

Healthy Prenatal Weight Gain Project

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Background

- City of Columbus Early Childhood Obesity Prevention Plan states “Obesity prevention begins at a woman’s first prenatal visit.”
- January 2011: Coalition members began meeting in a healthy prenatal weight gain focus group, including members from WIC, EFNEP, women’s clinic, and Caring for 2.
- Awareness and action goal: More pregnant women and parents of children ages birth to five will know their own and their child’s BMI percentile and increasingly act upon the advice of their healthcare providers.

Awareness and Action

- Objective 1: By December 31, 2015, at least 5 new places will adopt and implement policies related to healthy weight screening for pregnant women and/or children birth to kindergarten.
- Objective 2: By December 31, 2015, healthcare providers in the City of Columbus will have additional tools to help educate and/or refer pregnant women and/or children birth to kindergarten to resources that will promote a health weight.

Our Focus

- Conduct a needs assessment of the target population
 - Key informant interviews
 - Windshield survey of 43215 and surrounding neighborhoods
 - Examine and analyze census and public health department data
 - Survey of expectant mothers (WIC and EFNEP clients)
- Create resources to be used by multiple agencies who serve pregnant women in the greater Columbus area to promote healthy prenatal weight gain

Windshield Survey Findings

- Lack of major grocery store (non-convenience store) with fresh foods and affordable produce in the 43215 zip code
- Available stores are small convenience stores that sell high fat, high sugar items
- Abundance of parks within the city, but few people observed exercising or utilizing the green space

Key Informant Findings

- Obesity and nutrition were two of the main concerns of providers.
- Access to healthy foods is a major problem.
 - Barriers to purchasing healthy food include cost, location of grocery stores, and the belief that convenience is more important than quality.
 - People want to “stretch” their dollar as far as it can go, which equates to buying more of the cheapest foods available
- Sustained breastfeeding and early introduction of solids and other beverages was also identified a problem.

Key Informant Findings

- Strengths of Community:
 - Resilient
 - View WIC nutritionists and counselors as safe and accessible resources
 - WIC is a well-know resource among the community, and is a resource that it being utilized
 - Tight-knit
 - Word of mouth is a powerful tool, but can be a barrier

