HEARTY LIVES CARRICKFERGUS
Sharing the Learning: Working with Antenatal and Postnatal Mums

Pat Cusick: Dietitian
Mary Maxwell: Midwife
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/m².
• 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.
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).
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
- UUJ: “Yummy Tummies” Supporting the Development of a Pregnancy Health App

Other
- Local Surestart Reference Group
Learning Outcomes

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