

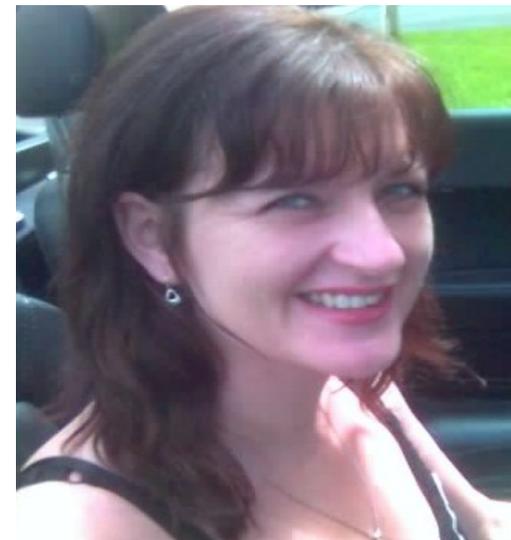


# Exploring diet and eating habits during pregnancy

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Midwifery



# This presentation

## Aim: .

- To provide an overview of eating and diet in pregnancy.
- **Objectives:**
- Brief summary of literature relating to diet and eating during pregnancy
- Discuss ongoing research and education for midwives
- Discuss findings from a recent study on current diets and eating habits during pregnancy.



# Background

- **Obesity** is a serious world health issue and becoming a global cause for concern.
- **Obesity** is a growing problem in the South Pacific.
- **Eating unhealthy** and **lack of exercise** are primarily reasons for this growing health problem.
- **Obesity** is placing a burden on health budgets, and quality of life.

# Child Obesity

- Infant health affected by obesity and diabetes when in the womb.
- Children are overweight, becoming obese - largely due to altered dietary patterns and lack of exercise.
- Also, parental eating behaviours that can lead to development of unhealthy diets in children.



# Why do research?

- Increased weight and poor nutrition status are associated with poor dietary habits
- Diet is one of the primary, modifiable lifestyle risk factors for cardiovascular diseases, stroke, and diabetes.
- limited studies targeting expectant parents and their families.



# A systematic review for exploring the effectiveness of healthy eating education programmes for improving midwives' levels of knowledge and confidence in promoting healthy eating in pregnant women

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## Abstract

**Background.** Maternal nutritional knowledge and education play a significant role in influencing dietary and eating behaviour, and have been shown to have a positive impact on maternal health outcomes. Although, several studies have focused on the midwives' role in providing healthy nutritional eating education for pregnant women, there are no systematic reviews assessing the effectiveness of healthy nutrition/diet education programmes provided for midwives who support pregnant women.

**Aim.** To examine the effectiveness of healthy eating education programmes for improving midwives' levels of knowledge and confidence in promoting healthy eating for pregnant women.

**Review methods.** A three-stage comprehensive search of seven electronic databases as well as grey literature was conducted. Two independent reviewers assessed each paper before inclusion using the standardised critical appraisal instruments for evidence of effectiveness developed by the Joanna Briggs Institute (JBI). All authors assessed full-text copies of the papers eligible for inclusion.

**Results.** The search of the selected databases generated 1575 citations. Manual searching of the published articles and references of the final included studies identified three additional studies. After removing 549 duplicates, 1029 articles were screened by title and abstract against the inclusion criteria. A total of 774 studies were excluded after the title and abstract screening; 255 studies were assessed for full-text eligibility, of these 243 were excluded for irrelevant population, interventions, study design, and non-English publications. Finally, 12 articles met the inclusion criteria. Of these, four studies involved pretest-posttest interventions, and eight were descriptive cross-sectional studies; none were randomised controlled trial studies. A total of 7362 midwives, 562 midwifery students and 337 healthcare professionals were involved. All pretest-posttest studies reported a significant improvement in participating midwives' knowledge and levels of confidence after receiving the education programme.

**Conclusion.** This systematic review reports and summarises the findings of 12 studies that evaluated any diet and nutritional education programmes or training, using pre-defined educational and maternal outcomes, for midwives/student midwives. The evidence from the studies included in this review demonstrated a significant improvement in midwives' nutritional knowledge and levels of confidence following participation in diet/nutritional education and training.

**Implications.** There was some evidence that supported improvement in midwives' levels of knowledge and confidence after participating in a structured healthy eating education and training programme. However, there is a lack of strong evidence as no randomised controlled trials were identified.

