



Study protocol: Why pregnant women eat what they eat.

Socio-ecological determinants of antenatal diet and development of a tool for midwives.

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Background

Pregnant women do not adhere to nutrition guidelines sufficiently, especially those in lower socioeconomic status (SES) populations.

Healthy nutrition promotion in midwifery practice is promising:

- antenatal diet affects maternal and child health
- pregnancy is a critical transition in life, during which women are open to dietary changes
- midwives are their first and most trusted source of information

Objective

To develop/improve a tool for midwives (and/or dietitians) to assess and optimise contextual dietary intake of low SES pregnant women in the Netherlands.



Methods

- Mixed methods: quantitative and qualitative (see figure)
- Assets based approach: focussing on strengths and capabilities, rather than risks and problems
- Ecological perspective: taking into account intrapersonal, interpersonal and socio-cultural factors influencing dietary intake

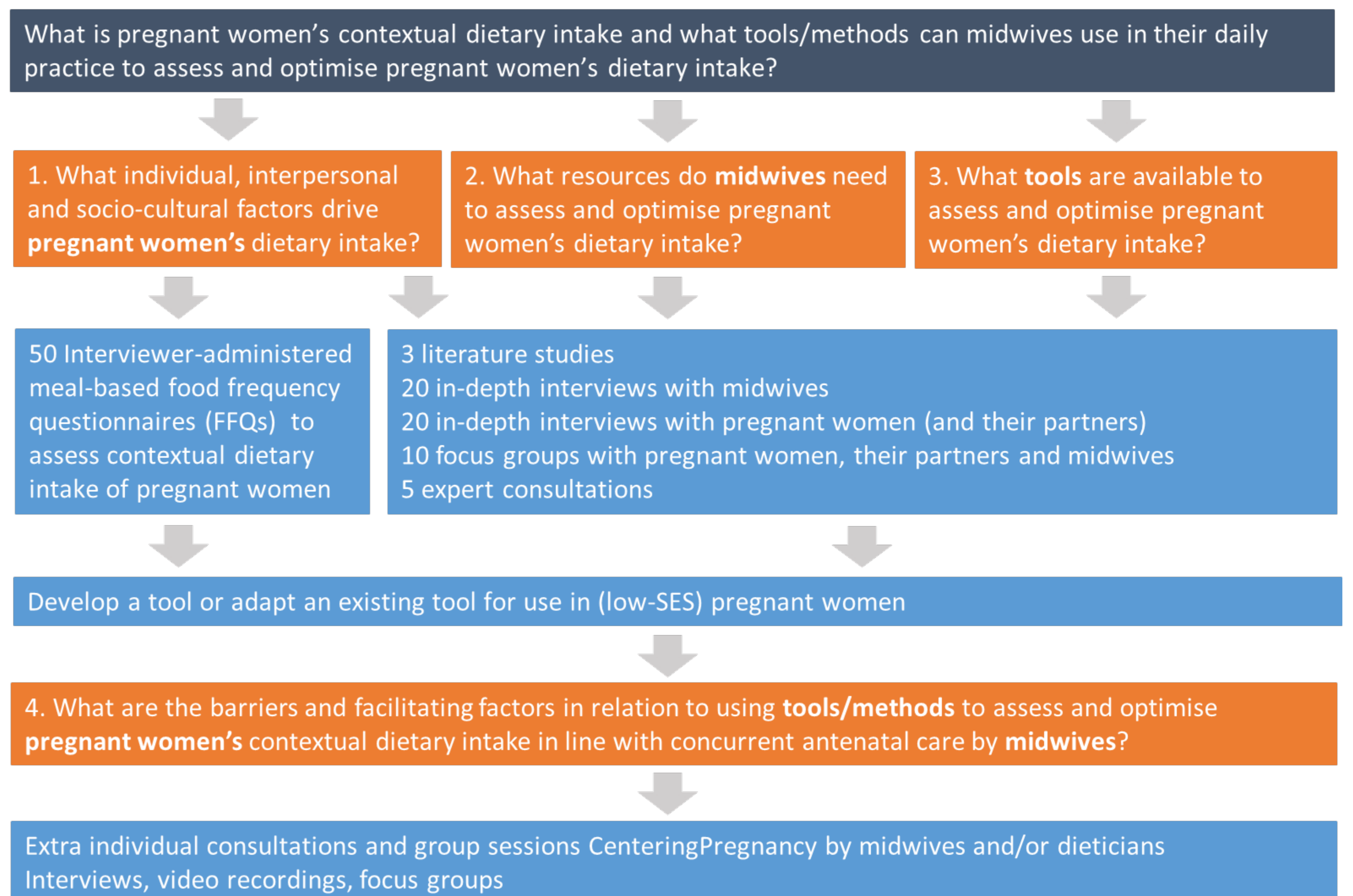
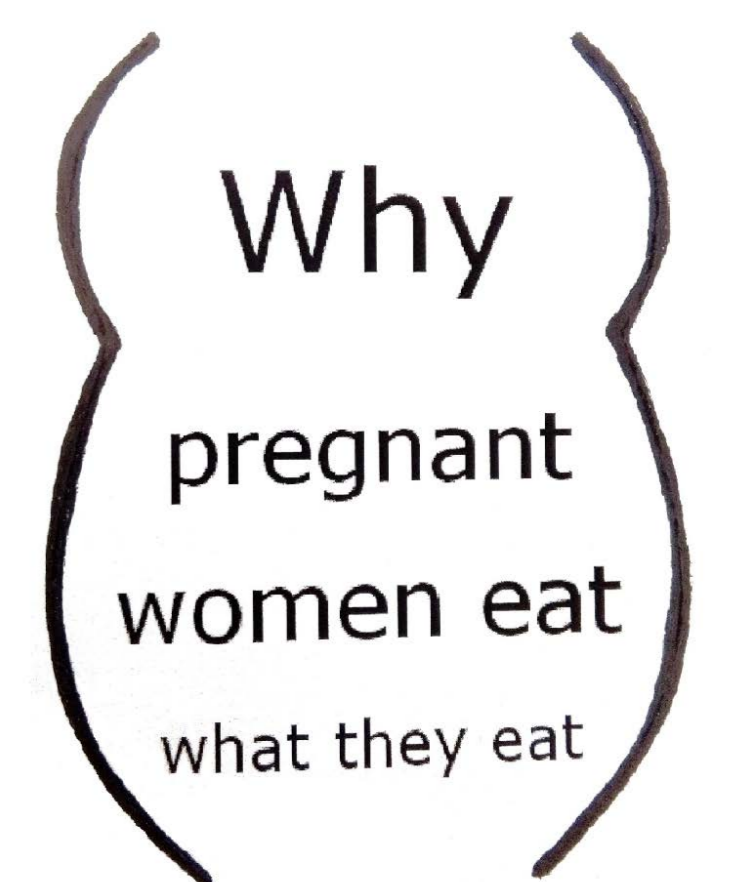


Figure Overview of the main research question, sub-questions and research methods

Discussion

- Scientifically relevant knowledge: low SES pregnant women's contextual dietary intake is studied in depth.
- Innovative: midwives and pregnant women are engaged in research activities, resulting in context-sensitive usable knowledge that will increase implementation chances.
- Societal impact: results will lead to recommendations for multidisciplinary strategies to promote healthy antenatal nutrition in low SES populations in the Netherlands.



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