

# Health Across the Lifespan

## Promoting Age-Appropriate Health Interventions for Women and their Families

The following charts are divided by age range from the First 1000 Days to the Late Adult Years. Each section provides suggested healthcare interventions, health policy, and administrative resources for healthcare providers and leaders as they implement policies that improve the health of communities, the nation, and its citizens.

1) physical assessment and screening, 2) immunizations, 3) health promotion, 4) nutrition, and 5) management and treatment. The interventions in each category are linked to guidelines, research, and resources that can be used by frontline health providers in direct patient care, as well as health policy and administrative leaders, as they care for their neighbors and fellow national citizens.



# First 1000 Days

## Conception – 2 yrs.

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Optimal child health begins with maternal health, even before conception. Consequently, before pregnancy begins and during the first nine months (280 Days) of a baby's life, maternal interventions are the most critical. Social and emotional connections during pregnancy and health interventions prepare both the expectant family and the developing child.

Trained healthcare providers, health educators, appropriate nutrition, and infection control are critical throughout pregnancy, labor and delivery, the newborn period, and infancy. Efficient, effective health interventions are addressed in the following section.

Through strong family, faith, and community relationships, physical, developmental, and social support in the first 1000 days can improve resilience, learning readiness, and lifelong thriving. The maternal components of this timeframe are addressed in the section titled “Child-bearing Years.”





Topic	Intervention	Setting
<b>Physical Assessment &amp; Screening</b>	<p>Monitoring Healthy Growth, Development, and Disease Prevention: Newborn - Toddler</p> <ul style="list-style-type: none"> <li>Newborn Measurements: <u>Height/Length, Head Circumference, Weight (Girls, Boys), Vital Signs</u></li> <li>Newborn Screenings: <u>Motor Development, Vision, Dental, Hearing, Muscle Tone, Movement, Responsiveness, Physical Development, Developmental Milestones, Nutrition, Neurological, Psychometric, Social and Emotional Development, Communication Development, Developmental Delay Evaluation</u></li> <li>Assessment: <u>Anemia, Malaria, Parasites, HIV, TORCH, Cholera</u></li> <li>New Born Care: <u>Neonatal Evaluation, Safe Birth, Respiratory Support, Kangaroo Care, Breastfeeding, Circumcision</u></li> <li>Health Recommendations: <u>CDC Milestone Checklist, Pathways Milestone Checklist, Pathways Ability Checklist, The American Academy of Pediatric Pocket Guide, WHO Newborn Health Recommendations, Risk of Harm to Baby Assessment, Western Australia Community Health Physical Assessment Guide</u></li> </ul>	Clinic/Community (Healthcare providers, CHWs)
<b>Immunizations</b>	<p>Immunize According to Universal Standards for Vaccination Protocols:</p> <ul style="list-style-type: none"> <li>For All: <u>Polio (IPV), HepB, DTaP, Hib, PCV, RV, MMR, RSV, Chickenpox (Varicella), HepA</u></li> <li>Recommendations for Certain Regions and Populations: <u>Japanese Encephalitis (JE), Yellow Fever, Tick-Borne Encephalitis, Typhoid Fever, Cholera, Meningococcal, Rabies, Tuberculosis (TB), Neglected Infectious Diseases</u></li> <li><u>WHO Immunization Schedule, CDC Immunization Schedule</u></li> </ul>	Community/Clinic (Healthcare providers, CHWs) School
<b>Health Promotion &amp; Education</b>	<p>Strengthening family and support systems</p> <ul style="list-style-type: none"> <li><u>Parenting Education: Positive Parenting 0-1 year, Positive Parenting 1-2 year</u></li> <li>Safety Risks and Accident Prevention: <u>Birth-6 Months, 1-2 years, Passenger/Car Seat Safety, Sleep Safety, Animal/Pet Safety, Firearms Safety, Medication Safety, Home Environment Safety Checklist, Drowning Prevention, Unintentional Injury</u></li> <li><u>Improving Early Childhood Development, Parent Reported Early Child Development</u></li> <li><u>Strategies for Ending Childhood Violence, Adverse Childhood Experience Prevention, Child Abuse and Neglect Prevention</u></li> </ul>	Community (Community Health Worker) Family, Schools, Faith
<b>Nutrition</b>	<p>Special emphasis on dietary intake of the following:</p> <ul style="list-style-type: none"> <li><u>Breastfeeding, Dads &amp; Breastfeeding, Formula Feeding, Solid Food Feeding, Vitamins/Minerals/Micro Nutrients</u></li> <li><u>Pathways Feeding Checklist, UNICEF: Children, Food and Nutrition, Culture-Specific Diets</u></li> </ul>	Family Schools
<b>Management &amp; Treatment</b>	<ul style="list-style-type: none"> <li>Treatment: <u>Anemia, Pneumonia, Diarrhea, Malaria, Cholera</u></li> <li><u>WHO Recommendations for Preterm or Low Birth Weight Infants</u></li> <li><u>Kangaroo Care Implementation Strategies for Different Countries</u></li> <li><u>Newborn Survival and Well-Being</u></li> <li><u>WHO Children Environmental Health Resources for CHW</u></li> <li><u>Step-by-Step Chart for Integrated Management of Childhood Illness</u></li> <li><u>Palliative Care for Children</u></li> <li><u>Chronic Care for Neglected Infectious Diseases</u></li> <li>Referral for Developmental Delays/and Other Chronic or Acute Illnesses.</li> </ul>	Community/Clinic (Healthcare providers, CHWs) Family

# Childhood

## 2 yrs. – 10 yrs.

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The childhood years of rapid growth and learning often set the patterns for future health behaviors and health status. In addition to monitoring growth and nutrition, physical and mental development, immunizations and disease prevention, and education during these years, it is also important to encourage strong family, community, and spiritual relationships. These relationships during childhood build security, belonging, and purpose that establish resilience and direction for the coming years.

Optimal health incorporates community interventions such as WASH, school nutrition, parasite treatment, and safe communities. Prevention of burns, vehicular injuries, and violence are important interventions to protect children. In addition to school, many children gain social and personal skills from neighborhood or organized sports, religious instruction, and worship.





