



**HEARTY  
LIVES**  
Carrickfergus

# **HEARTY LIVES CARRICKFERGUS**

## **Sharing the Learning: Working with Antenatal and Postnatal Mums**

Pat Cusick: Dietitian

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## Carrickfergus



# Hearty Lives

## Carrickfergus: Overview

Over-arching aim:

*To support the development of new and effective ways to raise awareness of the impact of obesity, focusing on:*

- Pre-conception
- Antenatal and postnatal mums
- Families with children aged 0 - 4 yrs old

# Hearty Lives Carrickfergus

- Funded by British Heart Foundation July 2013- June 2016
- Key partner organisations:
  - ❖ Northern Health & Social Care Trust
  - ❖ Mid & East Antrim Borough Council
  - ❖ Public Health Agency

# Strand 2 Project Aim

*Working with antenatal and postnatal mothers*

- To provide appropriate weight management support during pregnancy for women with BMI of 30 to 39.9kg/m<sup>2</sup>.
- To restrict weight gain during and after pregnancy.
- To promote healthy lifestyle messages including eating healthily, taking physical exercise, stopping smoking, and benefits of breast-feeding.



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# Why?

- The incidence of maternal obesity and its attendant comorbid conditions continues to increase, with major public health implications. 1 in 5 women start a pregnancy with a BMI over 30 (**CMACE, 2010**)
- **Royal College of Obstetricians and Gynaecologists** has identified that maternal obesity has become one of the most commonly occurring risk factors in obstetric practice.
- **NICE Guideline PH27** highlights that if a pregnant woman is obese this will have a greater influence on her health and the health of her unborn child, including gestational diabetes, preeclampsia, stillbirth and congenital anomalies.
- A training needs analysis with midwives indicated the need for training in raising the issue of obesity (in line with **CMACE** findings and evidence).



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# The Interventions

## Tuesday Club:

- Advice and support – 54 *participants*
- Telemonitoring – 11 *participants*

## Physical activity approaches:

- Antenatal and postnatal exercise class -34 participants
- Aquafit - 30 participants per session
- Buggy Workout – 30 participants with an average of 8 participants weekly
- Winter Walks and Spring Walks – 50 participants

# Partnership Working

## Community Midwifery Team

- Referrals
- Raising the Issue

## Mid and East Antrim Council

- Ante and Post natal Exercise Classes
- Buggy Workout
- Aqua fit
- Winter and Spring Walks programmes

## University

- UUI: “Yummy Tummies” Supporting the Development of a Pregnancy Health App

## Other

- Local Surestart Reference Group





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# Learning Outcomes

- Flexibility: one size does not fit all
- The effectiveness of joined-up partnership working
- Relationship building with Mums and in the community



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# Learning Outcomes

- Opportunity for one-to-one conversations about healthy lifestyle messages
- Use of motivational interviewing and behavioural change approaches to increase awareness of the health risks associated with being overweight during pregnancy
- Telemonitoring assisted mums to take control of their own weight management



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**Thank you.**