Healthy Prenatal Weight Gain Brochure

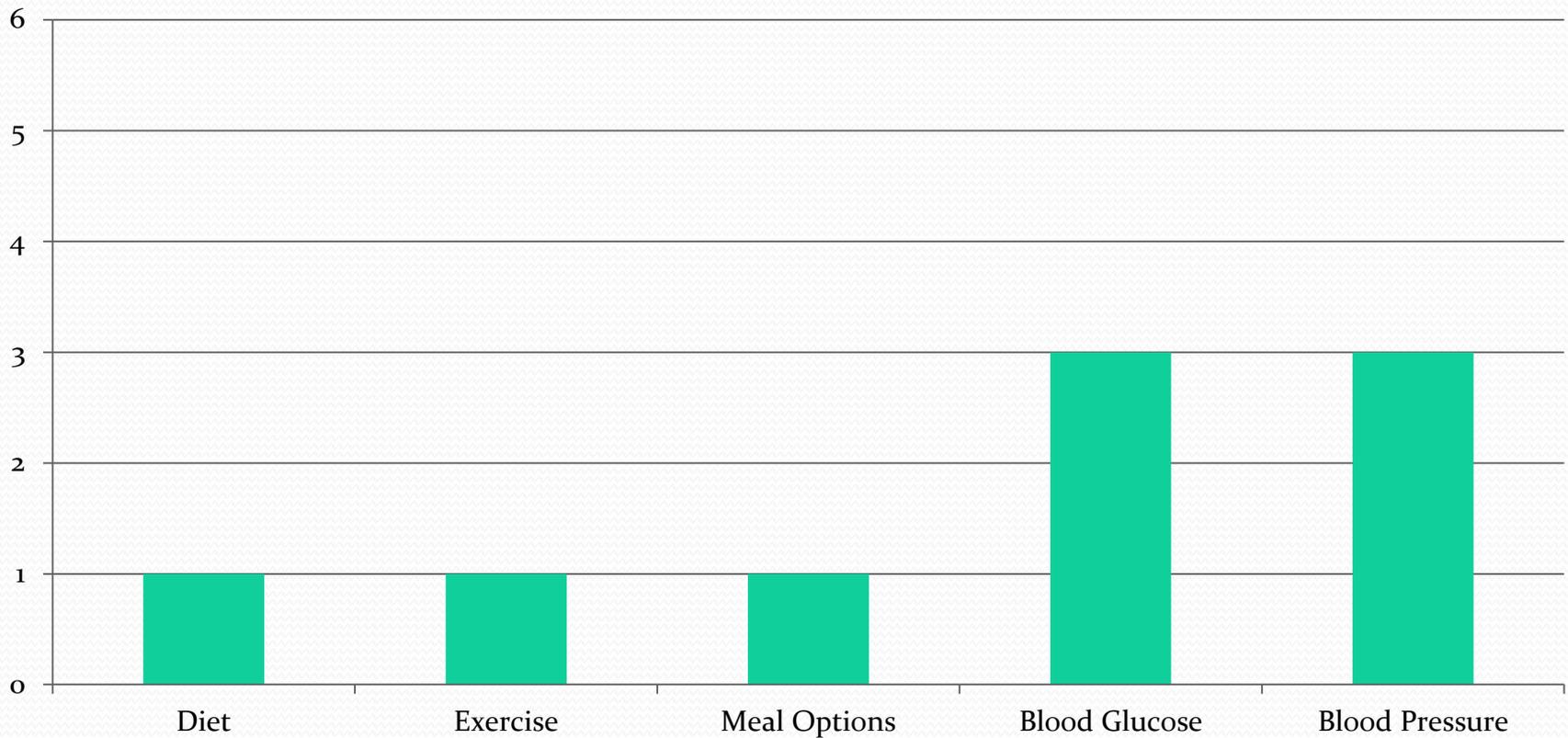
- Created as a result of exploring the topic of healthy prenatal weight gain
- Includes information on appropriate prenatal weight gain, nutrition, appropriate exercise for expectant mothers, and how to lose weight after giving birth, with an emphasis on breastfeeding
- Intended to provide a simple overview of important topics related to a healthy pregnancy lifestyle
- Brochure should be translated to various languages for use in multiple diverse agencies in the Columbus area

Survey Findings

- 6 respondents
 - 2 EFNEP clients and 4 WIC clients
- 6 of 6 women knew their pre-pregnancy weight
- 6 of 6 women track their weight at each prenatal visit
- 4 of 6 women believed weight gain is an important topic to discuss with provider, because they are concerned about gaining too much weight
- 2 of 6 women believed weight gain is not an important topic to discuss, because they believe they will lose the weight after giving birth
- 5 of 6 women want to learn more about healthy weight gain during pregnancy