# Childhood: 2 yrs. – 10 yrs.

Topic	Intervention	Setting
<b>Physical Assessment &amp; Screening</b>	<p>Childhood examinations, including:</p> <ul style="list-style-type: none"> <li>Measurements: <u>Height, Weight, Vital Signs</u></li> <li>Screenings: <u>Vision, Dental, Hearing, Physical Challenges, Social and Emotional Development, Malnutrition</u></li> <li>Assessments: <u>Malaria, Parasites, HIV, Tuberculosis, Anemia, Neglected Tropical Diseases (NTDs), Cholera,</u></li> <li>Mental Health Assessments: <u>Self-harm, Depression, Anxiety, Psychological First Aid</u></li> <li>Health Recommendations: <u>WHO Child Health Recommendations, Pediatric Symptom Checklist, Youth Self Report, Western Australia Community Health Physical Assessment Guide,</u></li> </ul>	<p>Clinic/Community (Healthcare Providers, CHWs) Schools</p>
<b>Immunizations</b>	<p>Immunize according to universal standards for vaccination protocols, including:</p> <ul style="list-style-type: none"> <li>CDC <u>Early Childhood Vaccinations Schedule Birth-6 years (DTaP, IPV, MMR, Varicella)</u></li> <li>CDC <u>Recommended Immunizations for 7-18 years (Dengue, HPV)</u></li> </ul>	<p>School Clinic/Community (Healthcare Providers, CHWs)</p>
<b>Health Promotion &amp; Education</b>	<p>Strengthen family and support systems, specifically through:</p> <ul style="list-style-type: none"> <li><u>Strengthening Parent-Child Communication</u></li> <li>Prevention of <u>Burns, Vehicular Trauma, Unintentional Injury, Passenger/Car Seat Safety, Animal/Pet Safety, Firearms Safety, Medication Safety, Home Environment Safety Checklist, Drowning Prevention,</u></li> <li>Promote the Correct Use of <u>Malaria Nets, HIV Awareness, Stop the Bleed Education and Training</u></li> <li><u>Safe Social Media Use, Avoiding Online Bullying, Online Pornography,</u></li> <li><u>Ending Violence Against Women, Exploitation, Coercion, Trafficking, Forced Sexual Intercourse</u></li> <li><u>Building Resilient Children, Avoiding Harmful Risks, Refusal Skills Education,</u></li> <li><u>Violence Awareness and Prevention, School-Based Violence Prevention, Ending School Bullying</u></li> <li><u>Child Abuse and Neglect Prevention, Adverse Childhood Experience Prevention, Strategies for Ending Violence Against Children</u></li> <li><u>American Medical Association “The Parent Package”</u></li> </ul>	<p>School Clinic/Community (Healthcare Providers, CHWs) Family Faith</p>
<b>Nutrition</b>	<p>Special emphasis on dietary intake of the following:</p> <ul style="list-style-type: none"> <li><u>Micronutrients, Vitamin A, Zinc, Folic Acid, Iron</u></li> <li><u>Culture-Specific Diets, Diarrhea, Malnutrition, Obesity, UNICEF: Children, Food and Nutrition</u></li> </ul>	<p>School Clinic/Community (Healthcare Providers, CHWs), Family</p>
<b>Management and Treatment</b>	<ul style="list-style-type: none"> <li><u>Mass Drug Administration (MDA) to treat NTDs, Soil-Transmitted Helminths (STH)</u></li> <li><u>WHO Children Environmental Health Resources for CHW</u></li> <li><u>Step-by-Step Chart for Integrated Management of Childhood Illness</u></li> <li><u>Palliative Care for Children</u></li> <li><u>Chronic Care for Neglected Infectious Diseases</u></li> <li><u>Treatment of Children with Chronic HCV Infection</u></li> <li><u>Wound Care Protocol</u></li> <li>Referral for Developmental Delays/and Other Chronic or Acute Illnesses.</li> </ul>	<p>Community (Community Health Workers) School</p>

# Adolescence

11 yrs. – 18 yrs.

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The transition from childhood to adulthood is referred to as “adolescence” and includes physical growth, sexual maturation, rapid brain development, and many social, emotional, and relationship changes. Consequently, optimal teen health includes healthy pubertal development, healthy peer, family, and school relationships; and the ability to make good decisions, resist coercion, exploitation, and health risks; and to prepare for future work and family.

Stable, caring parent-teen relationships, characterized by good communication and reasonable house rules, are associated with many positive outcomes. Better school performance and mental health, and lower rates of violence, substance use, and teen sexual involvement are noted among youth whom their families and community actively support. Consequently, the WOHF embraces the “Three Generation Strategy for Adolescent Health” (AdGen3), which promotes research-based interventions to strengthen the teen’s family of origin, the teen, and preparation for their family of the future - three generations.





