

Maternal Nutrition

By: Briseyda Nunez,
Hannah Reed, Melissa
Joaquin, Delaram Anjo

What is Maternal Nutrition?

The term "maternal nutrition" focuses attention on women as mothers, on their nutritional status as it relates to the bearing and nurturing of children.

History of Maternal Nutrition

- ❖ Current Medicine and Nutrition; maternal diet and child.
- ❖ Traditional foods. Eg. Pakistan; beans, nuts compared to modern science.
- ❖ Modern Mothers Diet : Healthy diet, protein rich, fetal growth and development.

Maternal Health

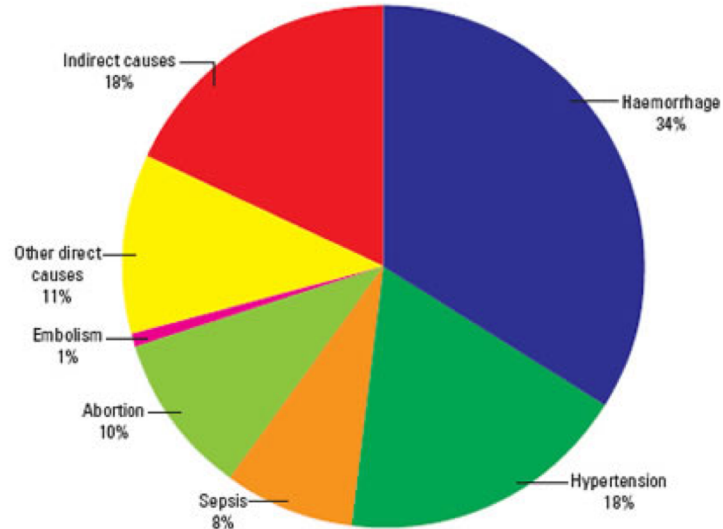
❖ There are about 830

maternal deaths a day,
around the world.

Majority are preventable

Most maternal deaths are from causes that can be prevented or treated

Global distribution of causes of maternal death, 1997–2007



Source: WHO, Systematic Review of Causes of Maternal Death (preliminary data), 2010.

Maternal Health

- Access to health care: pre/post natal care
- Lower socioeconomic status = fewer antenatal visits
- At least 4 antenatal visits recommended
- In low income communities, only 40% of women attended the 4 visits

Importance

Antenatal visits are important to address potential vitamin and mineral deficiencies and treat hypertension to avoid eclampsia.

Vitamins and Minerals

- Iron
- Folate
- Iodine
- Vitamin D

Risk Factors

- Anemia
- Gestational Diabetes
- Obesity
- Hypertension

Related to Meal Manager

- Provide health and nutrition counseling
- Focus on essential vitamins and minerals
- Offer information to food programs available
- Healthy weight gain

Resources

- W.I.C
- Care-Net
- Pregnant Assistance women program

References

1. Care Net. (2015). Retrieved From <https://www.care-net.org/find-a-pregnancy-center>
2. Pregnant Women Assistance Program. (2018). Retrieved From <https://www.dshs.wa.gov/esa/community-services-offices/pregnant-women-assistance-program>
3. Center for Disease Control and Prevention. (2018). Reproductive Health. Retrieved from www.cdc.gov/reproductivehealth
4. World Health Organization. (2018). *Maternal Mortality, 2018*. Retrieved from <http://www.who.int/news-room/fact-sheets/detail/maternal-mortality>