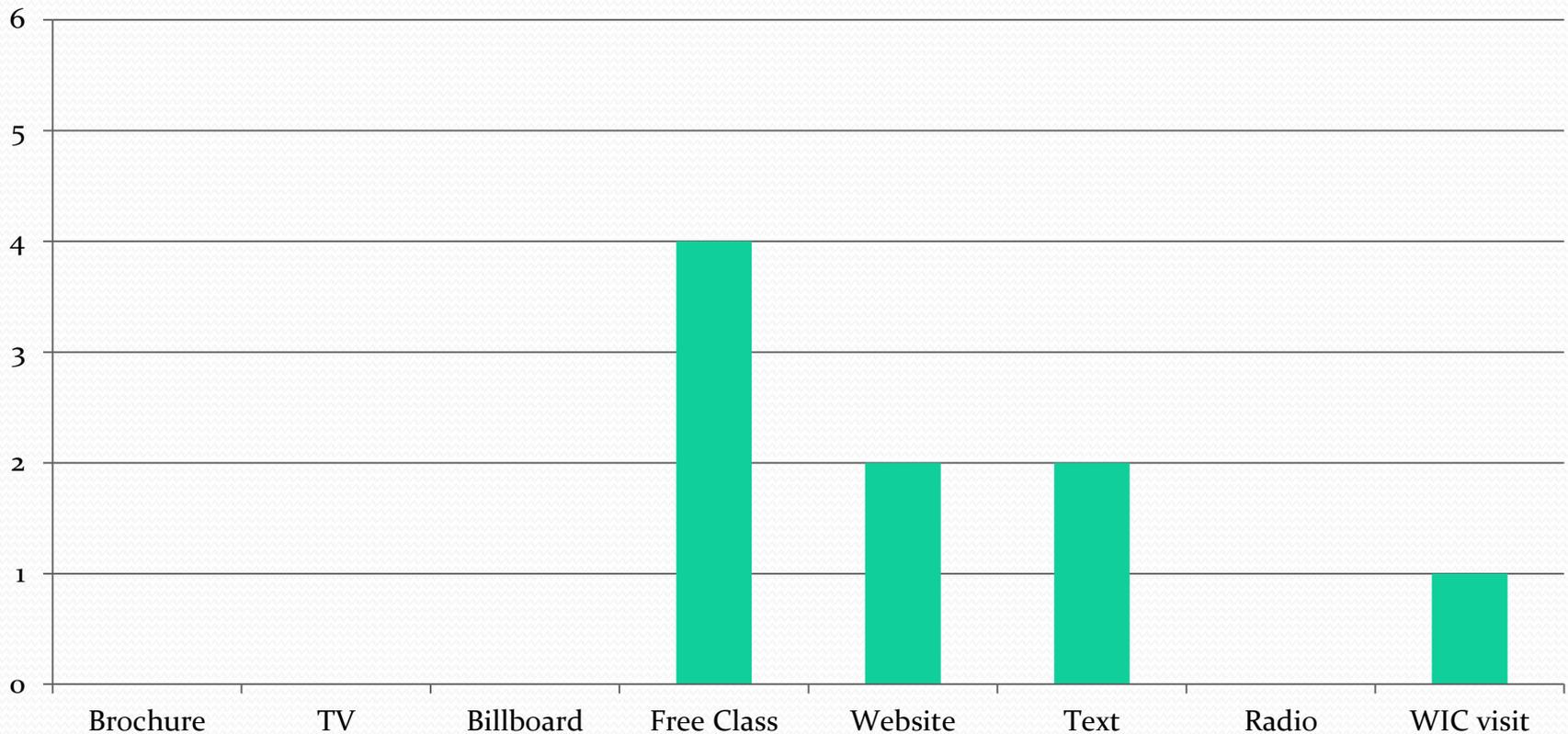
Survey Findings

What would you like to learn more about?