# Adolescence: 11 yrs. – 18 yrs.

Topic	Intervention	Setting
<b>Physical Assessment &amp; Screening</b>	<p>Adolescent examinations, including:</p> <ul style="list-style-type: none"> <li>Measurements: Height (<u>Boys, Girls</u>) <u>Weight, Vital Signs</u></li> <li>Screenings: <u>Vision, Dental</u>, Hearing, Mental and Motor Development,</li> <li>Mental Health Screening: <u>Suicide, Depression, Anxiety, Self-Harm, Psychological First Aid, Parent and Peer Attachment Inventory</u>.</li> <li>Assessments: Anemia, Hypertension, <u>Malaria, Parasites, Tuberculosis, HIV, STDs, Cholera, Adolescent Wellness Exam</u>.</li> </ul>	<p>Schools Clinic/Community (Healthcare Providers, CHWs)</p>
<b>Immunizations</b>	<p>Immunize according to universal standards for vaccination protocols, including:</p> <ul style="list-style-type: none"> <li><u>DPT, HPV, Dengue, Meningococcal</u>,</li> <li>CDC <u>Recommended Immunizations for 7-18</u></li> <li><u>Human Papillomavirus (HPV) Vaccine</u></li> </ul>	<p>School Clinic/Community (Healthcare Providers, CHWs)</p>
<b>Health Promotion &amp; Education</b>	<p>Strengthen family and support systems, specifically through:</p> <ul style="list-style-type: none"> <li>Promote Parent and Adolescent <u>Communication, Support, and Monitoring</u>.</li> <li><u>Ending Youth Violence, Violence Against Women, Exploitation, Coercion, Trafficking, Forced Sexual Intercourse, Sexual Violence, Intimate Partner Violence, Youth Violence Awareness, &amp; Prevention, School-Based Violence Prevention, Ending School Bullying</u>.</li> <li><u>Mental Health Prevention and Intervention, Self-Harm Prevention Training, Medication Safety</u>.</li> <li><u>Safe Social Media Use, Social Media Health, Internet Gaming Addiction, Cell Phone Safety, Digital Depression</u></li> <li><u>Sleep Health Education for Parents and Adolescence</u>.</li> <li>Information and Education on <u>HIV and STDs, Healthy Teen Romantic Relationships</u>.</li> <li><u>Puberty, Menstrual Health, Fertility Awareness, Contraception</u></li> <li><u>Positive Risk-taking, Decision Making Skills, Refusal Skills Education</u> for: <u>Drugs, Alcohol, Tobacco, Sex, Pornography</u>.</li> <li><u>Vehicle Safety, “Stop the Bleed”, Drowning Prevention</u></li> <li><u>American Medical Association “The Parent Package”</u></li> </ul>	<p>School Clinic/Community (Healthcare Providers, CHWs) Family Faith</p>
<b>Nutrition</b>	<p>Special emphasis on dietary intake of the following:</p> <ul style="list-style-type: none"> <li><u>Micronutrients: Vitamin A, Zinc, Folic Acid, Iron</u></li> <li><u>Culture-Specific Diets, Malnutrition, Obesity</u>.</li> </ul>	<p>School Family Community</p>
<b>Management and Treatment</b>	<ul style="list-style-type: none"> <li>Treating Anemia: Iron Deficiencies, Infectious, Genetic, and Menstrual Causes</li> <li><u>Palliative Care for Children</u></li> <li><u>Chronic Care for Neglected Infectious Diseases</u></li> <li><u>Treatment of Children with Chronic HCV Infection</u></li> <li><u>Wound Care Protocol</u></li> <li>Referral for Developmental Delays/and Other Chronic or Acute Illnesses.</li> </ul>	<p>Community School</p>

# Early Adult Years

19-25 yrs. old

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By 19 years of age, young people are establishing an independent life, often through education, careers, and new relationships. As these young adults become responsible for their daily lives, economic stability, and personal relationships, few of them tend to engage with the healthcare system on a frequent basis.

However, there are important health milestones that should be addressed.

Socially, many young adults transition from childhood friend groups as they seek to establish new friends, social groups, and, possibly, a future mate. Personal safety and the prevention of exploitation and violence are important considerations. Rates of sexually transmitted infections can be very high in this age group, often secondary to coercive or transactional sex.

Young adults need information, skills, and support to help them embrace Optimal Sexual Health. Optimal Sexual Health includes delaying sexual involvement until establishing a committed, life-long relationship or marriage. Optimal health also involves awareness of both male and female sexual development, fertility patterns, risks such as sexually transmitted infections and HIV, the impact of hormonal birth control, and preparation for a trusting, enjoyable life partnership. To make wise decisions about when and whether to have a family, young adults need accurate information about the risks of difficult pregnancies and infertility due to chronic illness, infections, and advanced age.





# Early Adult Years: 19-25 yrs. old

Topic	Intervention	Setting
Physical Assessment & Screening	<ul style="list-style-type: none"> <li>• <u>Height, Weight, Vital Signs</u></li> <li>• <u>Mental Health Screening: Suicide, Depression, Anxiety, Self-Harm, Psychological First Aid</u></li> <li>• <u>Assessments: HIV Testing Guidelines, STI Screening</u></li> <li>• <u>Pneumococcal Vaccine,</u></li> </ul>	Clinic/Community (Healthcare providers, CHWs)
Health Promotion & Education	<p><b><u>Prevention of Risks:</u></b></p> <ul style="list-style-type: none"> <li>• <u>Drugs and alcohol</u></li> <li>• <u>Pornography, Technology Addiction,</u></li> <li>• <u>Information on HIV and STIs</u></li> <li>• <u>Vehicular Accident, Drowning,</u></li> <li>• <u>Violence prevention, Sexual Violence, Intimate Partner Violence,</u></li> </ul> <p><b><u>Promotion of Health:</u></b></p> <p>Improved mental health, social health</p> <ul style="list-style-type: none"> <li>◦ <u>Finding Positive Peer Groups</u></li> <li>◦ <u>Healthy Social Media Use</u></li> </ul> <p>Strengthen family and support systems, specifically through:</p> <ul style="list-style-type: none"> <li>◦ <u>Ending Violence Against Women,</u></li> <li>◦ <u>Marriage Education and Enrichment</u></li> <li>◦ Risk avoidance and <u>Refusal Skills</u> for Drugs, Alcohol, Tobacco, Sex, and Pornography</li> <li>◦ <u>Menstrual Health, Contraception, Fertility</u></li> </ul>	Community (Community Health Worker) Family, Schools, Faith
Nutrition	<p>Adequate fluid intake; Sodium and fat intake, Fiber consumption</p> <ul style="list-style-type: none"> <li>◦ Males need more vitamins C and K, along with thiamine, riboflavin, and niacin.</li> <li>◦ Young men and women who are very athletic and perspire a great deal also <u>require extra sodium, potassium, and magnesium.</u></li> <li>◦ Females require extra iron due to menstruation.</li> </ul>	Family Schools
Management & Treatment	<ul style="list-style-type: none"> <li>• <u>Dr. Stephen J. Shaw's Birth Gap Information</u></li> <li>• <u>Emerging Adulthood as a Critical Stage in the Life Course</u></li> <li>• <u>Mental Health Care Manual, Management of physical health conditions in adults with severe mental disorders</u></li> <li>• <u>Chronic Care for Neglected Infectious Diseases</u></li> <li>• <u>Wound Care Protocol</u></li> </ul>	Community/Clinic (Healthcare providers, CHWs) Family

# Pre-Pregnancy

## Early Adult and Childbearing Years

Both physical health and relational health should be considered in preparation for pregnancy. Couples with strong mutual commitment (marriage) and communication skills can prepare and plan for pregnancy together, leading to better nutrition, healthcare, and use of family resources. It is important to recognize high-conflict relationships to address the potential of stress and violence for a woman considering pregnancy.

