



# ➤ ONE KEY QUESTION® OVERVIEW

## WHAT IS ONE KEY QUESTION®?

One Key Question® is a transformative tool that starts the conversation about if, when, and under what circumstances people want to get pregnant and have a child. The notion behind One Key Question® is simple—it provides a framework for health care providers, social service providers, and champions to routinely ask:

➤ **“Would You Like to Become Pregnant in the Next Year?”**

One Key Question® meets people where they are, by offering four responses:

➤ **Yes, No, Ok Either Way, Unsure**

One Key Question® is patient-centered and focuses on understanding people’s goals and providing follow-up care based on the patient’s response, whether that is for birth control, preconception health, prenatal care, or referral to other services. One Key Question® proactively addresses the root causes of mistimed pregnancies, poor birth outcomes, and disparities in maternal and infant health. It is non-judgmental and equally supports those who want to become pregnant, those who do not, and those who are ambivalent.

### Who is using One Key Question®?

One Key Question® is used by thousands of healthcare and social service providers and agencies in approximately 30 states. One Key Question® providers include a variety of primary care, family planning, and a wide range of specialty clinicians, community health workers, home visitors, substance use treatment and prevention programs, and many more. One Key Question® has been adopted by large health systems, state and local public health departments, and others to address a myriad of health equity efforts, including perinatal equity and maternal child health.

**ONE KEY QUESTION®  
SUPPORTS PEOPLE’S  
POWER TO DECIDE  
BY HELPING TO  
TRANSFORM THEIR  
HEALTH CARE  
EXPERIENCE.**

For more information email:

- ✉ [onekeyquestion@powertodecide.org](mailto:onekeyquestion@powertodecide.org)
- ✉ [balbert@powertodecide.org](mailto:balbert@powertodecide.org)
- 🌐 [powertodecide.org/one-key-question](http://powertodecide.org/one-key-question)

## Who endorses One Key Question®?

One Key Question® has been:

1. One Key Question has been endorsed by the American Public Health Association as an effective Reproductive Life Planning strategy and the American College of Obstetricians and Gynecologists notes that pregnancy desire screening is a “core component of high-quality, primary preventive care services.”
2. Recognized as an innovative best practice by the Association of Maternal and Child Health Programs.
3. Aligned with the Office of Population Affairs and Centers for Disease Control and Prevention’s Quality in Family Planning service delivery recommendation for clinical practice.

## What People Are Saying About One Key Question® Training

Thousands have been trained in using One Key Question®. Over the past year alone, training participants reported being satisfied with the training and felt the activities were useful in building skills. Post-training, participants thought the training was a good use of their time and also reported significantly higher confidence in:

- Implementing One Key Question® with fidelity;
- Counseling on contraception, preconception, and inter-conception care;
- Counseling in a non-judgmental, unbiased way; and
- Confidence in integrating One Key Question® into site workflow.

# THE AMERICAN MEDICAL ASSOCIATION SUPPORTS THE USE OF PREGNANCY INTENTION SCREENING AND CONTRACEPTIVE SCREENING AS PART OF ROUTINE WELL-CARE.

## Does One Key Question® Work?

Simply put: Yes! One Key Question® has been studied by a number of researchers on measures such as health care quality, patient experience and satisfaction, and patient outcomes and has shown positive results.

Visit [PowerToDecide.org](http://PowerToDecide.org) for detailed information on the impact of One Key Question®.

## How Do I Bring One Key Question® Into My Work?

Power to Decide has the exclusive rights to all One Key Question® activities and trainings. We provide a full complement of capacity building and licensing options for One Key Question®. We are happy to work with clinics, community-based organizations, public health departments, and other organizations to customize a support package that meets their unique needs.

### Training and Capacity-Building Options for Clinics, Community-Based Organizations, Public Health Departments and Other Organizations.

1. A 1-day, in-person certification training and technical assistance package.
2. An online certification training plus access to supplemental trainings on contraception and pre/inter-conception counseling and care.
3. A 2-day, in-person train the trainer event and technical assistance package.
4. Systems integration and licensing packages for those interested in institutionalizing One Key Question® into their health record systems and work-flow processes.



For more information email:

**> ONE KEY QUESTION®** A PROGRAM OF

**POWER  
TO DECIDE**

✉ [onekeyquestion@powertodecide.org](mailto:onekeyquestion@powertodecide.org)

✉ [balbert@powertodecide.org](mailto:balbert@powertodecide.org)

🌐 [powertodecide.org/one-key-question](http://powertodecide.org/one-key-question)