
- Health At Every Size-approach

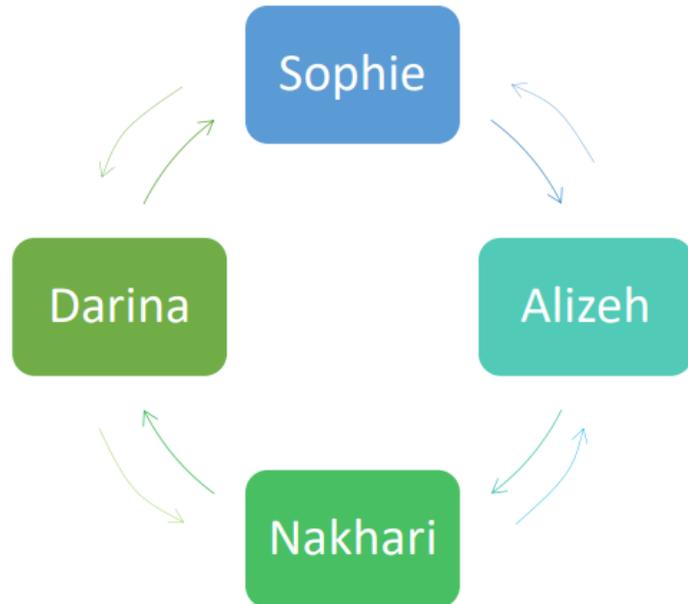


We're committed to ensuring our readers feel most safe and comfortable while learning on our platform. If you have any feedback, comments or suggestions, please don't hesitate to contact us [here](#). We're ever-learning, too!