# Healthy Eating Education for Midwives

[Home](#) [Research team](#) [Ethical consideration](#) [Participation in the study](#) [Contact us](#)



## WHO CAN PARTICIPATE

Registered midwives residing and employed in South Australia are invited to participate in the study.

## HEALTHY EATING EDUCATION WORKSHOP OR WEBINAR

You are invited to register to attend a workshop or online webinar education program. The aim of this education program is to provide midwives with up-to-date information to support women to eat healthily during pregnancy. The 2-hour workshop will be held at the University of South Australia, City campus or other UniSA campuses i.e. Whyalla or Mount Gambier if this is preferred. Alternatively, for participants unable to attend in person there is an option to register to participate in an online webinar.

# Current Literature

- Limited studies –  
Diet and nutritional  
education during  
pregnancy
- More focus on obesity  
and risks for pregnancy
- More focus when being  
a parent



# Interviews with expectant parents

- **February and May 2016**
  - **20 interviews** with expectant mothers
  - **10 interviews** with expectant fathers
- **Thematic analysis** – Braun and Clarke (2006)

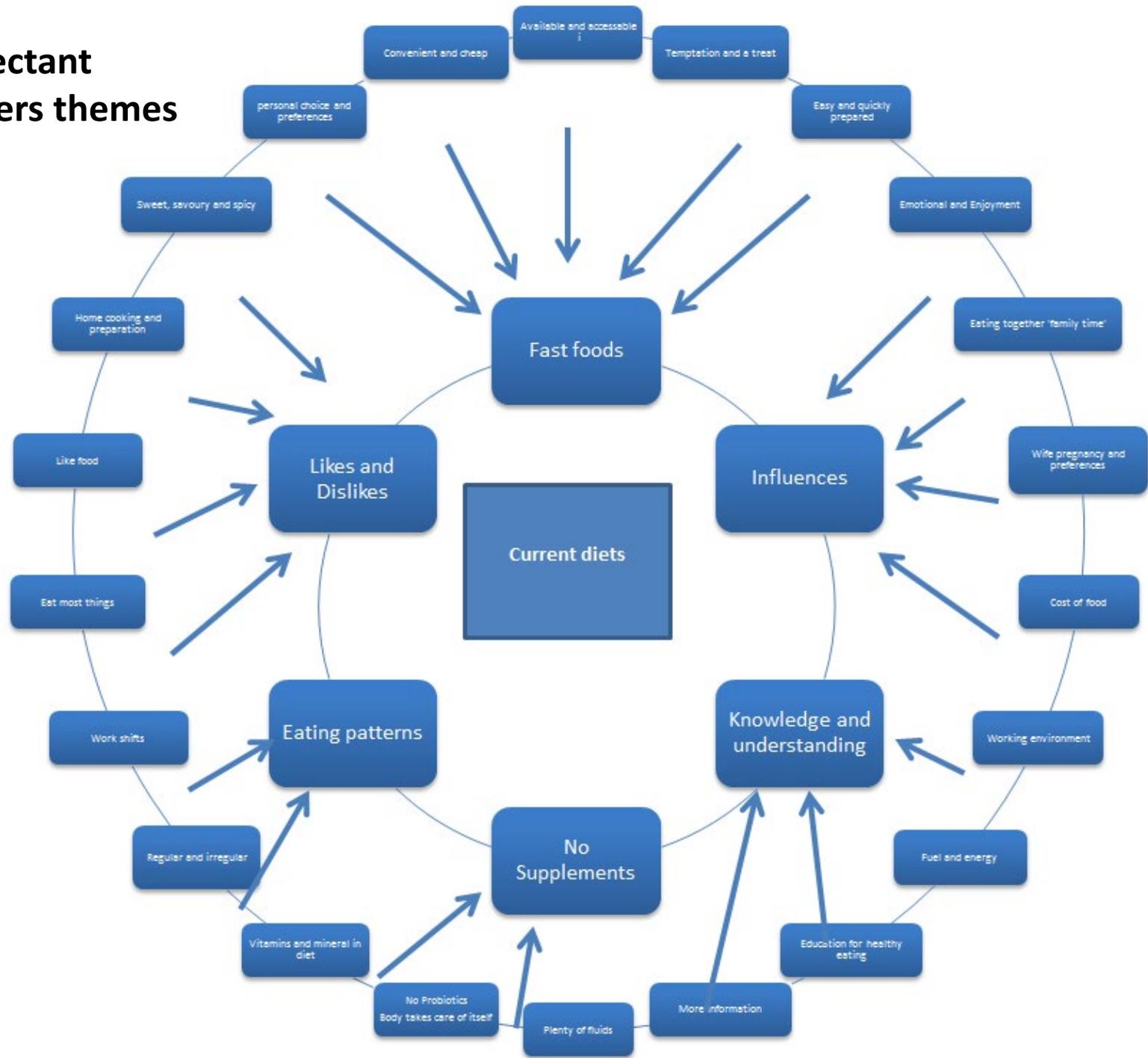




# Quotes: Expectant Mothers

- *'I think fast foods are here to stay as they are convenient, so I will let my child have some as a treat'*