Significant health conditions should be addressed before pregnancy begins. Screening and management for all types of anemia, diabetes, hypertension, and infectious diseases are important prior to conception. Healthy lifestyle patterns, including nutrition, activity, rest, and life/work balance, can improve general health as a woman begins pregnancy. CHWs can offer many screening and education activities.

Age-related issues can impact the ability to become pregnant and to deliver a healthy baby. Couples should be informed of the possibility of infertility or complicated pregnancy associated with chronic diseases and advancing age and be taught to track monthly fertility cycles.





# Pre-Pregnancy

## Early Adult and Childbearing Years

Topic	Intervention	Setting
<b>Physical Assessment &amp; Screening</b>	<p>Pre-Pregnant examinations, including:</p> <ul style="list-style-type: none"> <li>Height, <u>Weight</u>, <u>Vital Signs</u>, Urinalysis</li> <li>Breast, Heart, Pelvic, and Lung examinations</li> <li><u>Malaria</u>, <u>Parasites</u>, NTDs, TB, <u>HIV</u>, <u>STDs</u>, <u>Cholera</u>, <u>Anemia</u></li> <li>Mental Health Screening: <u>Suicide</u>, <u>Depression</u>, <u>Anxiety</u>, <u>Self-Harm</u>, <u>Psychological First Aid</u></li> </ul>	<p>Schools</p> <p>Clinic/Community (Healthcare Providers, CHWs)</p> <p>Community</p>
<b>Immunizations</b>	<p>Immunize according to universal standards for vaccination protocols, including:</p> <ul style="list-style-type: none"> <li>Updated <u>Tdap</u> and <u>MMR</u> vaccine</li> <li><u>Emphasizing benefits and impact of preventing disease through vaccination of women, including the DPT for pregnancy.</u></li> </ul>	<p>School</p> <p>Clinic/Community (Healthcare Providers, CHWs)</p>
<b>Health Promotion &amp; Education</b>	<p>Strengthen family and support systems, specifically through:</p> <ul style="list-style-type: none"> <li><u>Ending Violence Against Women.</u></li> <li><u>Information on HIV and STIs</u></li> <li><u>Marriage Education and Enrichment</u></li> <li><u>Risk avoidance</u> and <u>Refusal Skills</u> for Drugs, <u>Alcohol</u>, <u>Tobacco</u>, Sex, and Pornography</li> <li><u>Menstrual Health</u>, <u>Contraception</u>, and <u>Fertility</u>.</li> <li><u>Mental Health Prevention and Intervention</u>, <u>Self-Harm Prevention Training</u></li> <li><u>Sexual Violence Prevention</u>, <u>Intimate Partner Violence Prevention</u></li> </ul>	<p>School</p> <p>Clinic/Community (Healthcare Providers, CHWs)</p> <p>Family</p> <p>Faith</p>
<b>Nutrition</b>	<p>Special emphasis on dietary intake of the following:</p> <ul style="list-style-type: none"> <li><u>Vitamin A</u>, <u>Folic Acid</u>, <u>Iron</u></li> <li>Culture-specific diets to avoid both malnutrition and obesity.</li> </ul>	<p>School</p> <p>Family</p> <p>Community</p>
<b>Management and Treatment</b>	<ul style="list-style-type: none"> <li>Diagnose and treat anemia addressing: Iron deficiencies</li> <li>Diagnosis and treatment of hypertension.</li> <li>Treatment of fertility concerns, <u>contraception</u>, menstrual cycle awareness.</li> <li><u>Mental Health Care Manual</u>, <u>Management of physical health conditions in adults with severe mental disorders</u></li> <li><u>Chronic Care for Neglected Infectious Diseases</u></li> <li><u>Wound Care Protocol</u></li> </ul>	<p>Community</p> <p>School</p>

# Pregnancy

## Early Adult and Childbearing Years

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The physiologic and physical changes that occur after conception impact women in many ways. Optimal Health during pregnancy must address physical, emotional, social, and spiritual well-being. The interventions listed below serve to encourage family and community support and medical or health interventions.

Many cultures and religions attach deep spiritual meaning to the development of a unique new person growing inside the mother. Healthcare systems should welcome these important faith and cultural traditions and encourage couples to protect and support both the mother and forming child.

Early in the pregnancy, parents and families should be informed of the value of trained birth attendants, routine healthcare, and important interventions, such as screenings and immunizations.





