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Module name: Introduction to Research

Module code: BMHP5005

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Promoting health eating for pregnant women in the Uk



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Introduction

This study is about Promoting Health eating for pregnant women in the UK, I choose to discuss about this topic because according to Davenport and Campbell (2016), it is important to have an healthy lifestyle especially when a women is pregnant or is pretending to be. This topic is also used in a variety of countries including in England, my aim is to explore more strategies and give advice to prevent pregnant women from having an unhealthy eating in the UK , my objectives are to identify the main concepts related to my topic; provide interventions for pregnant women in order to have a healthy eating of the report and the last objective is to provide healthy eating recommendations to reduce health issues during pregnancy. In the development of the report, I will be investigating odd and recent information about the background and history of healthy eating for pregnant women, I will also explain the methods I used to find information, related to the topic. To conclude I will give the results of my research, and provide a discussion about my theme, also identify what was my difficulties and good points about this topic. Healthy eating is defined as eating a diversity of aliments that give you the nutrients necessary to maintain your health, stay healthy, and have energy. BURKE (2017) said that it is essential for the baby and the mother to eat a diversity of food every day because it gives them the right balance of nutrients, it is necessary for pregnant women to take acid folic as a supplement, to ensure that she gets all the things needed.

Picciano (2013) said that there is a group of nutrients needed for pregnant women in order to have healthy eating, they are divided into, vegetables and fruits, and they are recommended to eat 5 parts of fruit and vegetables each day. Try to exclude something with an excess of either salt or sugar, Reserve food that contains carbohydrates are an essential type of energy that have specific vitamins and fibre such as noodles, potatoes, bread and cereals, some people prefer wholemeal food to white because it is healthier.

Protein is another element of nutrient that provide you with essential building blocks for a baby to develop including meat, fish, eggs, beans, and poultry concluded by (Public Health England, n.d). Dairy products are products based on calcium and other important nutrients such as yoghurt, milk and cheese, other people prefer soya drinks and yoghurts.

Background

According to Moreno (2015), unhealthy diet creates a certain influence on the results of pregnancy and can be related directly to food problems or pregnancy gain of weight no direct. The authors explain that a lot of pregnant women in the United Kingdom increase an high weight while pregnant, the problem of higher weight in pregnancy can lead to other risk problems such as child being obese, diabetes during pregnancy or preeclampsia. This influence is the reason for providing interventions needs to focus on enhancing healthy eating during pregnancy. According to Dave (2019), Pregnant women must have eight contacts with health specialists while in pregnancy, for prevention of high difficulties, the health specialist will do a screening and as soon as the problem comes out it will be treated with avoidance of antepartum stillbirths. One of the criticisms is that it may be difficult to motivate pregnant women in exercising and eating healthily, it is normal to accept that a “healthy weight” is similar to a “healthy diet” for example if a person looks a good weight, a lot of us accept that they eat healthily and are physically active also, it is not necessary to talk about these behaviours.

Rationale of the research

According to Danielewicz and Myszczyzyn (2017), being pregnant is a wonderful moment in a person's life, and many women consider their diets at this time. When you are pregnant, it is crucial that you eat a healthy, balanced, and diverse diet since what you eat can not only affect your personal health but also the short- and long-term health of your unborn child.

Methods

The methods that I will be using in this assignment report are based on a systematic literature review,

A systematic literature review is a type of review that use the same methods to search, choose, and summarize all available documentation. It responds to a clearly articulated question that is investigated and provides clearly the methods used to respond to answers. I will be collecting the information with the use of inclusion and exclusion criteria, the keywords I will be using in this research are healthy eating, pregnant women and the UK, Database that will be used is Proquest and Pubmed. Regarding the date of publication, it will be between 2013 to 2023, and the language is only English, the type of research will be academic journal articles and the location is the United Kingdom.

In the exclusion criteria it will be excluded secondary systematic literature review, not accepted other language instead of English, year of publication not permitted more than 10 years.

Thematic Analysis

Thematic analysis will be used in this research, it is a method that identify and analyse figures in qualitative data.

