

E.M.P.O.W.E.R

This project was supported by the UCLA Maternal and Child Health Center of Excellence, a federally-funded training grant awarded by the Maternal and Child Health Bureau at the Health Resources and Services Administration (HRSA) under award T76MC0001

Expectant Mothers Prenatal Opportunities With Eating Right

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Abstract

Childhood obesity, affecting one in five U.S. children, significantly increases the risk of chronic conditions. Low-income pregnant women often struggle to meet nutritional guidelines due to a lack of knowledge and financial constraints, impacting their children's health from the womb. The E.M.P.O.W.E.R (Expectant Mothers Prenatal Opportunities With Eating Right) program addresses these challenges by providing nutritional education and support to expectant mothers. The program includes weekly virtual cooking lessons led by maternal nutritionists and chefs, a culturally diverse recipe book, and community-building activities like happy hour sessions and an online blog. These components enhance participants' knowledge, confidence, and ability to meet World Health Organization (WHO) nutritional recommendations. Effectiveness is measured through surveys, food diaries, and assessments of participants' knowledge, dietary habits, and health outcomes. By leveraging community resources and volunteer specialists, E.M.P.O.W.E.R aims to create lasting positive impacts on maternal and child health, fostering healthier future generations.

Objectives

Health Goal: Increase pregnant women's nutrient intakes to reach the WHO standards.

Quality of Life Goal: Increase pregnant women's confidence in their ability to make meals that allow them to reach nutritional standards.

Behavioral Goal: Increase the amount of pregnant women who cook budget-friendly healthy meals.

Predisposing Goal: Reduce misconceptions about affordability of and time it takes to make healthy meals.

Program Overview and Methods

E.M.P.O.W.E.R is a comprehensive program designed to address the nutritional needs of pregnant women through education, community building, and access to resources. It consists of three main components:

Recruitment and Awareness:

Utilizing social media, community events, and partnerships with local organizations to raise awareness and reach out to pregnant women in need of support.

Education:

Weekly virtual cooking lessons led by maternal nutritionists and chefs, supplemented by a culturally diverse recipe book to provide practical cooking skills and educate participants on WHO nutritional guidelines.

Confidence Building/Ongoing Support:

Happy hour sessions and a community blog for sharing recipes and resources to ensure participants feel confident in their ability to meet WHO nutritional requirements.

For recipes, happy hour, cooking lessons, and more sign up at <https://forms.gle/FnEm4bunM9N4GVZx5>



E.M.P.O.W.E.R
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GRILLED CHICKEN WITH PEPITA PESTO
swapping pepitas (pumpkin seeds) makes sure you and your baby get the magnesium you need!

Recipe Sneak Peak



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Join us August 11th at 6pm PST for our first happy hour session!

Evaluation and Sustainability

The program's effectiveness will be determined by **evaluation** through process, impact, and outcome evaluation methods, including attendance records, knowledge assessments, dietary changes, and long-term health outcomes. This evaluation will inform future interventions and demonstrate the program's impact on improving maternal and child health outcomes.

E.M.P.O.W.E.R aims for **sustainability** by disseminating program materials and lesson plans beyond the intervention period, ensuring continued support for maternal nutrition. Volunteer specialists in maternal nutrition will be recruited to lead sessions, minimizing staffing costs and maximizing community engagement.

Conclusions

E.M.P.O.W.E.R addresses a critical gap in maternal healthcare by providing comprehensive support for expectant mothers to meet nutritional requirements and improve health outcomes for themselves and their children. By empowering pregnant individuals with knowledge, skills, and community support, we aim to create a healthier future for families in need.



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References

CDC. (2024, May 13). *Childhood Obesity Facts*. Obesity. <https://www.cdc.gov/obesity/php/data-research/childhood-obesity-facts.html>



Presented at the UCLA First Annual Neal Halfon Public Health Trainee Symposium in association with the UCLA Maternal and Child Health Center of Excellence and UC-LEND Training Programs on June 7, 2024.