

Maternal Healthy Living: A Pregnancy Pilot Program to Promote Healthy Lifestyle-Based Wellness Education

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BACKGROUND

- According to the Centers for Disease Control and Prevention, 80% of pregnancy-related deaths are preventable.¹
- Adopting healthy perinatal behaviors can improve maternal and fetal outcomes:
 - Prenatal exercise lowers risk of hypertensive disorders by 30%, cesarean deliveries in first-time mothers, and poor fetal cardiovascular health.²
 - Balanced perinatal nutrition reduces risk of gestational diabetes and preeclampsia.³
 - Meditative practices, such as yoga, can reduce cesarean delivery rates in first-time mothers by 50%.⁴
- Maternal Healthy Living* offered health and lifestyle education to pregnant women in physical, emotional, and nutritional wellness areas.

OBJECTIVES

- Primary Objective:** Improve maternal healthy lifestyle behaviors and promote long term sustainable healthy living practices.
- Long-term Objective:** Establish a lasting “Health Halo” effect on mothers, children, and the family unit.

HEALTHY MOM → HEALTHY BABY → HEALTHY FAMILY

METHODS

Framework

Six-month open-enrollment program offering 57 free classes in 3 wellness domains and in pregnancy education:

- Weekly prenatal exercise
- Emotional wellness (support groups/education)
- Health education (nutrition, childbirth, breast feeding)

Recruitment

Program open to individuals at all stages of pregnancy within community.

- 31 individuals enrolled

Participant Profile

Pregnancy Stage Upon Enrollment

61% Second trimester
35% Third trimester
4% First trimester

75%
First-time
Mothers

50%
Hispanic

39%
Aged
35 Years
or Older

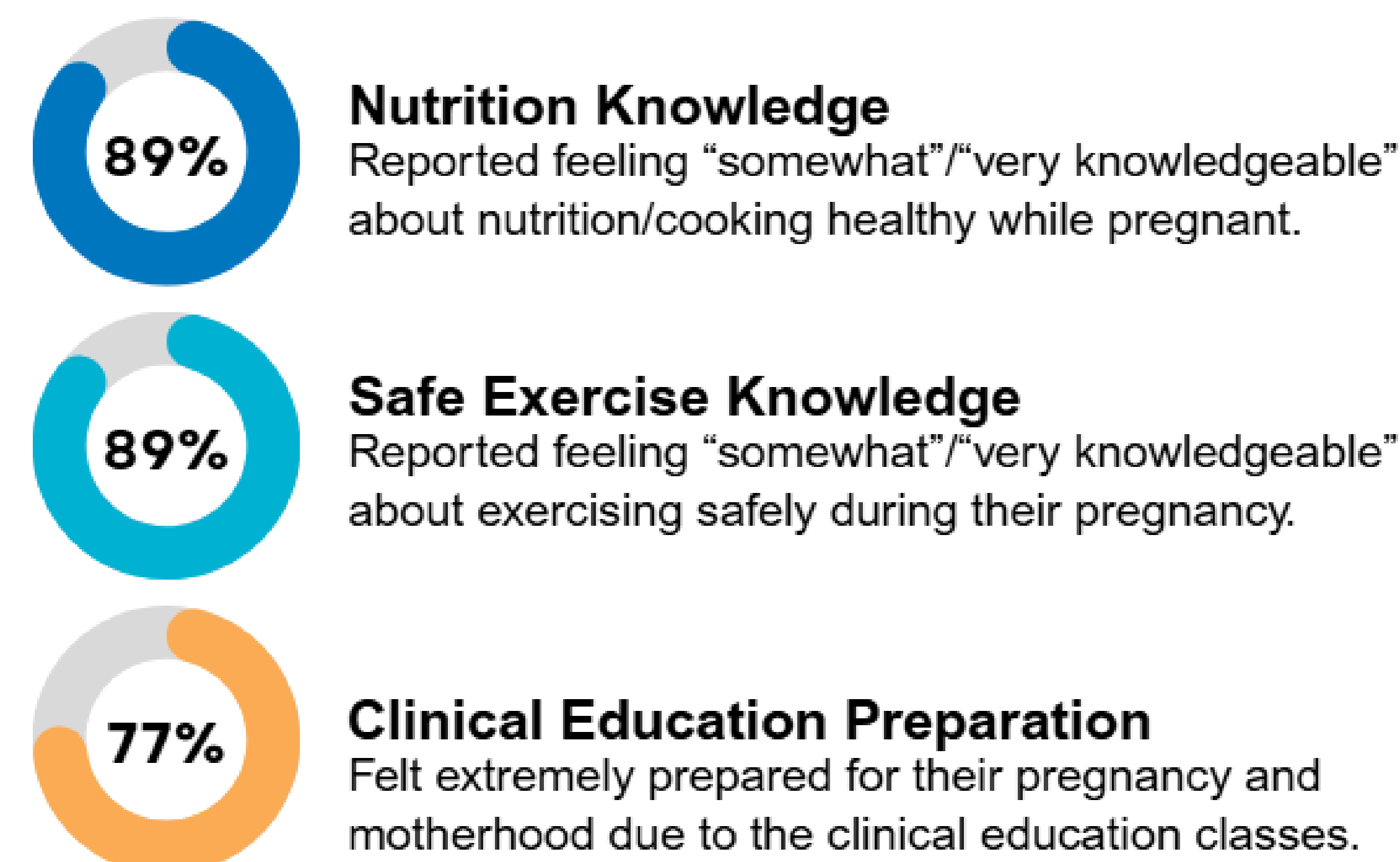


RESULTS

1. Engagement (Open Enrollment, n=15)

- Average attendance: 14.5 sessions, 3 participants attended 27+
- Clinical education had highest average attendance (9 per session).
- All (100%) noted positive benefits from connecting with each other.