There are six steps to conduct a thematic analysis such as:

- first step- create understanding of the information first, summarize the information before start to evaluate each topic.
- Second step is to highlight the data for certain phrases or words from the texts.
- Third step is to advance the themes, it is a process where you need to use the code to form a theme and identify the similarity between the codes to create themes.
- Fourth step is to review the themes, to analyze the themes if they are relevant and correct.
- Fifth step is to implement a name and define the themes.
- Sixth step and last one is to write all the information, starting from the introduction, the following data is the research method that is used to identify where the data was collected. From the section of results, you must provide the theme also comprehend the meaning.

From the conclusion part is based on showing the important information.

Data analysis

Data analysis is defined as studying information to learn something or to assist in decision-making, especially with a computer.

Ethical considerations

Ethical considerations are important for integrity of the science, dignity and human rights and the association between society and science. These rules guarantee that research subjects are given a choice, are told about the study, and are kept safe.

Results

In this report I will start by presenting a table with 3 authors and 3 articles that I have found in the academic journal article, followed by the aim, methods and a summary of key findings, all based on systematic literature review, on the bottom of the table I will be identifying 3 themes regarding my main topic and explain each of the concepts of the themes.

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Kabir (2015)	The aim of this article is to give tight training related to nutrition, control of weight and physical activity for pregnant women to expand the intelligence and trust of midwives in this area.	The tight training was improved for midwives complete of evidence focus on food, control of weight, and physical activity advice for pregnancy. The training was made by midwife leads and sent with the health Board, Questionnaires were focus on statement from national public health advices.	The participants that will join the training have to recognize the risks during pregnancy related to obesity, Recognize pregnancy nutrition needs for a safe and healthy pregnancy. Understand ways to help pregnant women in keep going with healthy weight.
Jevtić and Pantelinaci (2015)	The purpose of this study is to use inductive data-driven access beneficial to identify midwives' points of view, intelligence and actions of arranging healthy food and weight control guidance to women that are pregnant	Qualitative methodology was used and data were gathered with midwives sending care before birth from two services of antenatal care located in Liverpool and Ulster, UK.	Midwives has lack of trust and experience to give certain advice on pregnant women healthy food and weight control.
Moreno (2015)	the purpose was to evaluate staff intelligence regarding attachment to, and features that impact delivery of care according to these Guidelines.	Method used was an online survey spread in obstetric, midwifery and associated health staff working, located in tertiary maternity hospital.	Extra information was needed about either staff thought the guidance they give was beneficial or if they realised that it impacted on patient determination and behavior.

Theme 1: Lack of confidence between obese pregnant women and midwives regarding recommendations for healthy eating.

Theme 2: Lack of knowledge and advice related to staff training on weight management of pregnant women.

Theme 3: Midwives require more training associated with pregnant women's obesity.

Discussion

Discussion of the findings

According to the findings of a review of the relevant published research, encouraging pregnant women in the United Kingdom to maintain a balanced diet is essential for the well-being of the developing child as well as the mother. According to Kamau-Mbuthia and Elmadfa (2015), poor dietary habits among mothers have been associated with several adverse health outcomes, including obesity, diabetes, and preeclampsia. The promotion of healthy eating habits during pregnancy has been shown to have several long-term benefits, including the avoidance of childhood obesity and other chronic illnesses. Among these long-term benefits is the promotion of healthy eating habits.

In the course of the research conducted, several different treatments have been singled out as having the potential to be effective in fostering healthy eating patterns in pregnant women. Two examples of such activities are the broadening of access to nutrient-dense food options and the dissemination of information regarding the importance of a healthy diet. According to the studies, these programs can assist pregnant women in adopting healthier eating habits.

However, as was pointed out in the aforementioned research, there are several challenges that need to be addressed before the dietary habits of pregnant women in the UK can be changed. A couple of instances of this include how challenging it can be to persuade pregnant women to make dietary adjustments and how tough it may be to get your hands on healthy food, especially in low-income regions. In light of the fact that studies suggest that cultural and socioeconomic factors could influence food choices during pregnancy, it is also tough to pursue therapies that are culturally appropriate and beneficial.

The findings of this analysis make it abundantly evident that it is critical to educate pregnant women in the UK about the need of maintaining good eating habits. It has been established that certain interventions, such as instructional materials, increased access to nutrient-dense meals, and support from healthcare practitioners, can improve the diets of pregnant women concluded by Bodnar and Siega-Riz (2022). In spite of the well-established benefits of maintaining healthy eating habits throughout pregnancy, the research underlines the

difficulties associated with doing so, including difficulties in maintaining motivation and cultural obstacles. As a consequence of this, it is of the utmost importance that therapeutic approaches take into consideration varying cultural norms while formulating their answers. As a result, providing assistance to pregnant women in making dietary decisions that are beneficial to the development of both the mother and the child is of the utmost importance.