# Pregnancy

## Early Adult & Childbearing Years

Topic	Intervention	Setting
<b>Physical Assessment &amp; Screening</b>	<p>Examination for pregnant women, including:</p> <ul style="list-style-type: none"> <li>• Height, <u>Weight</u>, <u>Edema (swelling)</u>, <u>Gestation-Specific Vital Signs (Blood pressure, Heart rate, etc.)</u>.</li> <li>• <u>Evaluation of Fundal Growth, Heart Beat, and Restriction</u></li> <li>• <u>Components of Routine Pregnancy Evaluation</u></li> <li>• Pregnancy Test Confirmation</li> <li>• Screening for: <u>Anemia</u>, <u>Hypertension</u>, <u>Proteinuria</u>, <u>Glucosuria (via blood/urine tests)</u>, <u>Hypoglycemia</u></li> <li>• <u>Mental Health Assessment</u>, <u>Risk of Suicide Assessment</u>, <u>Risk of Harm to Baby Assessment</u>, <u>Psychological First Aid</u></li> <li>• <u>Malaria</u>, <u>Parasites</u>, <u>Tuberculosis</u>, <u>HIV</u>, <u>STDs</u>,</li> </ul>	Clinic/Community (Healthcare Providers, CHWs)
<b>Immunizations</b>	<p>Immunize according to universal standards for vaccination protocols, including:</p> <ul style="list-style-type: none"> <li>• <u>Immunizations for Pregnant Women in Select Countries</u></li> </ul>	School Clinic/Community (Healthcare Providers, CHWs)
<b>Health Promotion &amp; Education</b>	<p>Strengthen family and support systems, specifically through:</p> <ul style="list-style-type: none"> <li>• Information and Care on <u>HIV and other STDs</u>,</li> <li>• <u>Reproduction and relationship health</u></li> <li>• <u>Risk avoidance and Refusal Skills</u> for <u>Drugs</u>, <u>Alcohol</u>, <u>Tobacco</u>, <u>Sex</u>, and <u>Pornography</u></li> <li>• <u>Ending Violence Against Women</u>, <u>Sexual Violence Prevention</u>, <u>Intimate Partner Violence Prevention</u></li> <li>• <u>Fathers and Breastfeeding</u></li> </ul>	Clinic/Community (Healthcare Providers, CHWs) Family Faith
<b>Nutrition</b>	<p>Special emphasis on dietary intake of the following:</p> <ul style="list-style-type: none"> <li>• <u>Vitamin A</u>, <u>Folic Acid</u>, <u>Iron</u>, <u>Protein</u></li> <li>• Culture-specific diets to avoid malnutrition and obesity.</li> <li>• Increase caloric intake for <u>pregnancy</u> &amp; <u>prenatal vitamins</u> (if available)</li> </ul>	School Family Community
<b>Management and Treatment</b>	<ul style="list-style-type: none"> <li>• Care and treatment for numerous high-risk conditions including: <ul style="list-style-type: none"> <li>◦ <u>Gestational Diabetes</u>, <u>Preeclampsia and Eclampsia</u>, <u>Fetal Growth Challenges</u>, <u>Abnormal Pregnancies</u>, <u>Miscarriages</u>, Complications Following an Abortion, <u>Mental Health Conditions</u>, <u>Multiple Simultaneous Pregnancies (twins, triplets, etc.)</u>.</li> </ul> </li> <li>• <u>Management of physical health conditions in adults with severe mental disorders</u></li> <li>• <u>Chronic Care for Neglected Infectious Diseases</u></li> <li>• <u>Wound Care Protocol</u></li> </ul>	Community School

# Labor & Delivery

## Early Adult and Childbearing Years

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Labor and delivery can be a joyous event or a life-threatening experience. The interventions identified below focus on the value of trained birth attendants in safe, hygienic facilities, with adequate medical and equipment supplies to support the mother and the baby.

During labor and delivery, family members' active engagement and support, especially a caring spouse, is associated with improved parent-child bonding, nutrition, immunization status, and emotional well-being.



# Labor & Delivery

## Early Adult & Childbearing Years

Topic	Intervention	Setting
<b>Physical Assessment &amp; Screening</b>	<p>Examination for women in labor including:</p> <ul style="list-style-type: none"> <li>• <u>Vital Signs, Immediate drying, and additional stimulation as needed</u></li> <li>• Baby growth Challenges (w/ evaluation of fundal growth and heartbeat)</li> <li>• Evaluation for edema (swelling)</li> <li>• <u>Obstetric Fistula Training Packet</u></li> <li>• Assisted Vaginal Birth: <u>Forceps and Vacuum Extractor</u></li> <li>• <u>Core Competencies and Decision Support Tools for the Management of Labor</u></li> <li>• Screening for Anemia, Hypertension, Proteinuria, blood/urine check for sugar, <u>STDs, HIV</u></li> <li>• <u>Mental Health Assessment, Risk of Suicide Assessment, Risk of Harm to Baby Assessment Baby</u></li> </ul>	Clinic/Community (Healthcare Providers, CHWs)
<b>Immunizations</b>	Immunize according to vaccination protocols, as indicated.	Clinic/Community (Healthcare Providers, CHWs)
<b>Health Promotion &amp; Education</b>	<p>Strengthen family and spousal support specifically through education on:</p> <ul style="list-style-type: none"> <li>• Clean Birthing Kits: <u>Clean Clamp and Cut Cord, Infant Suction, Bulb, Sterile, Gloves</u></li> <li>• <u>Skin-to-skin contact</u> in the first hour of life, <u>Kangaroo Care Implementation Strategies for Different Countries</u></li> <li>• Information and Care on <u>HIV and STDs</u></li> <li>• <u>Reproduction and relationship health</u></li> <li>• <u>Ending Violence Against Women, Sexual Violence Prevention, Intimate Partner Violence Prevention</u></li> <li>• <u>Fathers and Breastfeeding</u></li> </ul>	Clinic/Community (Healthcare Providers, CHWs) Family Faith
<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Prevention/Management of Dehydration</li> <li>• <u>Breastfeeding Information and Resources</u></li> </ul>	Clinic/Community (Healthcare Providers, CHWs), Family
<b>Management &amp; Treatment</b>	<p>Providing medical support to the woman during delivery through:</p> <ul style="list-style-type: none"> <li>• Trained traditional birth attendants (TBAs), Trained Community Health Workers (CHWs)</li> <li>• Referral to a health facility for complications</li> <li>• <u>Preterm Birth Interventions, Managing Eclampsia, Managing Prolonged and Obstructed Labour</u></li> <li>• Fetal monitoring (as available) <ul style="list-style-type: none"> <li>◦ Either in-hospital or in-home via (electronic or intermittent methods)</li> <li>◦ Monitoring of fetal complications (breech, failure to progress, abruption)</li> </ul> </li> <li>• <u>Perinatal Mortality Guidelines</u></li> </ul>	Clinic/Community (Healthcare Providers, CHWs) Family



## Early Adult and Childbearing Years

The days and weeks following the birth of a baby can be challenging. Family, community, and health system support are needed to address the physical, hormonal, and relationship demands of a newborn and a recovering mother. The recommended interventions, including health monitoring and support of breastfeeding, can be offered through local health facilities, community health workers, faith or community support groups, and caring family members.