- *'I need to handle my mother-in-law carefully and ask her not to give my baby honey'*
- *'I am concerned about putting weight on, I do not want to get too big and have trouble getting back to my previous weight'*
- *'I believe you need supplements, especially when you are pregnant and I think also afterwards'*
- *'I am taking probiotics and these help my digestion and fight off any harboring infections'*
- *'I need to drink more water as I get water infections, but when I do I feel too full and bloated'*

# Expectant fathers themes

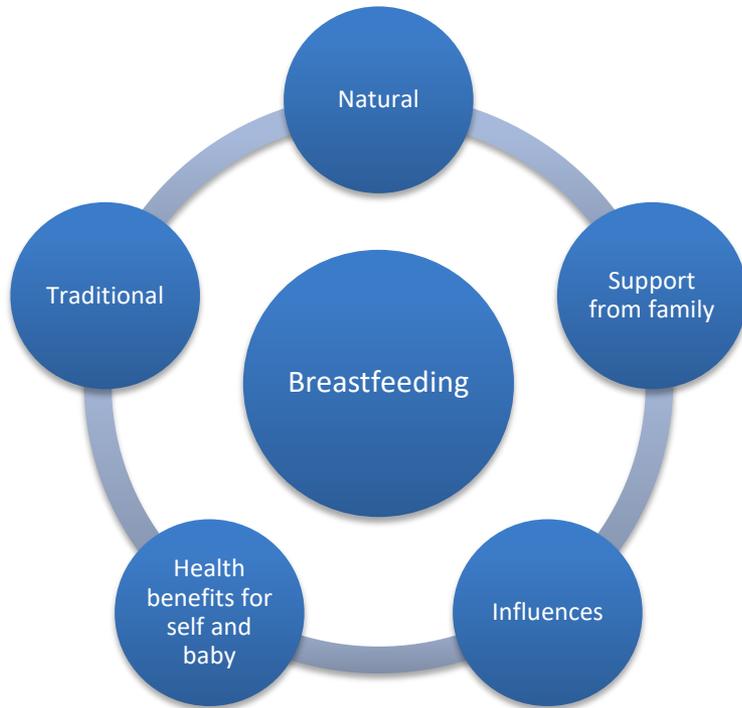


# Quotes: Expectant Fathers

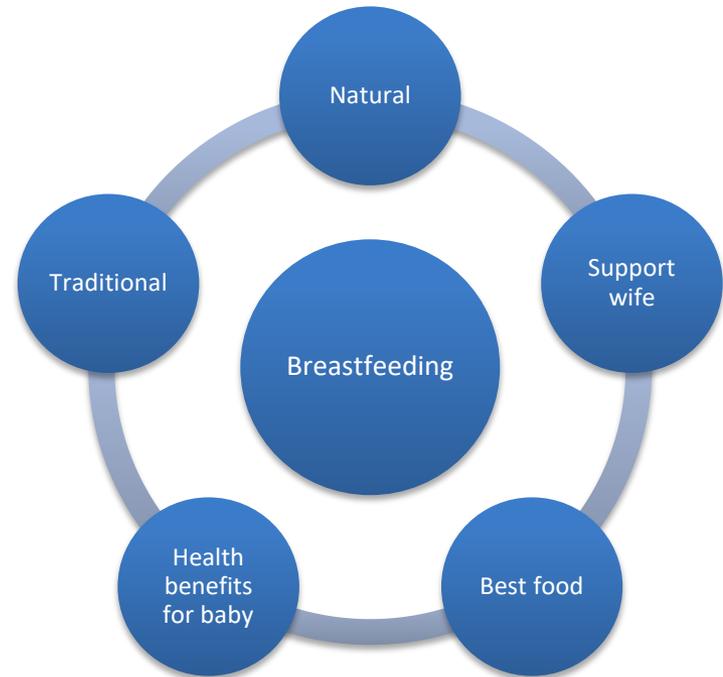
- *'I would like help and learn about my diet and how to keep weight off'*
- *'I know what I should eat but I have very bad habits, I have a sweet tooth and I drink far too much coffee as well'*
- *'I see food as fuel for my body and you need all of the ingredients for it to be super fuel'*
- *'You must drink plenty of water to be healthy, this is not always recognised, I encourage my wife to do so...'*
- *'I like food, it makes me happy and content'*
- *I get a lot of enjoyment from my food and I like to cook and have all my family come round.*
- *'You do not need supplements, my wife takes them and also those probiotics but your body knows what it needs'*

