

Kern County: Healthy Weight and Pregnancy

Michelle Curioso, MCAH Coordinator

Abigail Romo, PSC Coordinator

- To gather data (pre-pregnancy weight, height and body mass index) from CPSP providers.
- To link pregnant women to community resources to improve healthy eating.
- To enhance the CPHWs skills and knowledge on healthy eating.

Purpose



- PSC Coordinator
- Medical Provider
- Nutritionist
- Comprehensive Perinatal Services Worker (CPHW)

CPSP Nutrition Team

- Assures that the CPSP components are implemented appropriately per State regulations.
- Collects BMI data on CPSP provider charts during chart reviews.
- Emphasizes the importance of using the nutrition assessments and reassessments to identify weight issues. and to use Steps To Take (STT) materials to educate clients on controlling weight gain during pregnancy.

Perinatal Services Coordinator's (PSC) Role

- Assesses pre-pregnancy weight/ height.
- Indicates BMI levels and recommends weight gain during pregnancy.
- Reviews the Nutritional Care Plan and addresses any abnormal findings.
- Refers to Nutritionists if needed.



Medical Provider's Role

- Follow-up and plot client's weight on the weight gain grid.
- Follow-up clients in any of the four categories (underweight, normal weight, overweight and obese) if they are gaining too little or too much weight.
- 24-hr food intake recall are done on all patients who are being assessed under the nutrition portion of CPSP.
- 24-hr intake recall of the patients are compared to the Daily food Guide for Pregnancy to identify her needs of improvement.



Nutritionist's Role

- Utilizes STT Handbook as a tool to deliver CPSP support services to clients (Nutrition, Health Education and Psychosocial).
- Refers clients to a registered dietician for nutritional counseling and support.
- Provides basic helpful tips to clients on healthy eating and promote healthy behavior during pregnancy.
- Discusses the Daily Food Guide for Pregnancy. Promotes breastfeeding and assists clients on breastfeeding their infants.
- Refers clients to WIC, IBCLs and other breastfeeding support groups who may assist them with breastfeeding.



CPHW's Role

- Obesity continues to be a concern of the collected BMI data.
- CPHW's reported that a majority of their clients have elevated BMI's or excessive weight gain during pregnancy.
- PSC made recommendations to sites to complete the BMI and weight gain grid and 24-hr food intake recall for all patients, if not seen during chart reviews.
- PSC provided extra large size blood pressure cuffs to CPSP providers for accurate blood pressure reading.
- BMI Wheels are also given to CPSP Providers.

Results

- Trainings for CPHWs
 - CPSP Roundtable—PSC provided education on Gestational Diabetes. Invited Medi-Cal Managed Care and Health Educator to provide training on Carb. Counting and Nutritional Techniques.
 - CPSP Roundtable—Invited Breastfeeding Coalition to train CPHWs on Skin-to-Skin practices and Breastfeeding.

Results

- Collects data on BMI, height and pre-pregnancy weight on POP mothers.
- Links POP mothers to community resources to improve healthy eating.
- Provides one on one education to POP mothers via home visits or telephone calls.

Perinatal Outreach Program (POP) (AKA Prenatal Care Guidance)

Category	# of POP Mothers
Underweight	0 (0%)
Normal Weight	21 (41%)
Overweight	13 (26%)
Obesity	17 (33%)
Total	51 (100%)

Category: POP Mothers	# Full Term Babies	# of Babies with Normal Birth Weights (>2500 grams)
Obesity	17 (100%)	17 (100%)
Overweight	13 (100%)	13 (100%)
Normal Weight	22 (100%)	21 (95%) <i>1 (5%) with LBW (1 set of twin)</i>
Under Weight	0 (0%)	0 (0%)
Total	52 (100%)	51 (98%)

2010 Results
