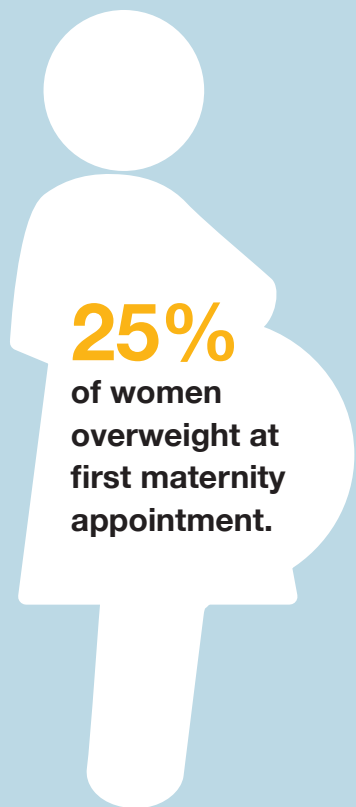


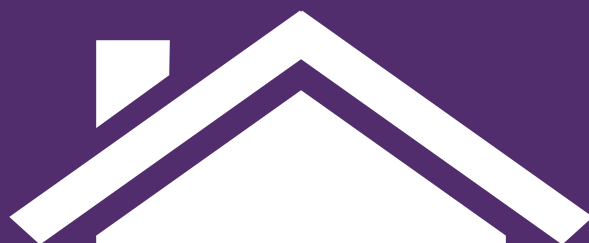
Consistent delivery of healthy weight messages to pre-pregnant, pregnant and postpartum women

A local resource implementation evaluation commissioned by Public Health England, undertaken by Teesside University



Obesity during pregnancy can affect the health of mum and baby. It is important to support all women during pregnancy but especially women who are:

- older
- live in deprived areas
- from a Black or Asian community.



Living with overweight parent increases risk of children becoming overweight or obese

Working in Manchester and North Yorkshire we created and tested a tool to support positive conversations around healthy weight in pregnancy.



Findings

Mums found these conversations positive



Partnership working between PHE, healthcare workers and patients is very important



More healthcare workers need to know about the toolkit



Training needed to support healthcare workers in having positive maternal weight conversations



Training include signposting to support services



Training must include examples of how to start conversations and how to help mums with their weight



Plenty of time is needed for development, testing and refinement of new local resources