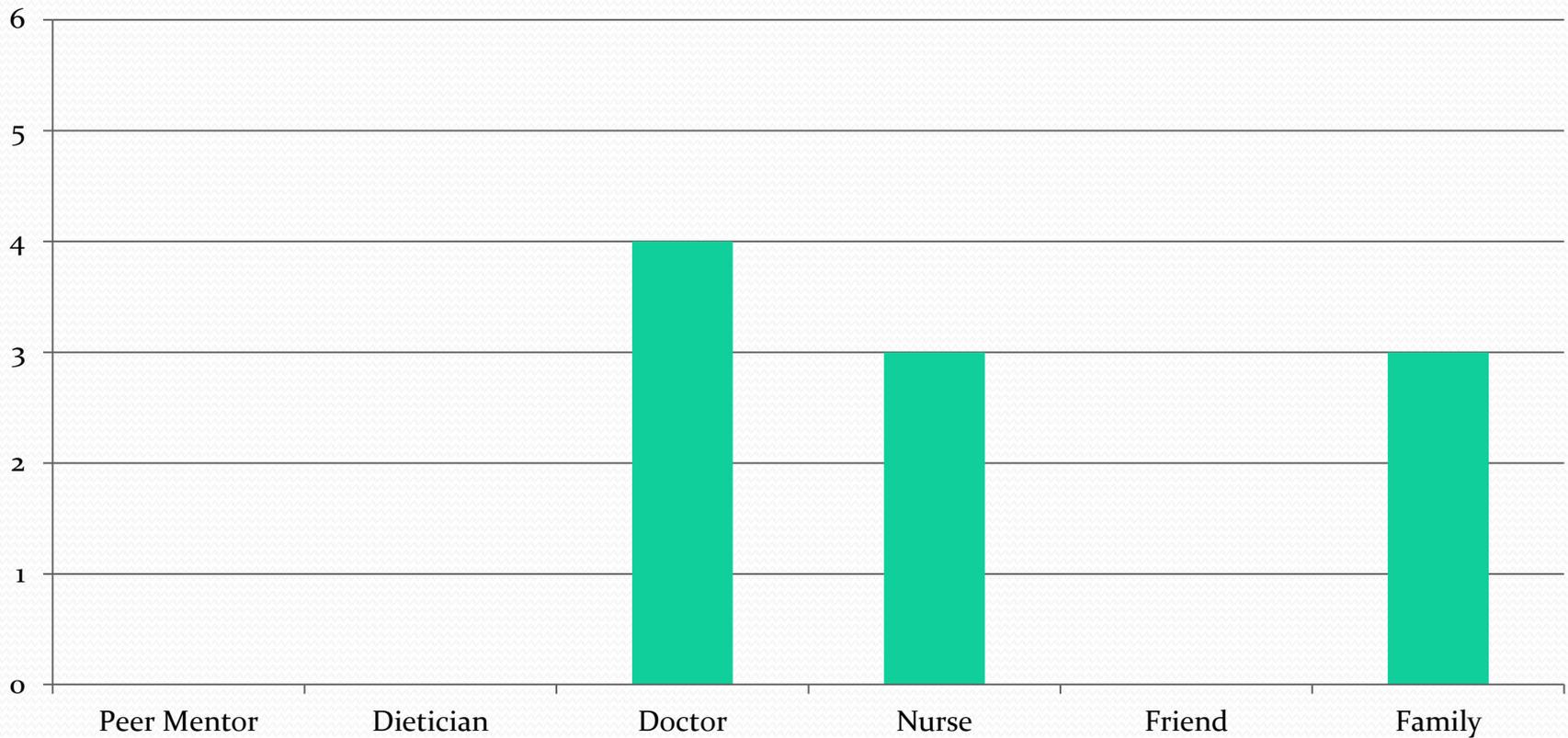
Survey Findings

How would you like to learn more?



Survey Findings

If you had questions, who would you talk to?



Discussion

- Where else could the survey be used/distributed?
- How can we better access expectant mothers who are not already connected with community agencies or who are in their first pregnancy?
- Would this survey be useful for your agency?

Health Promotion Project

- Create an Assessment and Planning Tool to promote discussion and collaboration between providers and clients
- Develop a resource packet for clients who receive various services during their pregnancy
- Produce an educational DVD to play in WIC or Public Health Department office waiting rooms
- Coordinate and host a “Mom’s Night Out” event to educate women on nutrition and healthy prenatal weight gain in a fun and social environment

Assessment & Planning Tool

- Tool is designed to be used by a physician, RN, or dietician in completing an assessment and plan with each patient at the first prenatal visit
- Providers are encouraged to follow-up with the patient on their personalized goals at each subsequent appointment

Healthy Prenatal Weight Gain Assessment Tool (Insert Agency Logo Here)

Date of Assessment: _____
 Weeks Gestation: _____

Demographics

Name: _____ DOB: _____
 Due Date: _____ Language: English Spanish Somali Other: _____
 Race/Ethnicity: Caucasian African American Asian American American Indian
 Pacific Islander Other Race: _____
 Address: _____ Phone: _____
 Email: _____

Pri-Pregnancy BMI Calculations:

Height: _____ Weight (Pre pregnancy): _____ BMI: _____ Weight (lb)/height (in)² X10
 Current Weight: _____ Total Weight Gain to date: _____