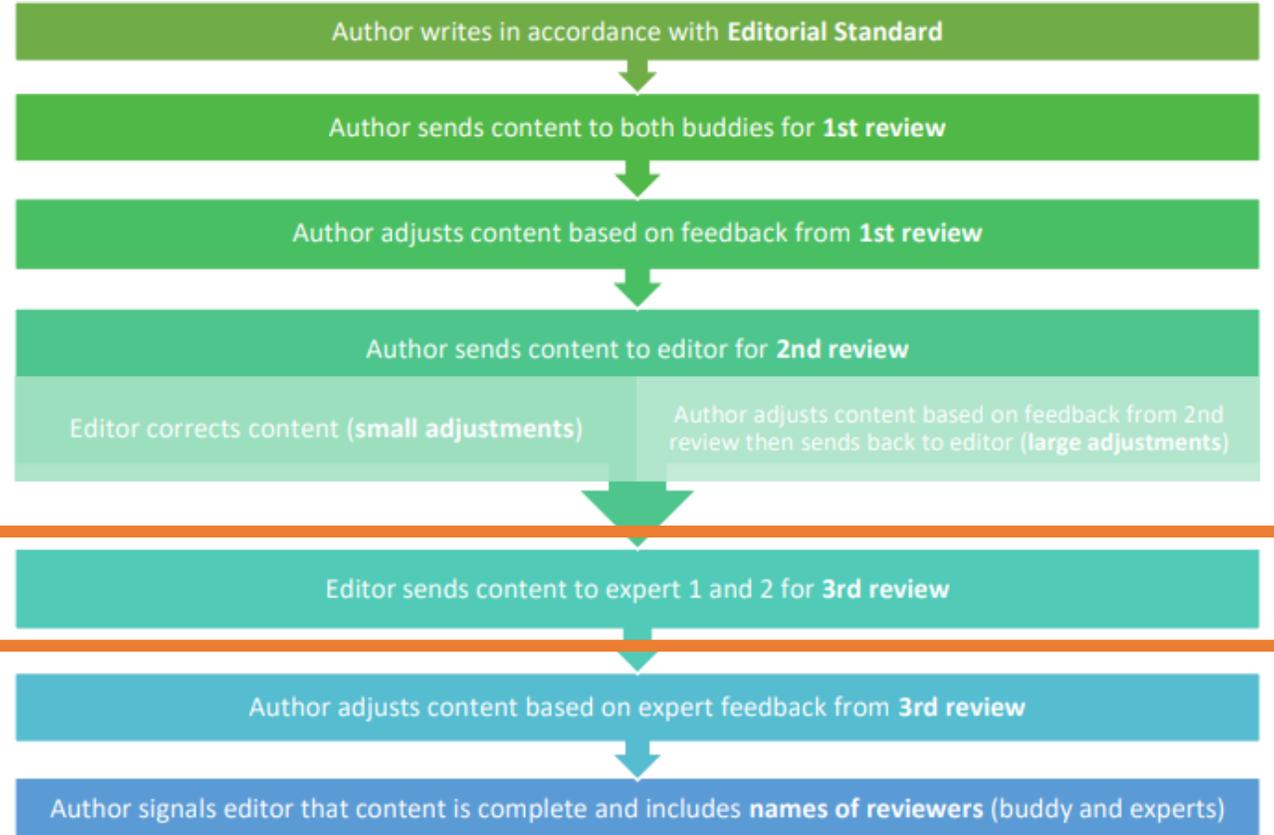


# PREhealth Peer Review Process

## Buddy pairs



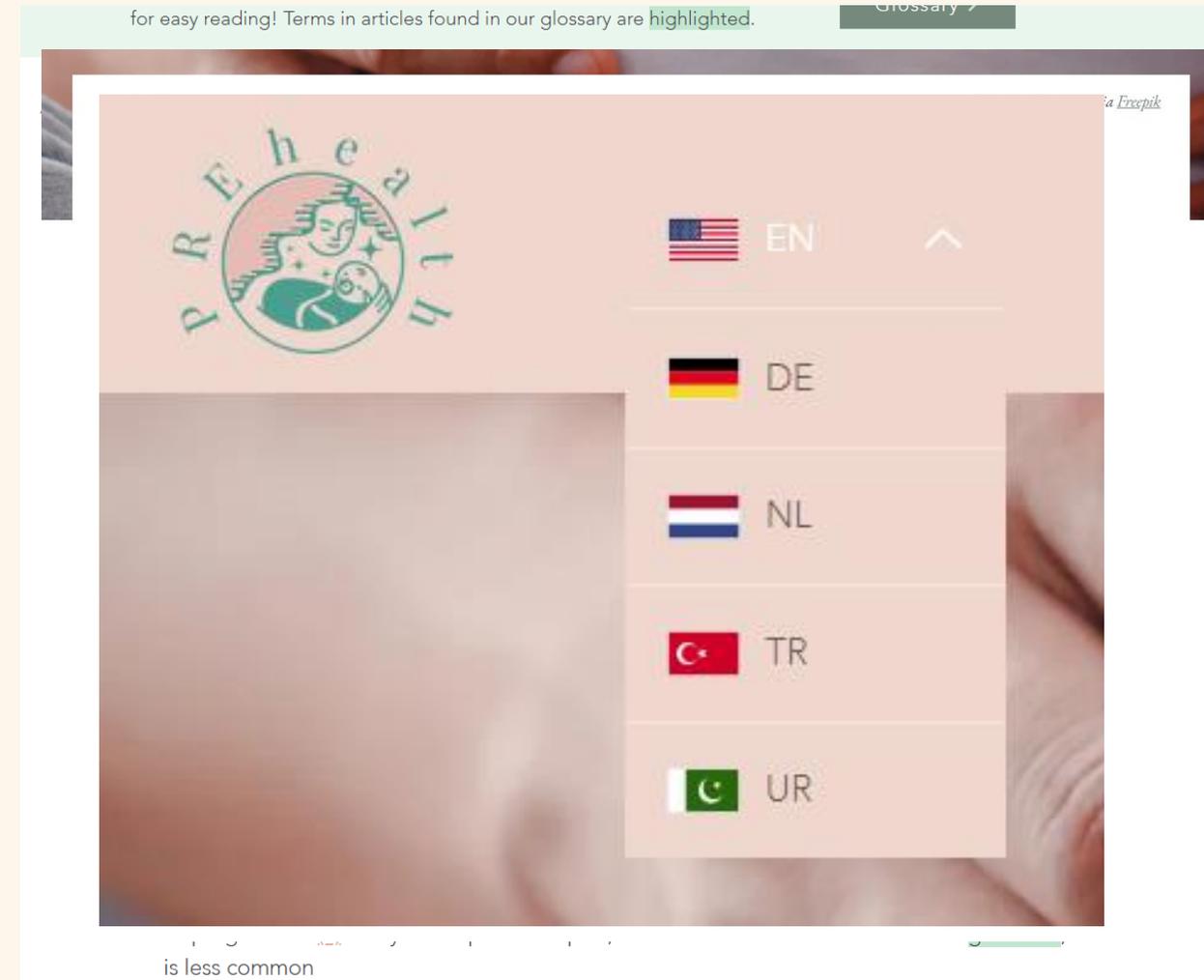
→ Articles are sent to **Britte** for review as well, if relevant to her expertise (midwifery)!