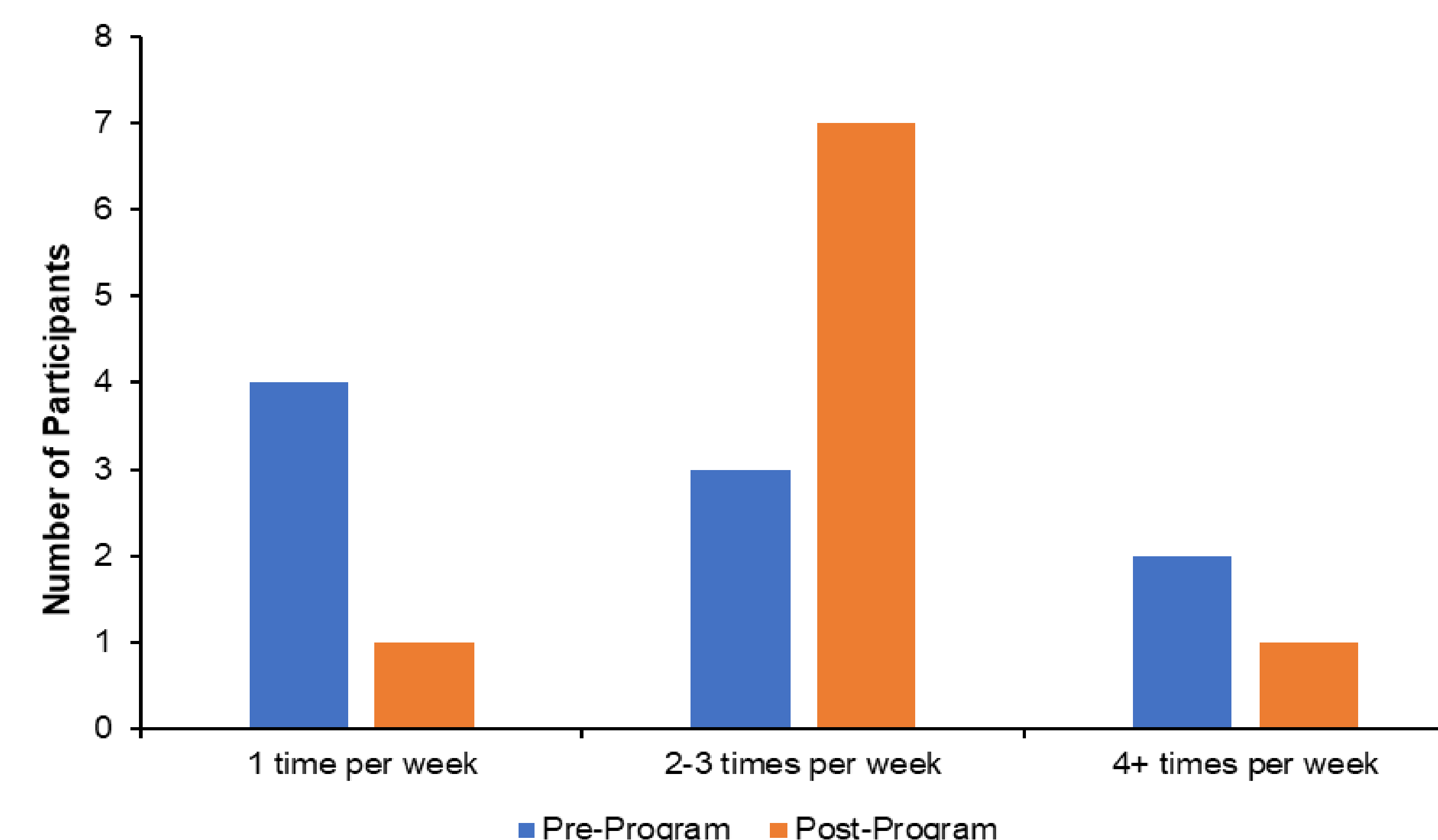
Figure 1. Participant Knowledge/Preparedness Measures Post-Program



2. Positive Impact in Healthy Behaviors (n=15)

- Participants who self-identified as “healthy” more than doubled from 18% pre-program to 44% post-program.
- 75% said sessions provided useful strategies for managing pregnancy emotions/stress.
- 100% reported “sometimes” or “always” incorporating healthy eating behaviors (i.e. balanced plate, meal planning, eating fruits/vegetables) after programming.

