



NC DEPARTMENT OF HEALTH AND HUMAN SERVICES

North Carolina Preconception Health Peer Educator Program

Shelby Weeks, MHS

April 2, 2024



Background

- 2008: The NC Division of Public Health-Women’s Health Branch (now known as the Women, Infant and Community Wellness Section) partnered with the Office of Minority Health-Health Resource Center (OMH-HRC) to launch an inaugural “*A Healthy Baby Begins with You*” event in Eastern North Carolina
- 2010: Sponsored first Preconception Peer Education Training (PPE)
- This initiative links back to North Carolina’s Perinatal Health Strategic Plan (<https://wicws.dph.ncdhhs.gov/phsp/phsp.htm>)
 - Goal 3-Improve Health Care for All People of Reproductive Age
 - Point 11: Increase access to preconception, reproductive and sexual health care

Preconception Peer Educator (PPE) Program Overview

- **Goal:** to improve preconception health among persons of reproductive age and improve future pregnancy, birth and infant health outcomes
- **Priority Audience:** high school and college students and community members of reproductive age
- **Components:**
 - Site, advisor and peer educator recruitment
 - 12-16 hours of training-includes pre/posts, content and activities focused on preconception and reproductive health and wellness, health equity and related content shared by subject matter experts, PPE workplan development and PPE activities conducted on campus and in communities at large

Key Messages



PPE Program Implementation Partner Sites

Appalachian State University

Bennett College

Bladen Community College

Chowan University

East Carolina University

Elizabeth City State University

Fayetteville State University

Johnson C. Smith University

Martin County Innovation Center

NC A & T State University

North Carolina Central University

Queens University

Robeson Community College

Rockingham Community College

Shaw University

University of Mount Olive

University of North Carolina at Chapel Hill

University of North Carolina at Greensboro

University of North Carolina at Pembroke

Wingate University

Winston Salem State University

Contact Information

Shelby Weeks, MHS

Infant and Community Health Branch Head

Women, Infant and Community Wellness Section

NC Division of Public Health

Shelby.Weeks@dhhs.nc.gov

919-707-5707 (office)

919-218-2359 (cell)