# What's Next For PREhealth?

- Having health experts (MDs, specialized nurses, midwives) review our content
- Setting up a focus group to assess achievement of goals
- ESHRE\* grant proposal submitted (results est. Dec. 1<sup>st</sup>)
- Recruitment of more team members + volunteers
- Infographics & videos for each article
- Audio version of each article
- Increasing number of languages
- Further translating content that's been published, including video subtitles
- Further increasing accessibility for disabled users
- Increasing ways in which users can interact and share

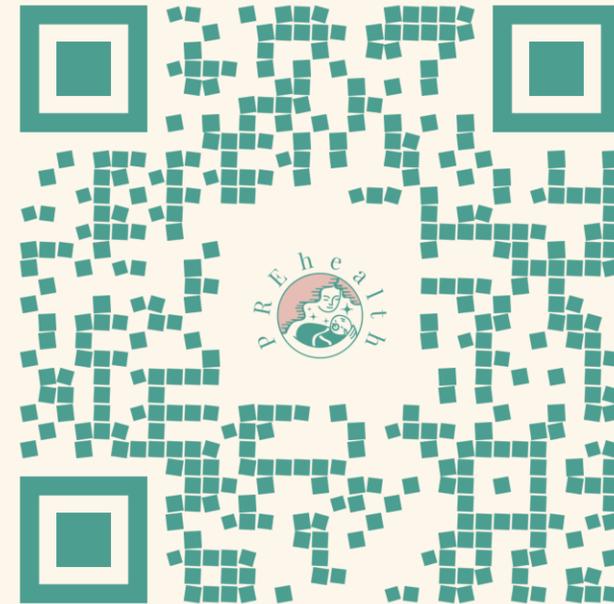




# Would you like to help us inform vulnerable populations to increase reproductive health literacy?

- [info@pre-health.org](mailto:info@pre-health.org)
- [m.zamaniesteki@maastrichtuniversity.nl](mailto:m.zamaniesteki@maastrichtuniversity.nl)
- [j.gossens@student.maastrichtuniversity.nl](mailto:j.gossens@student.maastrichtuniversity.nl)

*[pre-health.org](http://pre-health.org)*

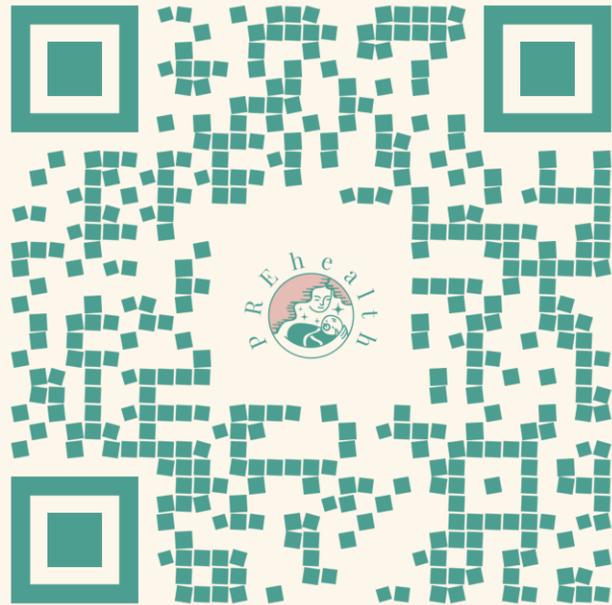


website



# Acknowledgements

Many thanks to FHML and the FHML Honours Programme for facilitating + supporting this project!



**PREhealth**  
Reproductive learning for everyone.

*pre-health.org*