# Breastfeeding - Themes

## Breastfeeding Expectant mothers themes



## Breastfeeding Expectant fathers themes



# Quotes: Role Model

- *‘When our baby is ready to be weaned, I will make sure we all eat the same food, ...we will process the food so he will get the same goodness we are having’.*
- *‘Home cooking is important, it will make sure we all eat good healthy food and it will help us to establish good eating habits and this will teach our child what is best’*
- *‘It is important that we eat as a family, this will help our baby learn about the enjoyment of eating together and that it is a good thing to do...’*
- *‘We will share the responsibility and teach our child good eating habits but also include some treats, otherwise, he will feel left out.*
- *‘We will try and prevent bad eating habits and beliefs from some family members having an influence on our child’s diet.*

# Educational workshops

- **Content of workshop (2 hours)**
  - **over reliance on convenience foods**
  - **Time to reflect** on dietary intake & lifestyle
  - **Eating healthy, drink plenty of water** (protein, carbohydrate, fats and fibre, Rich in fruit & vegetables)
  - **Eating for Two** is a Myth!
  - **Caffeine Intake** – monitor and cut down
  - **Foods to Avoid** – increase awareness
  - **Top Tips** - food hygiene, Read labels
  - **Eat well for life!**



# Eat Well Diary

**What is the size of the exchange?**



1/2 Cup    1 oz    1 Tbsp    1 tsp    3 oz    1 cup

**Measure guide**

1 cup	250 mL	8 ounces	1/4 liter
1 ounce	30 g/mL	2 Tbsp	1/8 cup
1 Tbsp	15 g/mL	3 tsp	1/6 ounce
1 tsp	5 g/mL	1/3 Tbsp	1/6 ounce

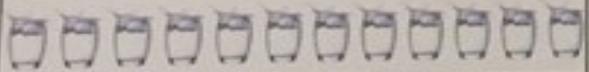
**How much should I eat at the meal?**

Proteins	Starches	Vegetables
		

**What did I eat today?**

Day and date: \_\_\_\_\_

Mark each exchange you eat from the food groups below on the diary below:

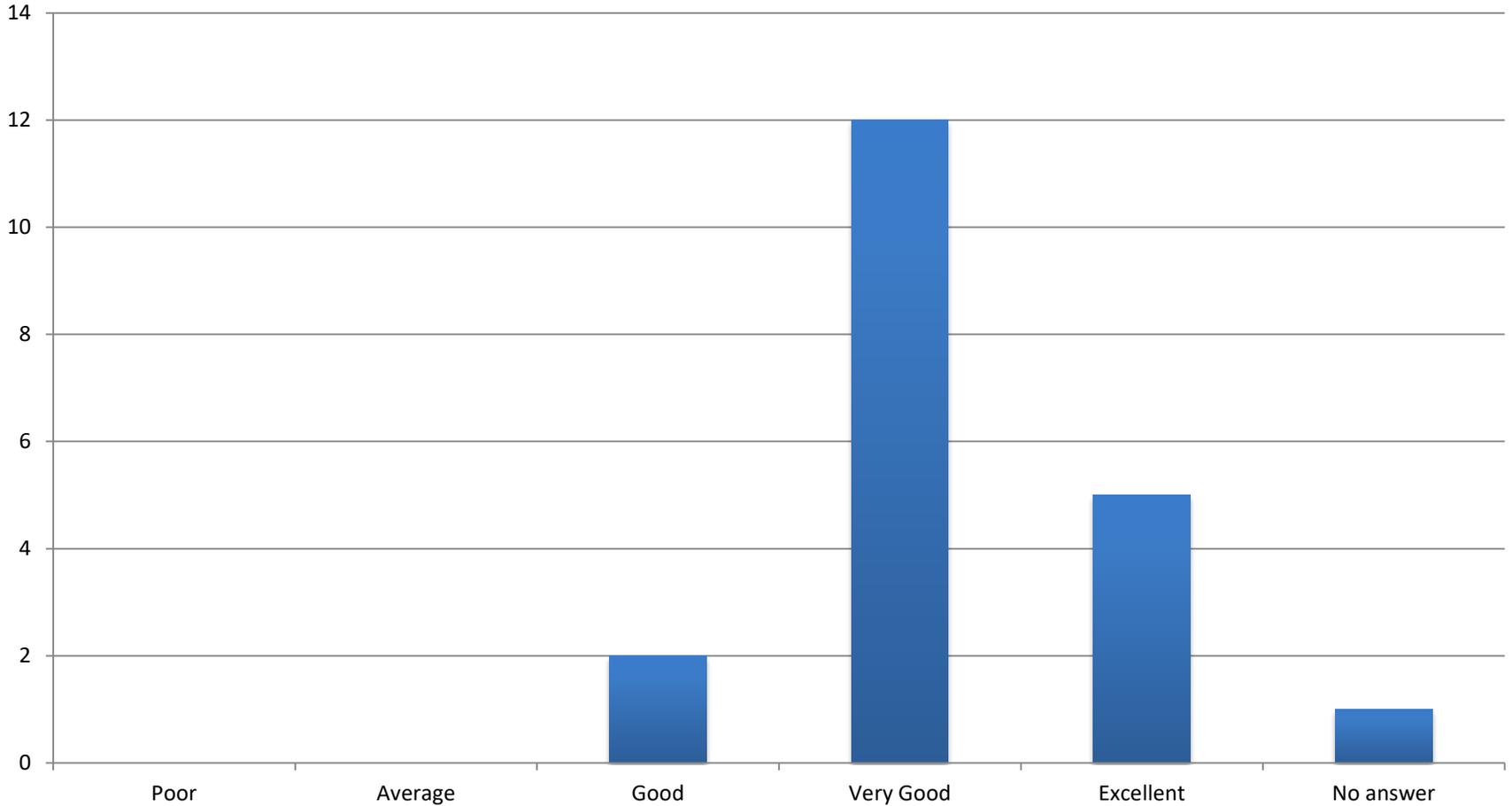
<b>Cereals</b>	
<b>Vegetables</b>	
<b>Fruits</b>	
<b>Proteins</b>	
<b>Dairy</b>	
<b>Oils &amp; Fats</b>	
<b>Water</b>	

Don't forget water, it is very important for your and your baby's health



# Eat Well Workshops

## Overall rate of Satisfaction



# Questions – Workshop Evaluation

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	No Answer
Information was presented clearly and easy to understand				14	6	
My knowledge of nutrition and healthy eating has improved				12	8	
I am inspired to eat and cook food from the food hampers			5	9	6	
I am inspired to improve my health through better diet				15	5	
I will increase the amount of vegetables I eat each day			5	9	6	
I will consume less sugary food and drinks			3	12	5	
I plan to breastfeed my baby exclusively for 6 months				8	12	
I plan to continue breastfeeding for 12 months or more			4	6	8	2
I plan to introduce healthy solids to my baby around 6 months			2	9	7	2
I will follow the 'parent provide, child decide' model of feeding			6	9	4	1
helpful to have my baby's father here (if applicable)						20
It was helpful to have my family member there (if applicable)			2	6	2	10
The workshop was fun and engaging				10	10	
I would take part in a 3 session program if it was offered			2	9	7	2

# Recent Study - Conclusions



- Participants had a good understanding of what is a healthy diet.
- Lacked knowledge about portions sizes.
- Most liked 'fast food'
- Majority liked home cooking and eating together as a family.
- Working patterns influenced eating habits
- Supportive of breastfeeding
- Important to be a good role model for their infant

# Recommendations

- Diet and eating education for midwives
- Further global research to explore:
- Educating expectant mothers (portions, sufficient water intake)
- Educating and engaging fathers and families (portions, dispelling myths, benefits of breastfeeding for the mother)
- A Longitudinal study
- Use of Educational resources