It is important to monitor the mother and infant as a unit in the postpartum period since anemia and illness in the mother can jeopardize the care and nutrition of the infant. Likewise, a sick newborn can progress to life-threatening conditions rapidly and must be observed for early symptoms to be diagnosed and treated successfully.

Using a cohesive CHW program linked to a responsive health system can facilitate postpartum care and expedite timely treatment and referrals if the mother or infant requires medical care.



# Postpartum

## Early Adult and Childbearing Years

Topic	Intervention	Setting
<b>Physical Assessment &amp; Screening</b>	Examination of women postpartum, including: <ul style="list-style-type: none"><li>• <u>Vital Sign Reference Ranges: Postpartum-Specific</u></li><li>• Fundal Size, Signs of Infection, <u>Perineal Lacerations</u>, Breast Exam</li><li>• <u>WHO Recommendations on Maternal and Newborn Care: Positive Postnatal Experience</u></li><li>• <u>Postpartum Nursing Care Pathway: Obstetrics Guidelines</u></li><li>• <u>ACOG Optimizing Postpartum Care Resource</u></li><li>• Measures and Screening:<ul style="list-style-type: none"><li>◦ Anemia, Hypertension, Postpartum Infections, Breast Infections, <u>HIV</u>,</li><li>◦ <u>Postpartum Mental Health Health Substance Use Guidelines</u>, <u>Postpartum Depression Screening</u>, <u>Risk of Suicide Assessment</u>, <u>Risk of Harm to Baby Assessment</u> Baby, <u>Anxiety</u>, <u>Self-Harm</u>,</li></ul></li></ul>	Clinic/Community (Healthcare Providers, CHWs)
<b>Immunizations</b>	Immunize according to universal standards for vaccination protocols, including: <ul style="list-style-type: none"><li>• DPT, As indicated: Dengue, Meningococcal, etc.</li></ul>	Clinic/Community (Healthcare Providers, CHWs)
<b>Health Promotion &amp; Education</b>	Strengthen family and spousal support specifically through education on: <ul style="list-style-type: none"><li>• <u>Cord Care</u>,</li><li>• <u>Ending Violence Against Women</u>, <u>Sexual Violence Prevention</u>, <u>Intimate Partner Violence Prevention</u></li><li>• Spacing of Pregnancies for 18- 24 Months, <u>Natural Family Planning Awareness</u>, <u>Contraception</u>, Menstrual Health and Fertility.</li><li>• <u>Life Line for Moms: Perinatal Mental Health Toolkit</u>, <u>Mental Health Support</u>, <u>Alcohol &amp; Drug Abuse</u></li><li>• <u>Fathers and Breastfeeding</u></li><li>• Risks and Accident Prevention: <u>Birth-6 Months</u>, <u>Home Environment Safety Checklist</u>, <u>Reduce the risk of SIDS</u>.</li></ul>	Clinic/Community (Healthcare Providers, CHWs) Family Faith
<b>Nutrition</b>	Special emphasis on dietary intake of the following: <ul style="list-style-type: none"><li>• Vitamin A, Folic Acid, Iron, Protein</li><li>• Culture-specific diets to avoid both malnutrition and obesity.</li><li>• Breastfeeding Diet</li><li>• <u>Feeding of Low-birth-weight (LBW) infants</u></li></ul>	Clinic/Community (Healthcare Providers, CHWs) Family
<b>Management and Treatment</b>	Understanding the possibility of late-onset complications such as: <ul style="list-style-type: none"><li>• Prevention of Immediate Postpartum Bleeding and Hypertension,</li><li>• Breastfeeding, Fundal Massage, and Medication</li><li>• Family Planning Awareness and Contraception</li><li>• <u>Management of physical health conditions in adults with severe mental disorders</u></li><li>• <u>Chronic Care for Neglected Infectious Diseases</u></li></ul>	Clinic/Community (Healthcare Providers, CHWs) Family

# Healthy Timing and Spacing

## Early Adult and Childbearing Years

Healthy timing and spacing of pregnancy are important to the well-being of both a mother and an infant and, consequently, the family. Methods for managing the timing of pregnancy can include fertility awareness (natural family planning), hormonal contraceptives (pills, injectables, or implants), non-hormonal contraceptives (condom and other barriers, intrauterine devices, and ligation of male vas or female fallopian tubes). Abortion is NOT a form of contraception. Voluntary destruction of a viable pregnancy entails the death of a human.

Every woman deserves fully informed consent about her reproductive system, fertility cycle, and the impact of medications and hormones on her well-being. Awareness of the biological cycles by a woman and her spouse/partner can assist when desiring or delaying pregnancy. Information regarding age-related health and fertility problems should be provided.

Any discussion of contraception should include education about avoiding sexual risks, exploitation, and sexually transmitted infections. Optimal sexual health includes stable, caring relationships, emotional and spiritual wellness and is often found within the boundaries of mutually monogamous long-term relationships such as marriage.