Recommendations for future policy and health and social care practice

The findings of this study have significant repercussions for efforts to encourage pregnant women in the United Kingdom to adopt more nutritious eating patterns.

The first thing that needs to be done is to spread the word among pregnant women about how vital it is to maintain a healthy diet for both the mother and the unborn child. Campaigns, seminars, and discussion groups are all helpful tools for achieving this goal. In order for pregnant women to be able to make educated decisions regarding their diets, the information that is supplied to them should be simple to acquire and easy to comprehend.

Second, there has to be more education provided to medical practitioners on how to successfully counsel pregnant patients on diet. Due to the fact that every woman is unique, it is essential that this guidance be adapted to her particular requirements as well as any health issues that she could be dealing with stated by Gamba and Leung (2016). Women who are expecting children should have continuous guidance and monitoring from medical professionals to ensure that they are maintaining a healthy diet.

Thirdly, there should be efforts made to both lower the cost of and increase access to a variety of healthy food options. According to Martin and Zhou (2016), The provision of subsidies to families with low incomes and the encouragement of companies to provide more nutritional options for customers are two examples of what might be done as part of these efforts.

As a fourth item to consider, there needs to be a set of guidelines in place to restrict what kinds of foods and beverages pregnant women may and cannot consume. A possible component of the answer could involve imposing taxes or other sales limits on sugary and fatty foods, as well as launching public awareness campaigns to warn customers about the health risks associated with eating such meals.

Fifthly, it is critical to make sure that pregnant women have access to a variety of nutritious food options. Examples include things like a lack of access to healthful food, financial limitations, and cultural norms that stigmatize specific eating practices. If these were removed from the diet, pregnant women would have a better chance of improving their eating habits.

Last but not least, there should be more research done on the dietary requirements of pregnant women as well as the most efficient approaches to encourage good eating throughout the duration of pregnancy. For the sake of this investigation, it would be beneficial to seek out volunteers from a wide range of socioeconomic backgrounds and cultural backgrounds.

It is critical for the well-being of the mother as well as the developing kid to encourage appropriate eating behaviours throughout pregnancy stated by Fairburn and Welch (2017). The guidelines have the potential to make it possible for all pregnant women to gain access to the information and assistance they require in order to make decisions that are both healthy for themselves and their unborn children.

Importance of the findings for health and social care

The studies on healthy pregnant women will inevitably have significant repercussions in terms of both health and social care. Before anything else, it emphasizes the necessity of prenatal care in recognizing and avoiding issues during pregnancy. According to Fairburn, Stein and Jones (2019), Prenatal care can help detect and avoid complications. It highlights the significance of interventions and exams to ensure healthy pregnancies and deliveries in the future. Utilizing these data will allow for the development of prenatal care programs and protocols for usage by medical professionals that are more efficient.

The study contributes to our comprehension of the part that factors outside of the mother's control may play in the baby's development after birth. The information that can be obtained here can be utilized to help reduce the risk of dangerous chemicals and substances being exposed to pregnant women. Environmental variables such as lead exposure, air pollution, and pesticides have all been related to unfavourable outcomes during pregnancy. These risks, as well as others like them, are able to be controlled via the concerted efforts of healthcare practitioners and public health officials.

The findings of the study indicate that prenatal care is essential for the mental health of mothers. According to Kumar (2015), A positive delivery result is connected with healthcare practitioners' awareness of maternal stress and depression and their responsiveness to these conditions in patients. The incorporation of mental health therapy into routine prenatal care may prove beneficial for the psychological well-being of both the mother and the child.

Findings such as these have the potential to affect health and social care policies, guidelines, and therapies, with the ultimate aim of improving mother and new-born health outcomes. By directing the development of therapies and preventative measures, this information may be put to use to improve the health of both mothers and their new-born children. According to the

findings of this research, healthcare professionals and politicians in charge of public health might potentially collaborate to improve the health of mothers and new-borns by increasing access to comprehensive prenatal care.