Weight Category	Pri-Pregnancy BMI	Recommended Gain	Normal Prenatal Weight Gain
<18.5	<18.5	28-40 lbs.	<input type="checkbox"/> 11-16 lbs. (1st trimester) <input type="checkbox"/> 16-24 lbs. (2nd trimester) <input type="checkbox"/> 24-35 lbs. (3rd trimester)
18.5-24.9	18.5-24.9	25-35 lbs.	<input type="checkbox"/> 11-16 lbs. (1st trimester) <input type="checkbox"/> 16-24 lbs. (2nd trimester)
25.0-29.9	25.0-29.9	15-25 lbs.	<input type="checkbox"/> 11-16 lbs. (1st trimester) <input type="checkbox"/> 16-24 lbs. (2nd trimester)
>30.0	>30.0	11-20 lbs.	<input type="checkbox"/> 11-16 lbs. (1st trimester) <input type="checkbox"/> 16-24 lbs. (2nd trimester)

Healthy Behavior Assessment

How many servings of fruits or vegetables do you eat a day? _____
 How many times a week do you eat breakfast? _____
 How many times a week do you eat fried foods or fat food? _____
 How many hours of sleep do you get per night? _____
 How much time a day do you spend being active (over breathing/HR or sweating)? _____
 What types of physical activity do you do each week? _____
 How many glasses of the following do you drink a day?
 100% juice _____ Fruit drinks/sports drinks _____ Soda or punch _____
 Water _____ Whole milk _____ Nonfat or 2% milk _____
 Caffeinated drinks _____ Other _____

Do you currently take a daily pre-natal vitamin? _____
 Please rate your level of stress from 1-10:
 (no stress) 1 2 3 4 5 6 7 8 9 10 (a great deal of stress)

Medical:

OB/GYN healthcare provider BRNP programs
 WIC/SNAP supplemental nutrition programs Social work
 Breastfeeding support resources Exercise programs

(Insert Name Label)

Assessment & Planning Tool

- Begin a pilot program, offering free CE hours to healthcare providers for participating in an assessment tool introduction session.
- Provide the assessment tool, planning tool, and follow-up evaluation to providers at the time of the introduction session.
- Encourage patients to refer to their plan as they consider lifestyle choices during pregnancy. If multiple agencies use the same plan, encourage client to take their plan to appointments at both agencies.

Discussion

- What additional questions or assessments would you like to see included on the tool?
- What providers/agencies could use the tool? Who would be appropriate for the pilot program?
- Could your program use the assessment tool in your agency?

Resource Packet

- Intended for distribution to expectant mothers who attend Mom's Night Out, WIC clinics, EFNEP, Caring for 2, or another primary care office visit or community agency
- Designed for exploration with a provider, not just to hand the client to look at on their own
- Includes: Healthy Prenatal Weight Gain brochure, recipe book (using WIC foods), list of local obstetric providers, list of WIC offices and WIC-approved grocery stores, COTA bus transportation information, and contact for community pregnancy programs

Waiting Room DVD

- Video would include information on healthy prenatal weight gain, nutrition, exercise, and community resources available for pregnant women in the Columbus area
- 8-10 minutes in length, designed to play in a loop with other educational videos currently being highlighted
- Video should be translated into Somali and Spanish, with culturally competent references, to most effectively serve the diverse needs of the Columbus community
- Will utilize technology resources that are currently in place while patients are already onsite waiting for an appointment

Mom's Night Out!

- Collaboration with local agencies, vendors, and healthcare providers
- Promotes nutrition education in a relaxed, social environment and includes:
 - Healthy cooking demonstration
 - Dinner for participants
 - Personal shopping experience to familiarize moms with WIC-approved foods
- Fosters relationships between expectant mothers in the area
- Provides access and information about available community resources
- Considerations: transportation, cost, childcare, location for the event, and time

Discussion

- Which of these programs would spark participation with your clients?
- Would one of these programs be more of a priority for your agency?
- Do you have any feedback on the ideas presented?
- Do you have any additional ideas that have been inspired by our discussions today?
- **What would you like to see next semester's Capital students work on?**