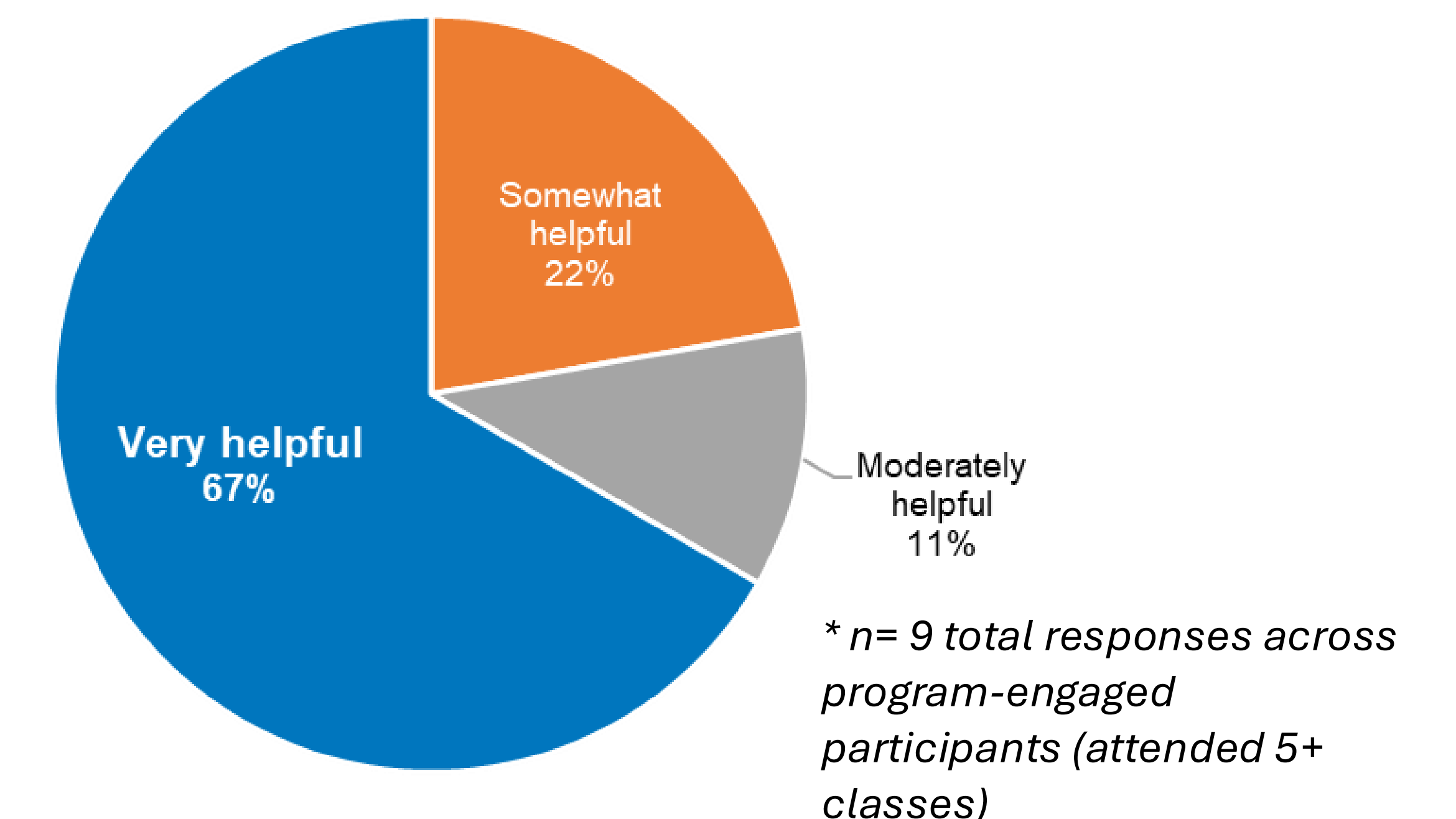
Figure 2. Participant Exercise Frequency: Pre- vs Post-Program



ENGLEWOOD HEALTH

CONCLUSIONS

Figure 3. Helpfulness of Program in Enhancing Pregnancy Experience



- Program contributed to an overall more positive pregnancy experience to great majority of participants.
- Program structure (open enrollment, virtual and in-person sessions, flexible commitment) is ideal for participant engagement.
- Observed behavioral changes suggest potential for sustained healthy behaviors into the post-partum period and beyond.
- Clinical education most sought out for this population based on high participation and expressed need.
- Social connection emerged as a key, unexpected benefit for participants.



“I truly believe the classes here at the center helped me have a smooth L&D. I am so thankful for all the support!!!” – Participant 1

“Honestly, this program was a blessing in disguise. I needed it more than I thought.” – Participant 2

LIMITATIONS/FUTURE DIRECTIONS

- Limited number of consenting participants impacted assessment of improved perinatal health outcomes.
- Further research needed to explore long-term effects of preventative lifestyle education on clinical pregnancy outcomes.

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REFERENCES