# Healthy Timing and Spacing

## Early Adult and Childbearing Years

Topic	Intervention	Setting
<b>Physical Assessment &amp; Screening</b>	Standards for physical examination for women, including: <ul style="list-style-type: none"> <li>• Height, weight, <u>vital signs</u></li> <li>• Exam for physical abnormalities or disabilities</li> <li>• Screening for: <ul style="list-style-type: none"> <li>◦ Anemia, <u>malnutrition</u>, postpartum infections, breast infections</li> <li>◦ <u>Malaria</u>, parasites, TB, <u>HIV</u>, STDs, <u>Alcohol</u>, <u>Drug Use</u></li> <li>◦ Mental Health Screening: <u>Suicide</u>, <u>Depression</u>, <u>Anxiety</u>, <u>Self-Harm</u></li> </ul> </li> </ul>	Clinic/Community (Healthcare Providers, CHWs)
<b>Immunizations</b>	Immunize according to universal standards for vaccination protocols, including: <ul style="list-style-type: none"> <li>◦ As indicated: Dengue, Meningococcal, etc.</li> </ul>	Clinic/Community (Healthcare Providers, CHWs)
<b>Health Promotion &amp; Education</b>	Strengthen family and support systems, specifically through: <ul style="list-style-type: none"> <li>• Importance of <u>timing between pregnancies</u> for the health of the mother and baby</li> <li>• <u>Menstrual health</u>, <u>Fertility awareness</u>, <u>Contraception</u>, <u>Natural family planning awareness</u>,</li> <li>• Risk avoidance and refusal skills for Drugs, <u>Alcohol</u>, Tobacco, Sex, and Violence</li> <li>• Education on <u>tubal ligation</u> and the importance of <u>relationship quality and spousal support</u></li> <li>• Educating that abortion is not the only option</li> <li>• <u>Raising a Family in the Digital Age: A Technology Guide for Parents</u></li> <li>• <u>American Medical Association “The Parent Package”</u></li> <li>• <u>Sexual Violence Prevention</u>, <u>Intimate Partner Violence Prevention</u>, <u>Suicide Prevention</u></li> </ul>	Community Family School Faith
<b>Management and Treatment</b>	<ul style="list-style-type: none"> <li>• Management and treatment of complications or health issues from pregnancy <ul style="list-style-type: none"> <li>◦ Permanent sterilization if future pregnancies would be life-threatening for the mother and baby.</li> <li>◦ Two-year intervals after a live birth</li> <li>◦ Six-months allowed after a miscarriage</li> </ul> </li> <li>• <u>Management of physical health conditions in adults with severe mental disorders</u></li> <li>• <u>Chronic Care for Neglected Infectious Diseases</u></li> <li>• <u>Wound Care Protocol</u></li> </ul>	Community Family

# Mid-life Years

## 40 yrs. – 60 yrs.

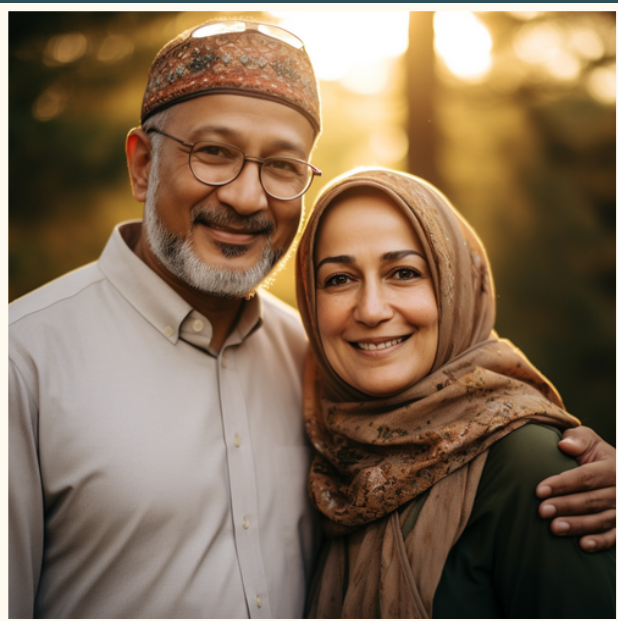
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Between the ages of 40 and 60, many men and women care for families and work long hours daily. They represent a nation's greatest potential for economic growth and social stability. Their well-being can determine the stability of families, the social fabric of a community, and their country's economic prosperity.

For these individuals, ignored health problems can become major, life-threatening concerns. Cervical cancer can become deadly. Tuberculosis can debilitate workers while spreading to family and colleagues. Hypertension and diabetes can silently but permanently disable individuals.

Disease and death in this age group often result in the loss of a parent and provisions to children and the community.

Mid-life adults can be supported by community interventions, including CHWs and local health facilities. Nations are wise to invest in the health of mid-life adults through screening, monitoring, diagnostic, and treatment interventions listed below.



# Mid-life Years: 40 yrs. - 60 yrs.

Topic	Intervention	Setting
<b>Physical Assessment &amp; Screening</b>	Measures and Screening for disease prevention, including: <ul style="list-style-type: none"> <li>• <u>Vital Signs</u>,</li> <li>• <u>Non-Communicable Diseases (NCDs): Diabetes, Anemia, Hypertension, Hyperlipidemia, Osteoarthritis, Osteoporosis, Kidney, Liver,</u></li> <li>• Cancer Screening: <u>Cervical, Breast</u>, or other Malignancies</li> <li>• <u>Mammogram, Pap Smear</u></li> <li>• <u>Malnutrition, HIV, STD, Alcohol, Drug Use</u></li> <li>• Mental Health Screening: <u>Suicide, Depression, Anxiety, Self-Harm</u></li> </ul>	Clinic/Community (Healthcare Providers, CHWs)
<b>Immunization</b>	Immunize according to universal standards and/or recommendations for nation-specific vaccination protocols, including: <ul style="list-style-type: none"> <li>◦ As indicated: Influenza, <u>Shingles</u>, Tdap, Dengue, Meningococcal, MMR, RSV, Hepatitis B, etc.</li> </ul>	Clinic/Community (Healthcare Providers, CHWs)
<b>Health Promotion &amp; Education</b>	Strengthen family and support systems, specifically through: <ul style="list-style-type: none"> <li>• Physical Activity: <u>CDC Guidelines, Alcohol Use</u></li> <li>• <u>Caring for Aging Parents, Becoming a Grandparent, Making Blended Families Strong</u></li> <li>• Hormonal, <u>Breast Self-Exam, Menopausal, Changes in Sexual Function</u></li> <li>• <u>Raising a Family in the Digital Age: A Technology Guide for Parents</u></li> <li>• <u>Stop the Bleed Education and Training</u></li> <li>• <u>Stress Management for Resiliency in Midlife, Suicide Prevention</u></li> <li>• <u>American Medical Association "The Parent Package"</u></li> <li>• <u>Sexual Violence Prevention, Intimate Partner Violence Prevention, Ending Violence Against Women,</u></li> </ul>	Family Faith Community
<b>Nutrition</b>	Special emphasis on dietary intake of the following: <ul style="list-style-type: none"> <li>• Vitamin D, Omega-3, Calcium</li> </ul>	Family, Community, School
<b>Management and Treatment</b>	<ul style="list-style-type: none"> <li>• Physical Health:               <ul style="list-style-type: none"> <li>◦ Infectious: <u>Malaria</u>, HIV, Tuberculosis, and Hepatitis B,</li> <li>◦ Metabolic/Chronic Disease: Diabetes, Hypertension, Anemia, Hyperlipidemia, Osteoporosis, Cancer</li> <li>◦ Hormonal Support</li> <li>◦ Preventing Medication Misuse, Overuse or Counterfeit Drugs</li> <li>◦ Curative Treatment and Palliative Care</li> </ul> </li> <li>• Mental and Relationship Health Resources:               <ul style="list-style-type: none"> <li>◦ Group Therapy, Individual Counseling, Family Therapy, Marriage Counseling</li> <li>◦ Maintain Strong Community and Faith Connections</li> <li>◦ <u>Management of physical health conditions in adults with severe mental disorders</u></li> </ul> </li> <li>• <u>Chronic Care for Neglected Infectious Diseases</u></li> <li>• <u>Wound Care Protocol</u></li> </ul>	Clinic/Community (Healthcare Providers, CHWs)



