Bump Start

Bump Start: Developing and piloting an antenatal healthy living intervention for women with a raised BMI

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Scoping exercise

- **Aims:**
  1. Explore what support was already available to overweight and obese maternal women in Grampian
  2. Examine barriers and facilitators to being healthy during pregnancy
  3. Investigate what kind of support would be beneficial and attractive to antenatal women

- **Multi-method approach:**
  - Questionnaires, focus groups and interviews with antenatal and postnatal women.
  - Reviewed the published and grey literature about the content and effectiveness of interventions to support overweight and obese pregnant women.
  - Considered published guidelines for development of programmes.
  - Appraisal of existing programmes piloted
  - Consultation with a range of colleagues and experts
Findings

• Nearly half of antenatal women in Grampian are overweight or obese
  – In 2014/15 45.1% of pregnant women (2756) had a Body Mass Index (BMI) within the overweight (>25) or obese (>30) range at their antenatal booking appointment

• NHS Grampian support and signposting options for healthy living programmes for this group were limited
  – Leaflet; not read
  – Dietician; very limited referrals made, unattractive to women
  – Midwives found it difficult to raise the issue of weight (confidence & time)
# Recommendations

<table>
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<tr>
<th>Aims</th>
<th>Focus on feeling good during pregnancy and giving baby the best start, by healthy eating, being active and stress busting</th>
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<tbody>
<tr>
<td>Duration</td>
<td>16 weeks to postnatal</td>
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<tr>
<td>Format</td>
<td>Group format meeting for 1.5 hours per week</td>
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<td>Evening</td>
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<td>Content &amp; facilitators</td>
<td>Multidisciplinary team specialist input</td>
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<td>Venue</td>
<td>Convenient community venue</td>
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<td>Referral process</td>
<td>Midwives</td>
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<td>Resources</td>
<td>Engaged local business and organisations</td>
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<td>Fitbits</td>
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**Session Overview**

**Launch night**
- **Introduction**: Getting to know each other, programme outline, expectations, baseline measures, introduction to fit bits.

**Week 1**
- **Physical activity**: Discussing what is safe and recommended, doing gentle exercises together, introduction to goal setting, set first healthy living goal.

**Week 2**
- **Stress busting**: Reviewing goals together, psychoeducation and group discussion re. stress in pregnancy, practicing several types of relaxation technique, set healthy living goal.

**Week 3**
- **Healthy eating**: Reviewing goals together, group discussion on eat well guide, foods to include/avoid, caffeine, portion sizes, food label practice, set healthy living goal.

**Week 4**
- **Physical activity**: Reviewing goals together, physiotherapist session on exercise in pregnancy, practicing of various pelvic floor exercises. Set healthy living goal.

**Week 5**
- **Healthy eating**: Reviewing goals together, group activities around meal planning, snacks, sugar, and fats and putting learning into practice. Set healthy living goal.

**Week 6**
- **Review**: Reviewing goals together, review of learning and putting it all together, relapse prevention including setting if-then plans, quiz. Small prizes for regular attendees. Follow-up measures. Set healthy living goal.

**4 monthly follow-ups**
- **Putting things into practice**: Reviewing goals together including self-organised group activities, relapse prevention led by participant group, talks from local activities including walking groups, activities to put skills
Outcomes (launch night & 6 weeks)

Quantitative
• Number of women attending
• **Healthy eating**: Five-a-day Community Evaluation Tool
• **Physical activity**: Step Count, Global Physical Activity Questionnaire
• **Stress**: Hospital Anxiety and Depression Scale, Pregnancy Related Anxiety Questionnaire- Revised

Qualitative
• Focus group with participants
• Interviews with health professionals involved
Quantitative findings

Mean portions of fruit & veg per day

Mean minutes per week of moderate physical activity

Mean steps per day
Qualitative findings

Participants

• Participants attended both for health and social gains
  
  ‘It’s all reaching down that path of healthy baby’
  
  ‘I looked forward to the meetings, different topics, doing things with the ladies and setting goals each week’
  
• Participants enjoyed new knowledge, skills and confidence/reassurance
  
  ‘To have a chance to discuss what you’re going through with other people that are going through the same thing.’
  
  ‘I’m doing a lot more walking around now...I get up and go!’
  
  ‘I’ve taken a smaller plate, I’ve taken what would be a side plate to have my dinner now’
  
• Women made healthy changes and social ties that they planned to sustain
  
  ‘I think we’ve all been doing it in real life, people like setting alarms to do it at certain times of the day.’
  
  ‘We’ve decided to do a Whatsapp group..and we are going to meet up for coffee.’

Participants suggested BumpStart structure met their needs and to add **signposting for financial advice and mental health difficulties**
Qualitative findings
Health professionals

• Enjoyed involvement in designing and delivering sessions
  ‘I really enjoyed it...the venue was really good—that was a big bonus for me.’
  ‘This programme should be across the board, but if we need to target because of resources then we’re right to target the higher risk ones.’

• Were enthusiastic about the programme being expanded
  ‘The programme is a brilliant idea to bring women together who share the same characteristics.’
  ‘I’m not convinced a lot of them made lots of different changes, but definitely were thinking about it.’

• Were somewhat sceptical about participants having made any changes
  ‘We’re crazy busy at the moment.’
  ‘Would be useful to do follow-up work after 9-12 months post delivery when mums are more settled.’

• Unable to commit to future involvement due to funding

• Highlighted the importance of long term evaluation
Participant experience

- Participants wished to share their experiences in this short video for health professionals
- https://youtu.be/_-TJW7mer3k
Next steps

- 2 more groups, one in an area of high deprivation.
- Physiotherapy students to undertake long term evaluation of pilot group.
- Write report showcasing findings to gain funding for more groups.
Thank you for listening!

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