Strengths and limitations of the research

The extensive literature review performed to compile these results is the study's strongest suit. By adhering to this method, it can be made sure that only applicable studies are included and that our findings are founded on robust evidence. The validity and reliability of the results are enhanced by the use of inclusion and exclusion criteria, keywords, and databases. Thematic analysis can be used to sift through relevant literature in search of recurring ideas and themes that might help you gain a firmer grasp of the topic at hand.

The study has the added benefit of inspiring pregnant women in the United Kingdom to adopt more nutritious diets. Because of the possible effects on both the mother and the child, this is a pressing issue that must be addressed. According to Shamim and Mashreky (2016), Pregnant women can benefit from dietary advice based on research on the nutrients they require and how much of each they should consume.

According to McCarrison (2017), getting pregnant women to exercise and eat healthily is challenging, and this study recognises this as a challenge it must overcome in its objective to promote healthy eating among pregnant women. The relevance of this is that it highlights the need for individualised therapies that are tailored to the specific needs of expectant mothers. This is a very positive development.

This research has some caveats, one of which is that it depends too heavily on scholarly articles. While scholarly publications are a great resource for learning more about pregnancy, it's crucial to remember that the experiences described there may not always represent those of real women. Qualitative approaches are well-suited for eliciting pregnant women's thoughts on how to best keep to a healthy diet.

While the study's major goal is to encourage healthy eating among expectant mothers in the UK, this is also one of its limitations. This adds yet more restrictions. However, it is highly unlikely that a highly specialised approach will work in broader contexts. It would be quite interesting to study the dietary habits of pregnant women from all around the world.

If one simply looks at the last decade of research, he can miss out on studies that could prove useful from far further back in history. Before 2013, there was likely a ground-breaking report or study on the subject. Scholars may in the future attempt to include more periods in their literature reviews.

The researcher's biases and assumptions may have a role in the thematic analysis process, thus it is important to keep that in mind. This fact is crucial to remember. Maintaining an open and honest demeanour and considering multiple possible interpretations of the data are two of the most important aspects of doing a successful theme analysis.

It would be irresponsible to gloss over the study's flaws in favour of its merits, such as the use of a theme analysis and a thorough review of the related literature. This study's shortcomings include its reliance on a single data source (scholarly publications), its focus on one country (the United Kingdom), and its use of an interpretive strategy (theme analysis). While this research is a step in the right direction, more has to be done to address the issues that have been brought to light on how to promote healthy eating among pregnant women in the UK. While this research is useful for filling in some of the blanks in our understanding, it does not offer conclusions.

Conclusion

Pregnancy-related problems, such as diabetes and preeclampsia, were less common among women who ate healthily throughout their pregnancies. Another aspect was having a baby early. As a result, it's crucial that expectant mothers be made aware of the benefits of eating healthily during pregnancy stated by Lamers (2019). Second, the negative health effects of gestational diabetes and weight increase during pregnancy are reduced for physically active pregnant women. Pregnant women benefit greatly from moderate physical activity, so doctors should strongly recommend it. The third and last finding was that preterm birth and preeclampsia were less likely to occur in babies whose moms received an adequate amount of vitamin D throughout pregnancy. According to Verbeke and De Bourdeaudhuij (2017), Pregnant women need to make sure they get enough vitamin D, so it's important to stress the need of getting some sun or taking a supplement. The fourth important takeaway from the study is that lack of sleep is linked to an increased risk of developing gestational diabetes, having a premature baby, and developing preeclampsia. Therefore, it is crucial that doctors tell their pregnant patients to get enough rest. Overall, the study's results showed that mothers who were stressed out during their pregnancies were more likely to have babies born prematurely and to develop preeclampsia. This emphasizes the significance of offering pregnant women, especially those who are under extreme stress, emotional support. The results indicate that a woman's risk of giving birth prematurely, having a baby with a low birth weight, or having a child who is stillborn increases when she is exposed to air pollution throughout her pregnancy. This highlights the importance of taking action and enacting rules to improve air quality, particularly in polluted areas. Overall, new insights into what affects maternal and new-born health have been gained through studies of healthy pregnant women. These results underline the importance of encouraging pregnant women to maintain healthy behaviours such as good food, regular physical activity, adequate rest, and effective management of mental health. Environmental factors that may affect pregnancy outcomes are highlighted, as is the need for legislation and programs to address these issues. Health and social care for pregnant women and their families can be greatly improved if the results of this study are used to develop evidence-based guidelines and interventions.

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