# Late Adult Years

## 60 yrs and up.

Past the age of 60, health problems can become more frequent and significantly impact the quality of life. In low-resource regions and countries, comprehensive health assessments and interventions can be limited due to geographic, economic, and social factors. For older women, especially widows, healthcare can be difficult to access due to limited income, poor mobility, and social/emotional isolation.

Consequently, this Framework strongly endorses the use of Community Health Workers to monitor, educate, and encourage older community members. Many of the recommended interventions below can be delivered by CHWs. These interventions include basic nutrition screening and education, basic screening for vision, hearing, blood pressure, safe mobility, and mental health issues, recommendations for physical activities and range of motion exercises, and encouragement to continue engagement in family, faith, and neighborhood groups. CHWs should be empowered to make referrals to a healthcare system for potentially serious or chronic conditions.

As individuals approach the end of life, many struggle with purpose, meaning, and communication, as well as physical health issues. Families and communities can support their elderly members through frequent visits and encouragement.



# Late Adult Years: 60 yrs and up

Topic	Intervention	Setting
<b>Physical Assessment &amp; Screening</b>	<p>Geriatric examination for women 60 yrs.. and above, including:</p> <ul style="list-style-type: none"> <li>• Height, weight, <u>Vital Signs</u>, <u>vision</u>, <u>dental</u>, <u>hearing</u>, and mobility changes</li> <li>• Exam for physical abnormalities or disabilities</li> <li>• Measures and Screenings for monitoring disease prevention, including: <ul style="list-style-type: none"> <li>◦ Arthritis, <u>Cervical Cancer</u>, <u>Breast Cancer</u>, <u>Colon Cancer</u>, Hypertension, <u>Diabetes</u>, Cholesterol, <u>Bone Density</u>, <u>Anemia</u>, <u>Alcohol</u>, <u>Drug Use</u>, <u>Pap smear</u>, <u>Malnutrition</u>, <u>Elder Abuse</u></li> </ul> </li> <li>• Mental Health Screening and Prevention for <u>Suicide</u>, <u>Depression</u>, <u>Anxiety</u>, <u>Self-Harm</u></li> </ul>	<p>Clinic/Community (Healthcare Providers, CHWs) Community</p>
<b>Immunizations</b>	<p>Immunize according to universal standards for vaccination protocols, including:</p> <ul style="list-style-type: none"> <li>◦ <u>DPT/Tdap</u>, <u>HPV</u>, <u>Hep A and B</u>, <u>Flu</u>, <u>Pneumococcal &amp; Shingles RSV</u> <ul style="list-style-type: none"> <li>▪ Special emphasis on flu and pneumonia, and other regional infections.</li> </ul> </li> </ul>	<p>Clinic/Community (Healthcare Providers, CHWs)</p>
<b>Health Promotion &amp; Education</b>	<p>Strengthen family and support systems, specifically through:</p> <ul style="list-style-type: none"> <li>• Encouraging <u>daily routines</u> that include support from family</li> <li>• Encouraging relationships and community</li> <li>• Maintain social and family contact, activities, and support</li> <li>• <u>Mental health support</u>, <u>Suicide prevention</u>, <u>Grief and Mourning</u>, <u>Depression</u></li> <li>• <u>Ending Elder Abuse</u>, <u>Ending Violence Against Women</u>, <u>Sexual Violence Prevention</u>, <u>Intimate Partner Violence Prevention</u></li> </ul>	<p>Community Family Faith</p>
<b>Nutrition</b>	<p>Special emphasis on dietary intake of the following:</p> <ul style="list-style-type: none"> <li>• Calcium, Vitamin D, Iron, Folate, Omega 3</li> <li>• Careful Monitoring of Diet for Bone Density, <u>Malnutrition</u> and Obesity</li> <li>• <u>ESPEN Practical Guide for Clinical Nutrition and Hydration in Geriatrics</u></li> </ul>	<p>Family Community</p>
<b>Management and Treatment</b>	<ul style="list-style-type: none"> <li>• Environmental improvement to <u>prevent falls</u></li> <li>• Accommodations for basic functions (latrines, etc.) to reduce arthritis.</li> <li>• <u>Activity</u> to maintain range of motion, balance, and muscle strength</li> <li>• <u>Management of physical health conditions in adults with severe mental disorders</u></li> <li>• <u>Chronic Care for Neglected Infectious Diseases</u></li> <li>• <u>Wound Care Protocol</u></li> </ul>	<p>Community</p>



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Thanks to our many collaborators, including Geraldine Veiman, MD, and graduate Public Health students involved in the IWH Young Leaders Program

Formatting, Illustration & Website by: Victoria Akyea, MPH; Mallory Sparks, LCSW, MTS; Billy Sparks

ISBN: 979-8-218-36899-9

First Edition

Published by: The Institute for Women's Health

THE INSTITUTE FOR WOMEN'S HEALTH

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