



Barriers to Adequate Nutrition During the Critical Fetal Period: A Postpartum Cross-Sectional Study

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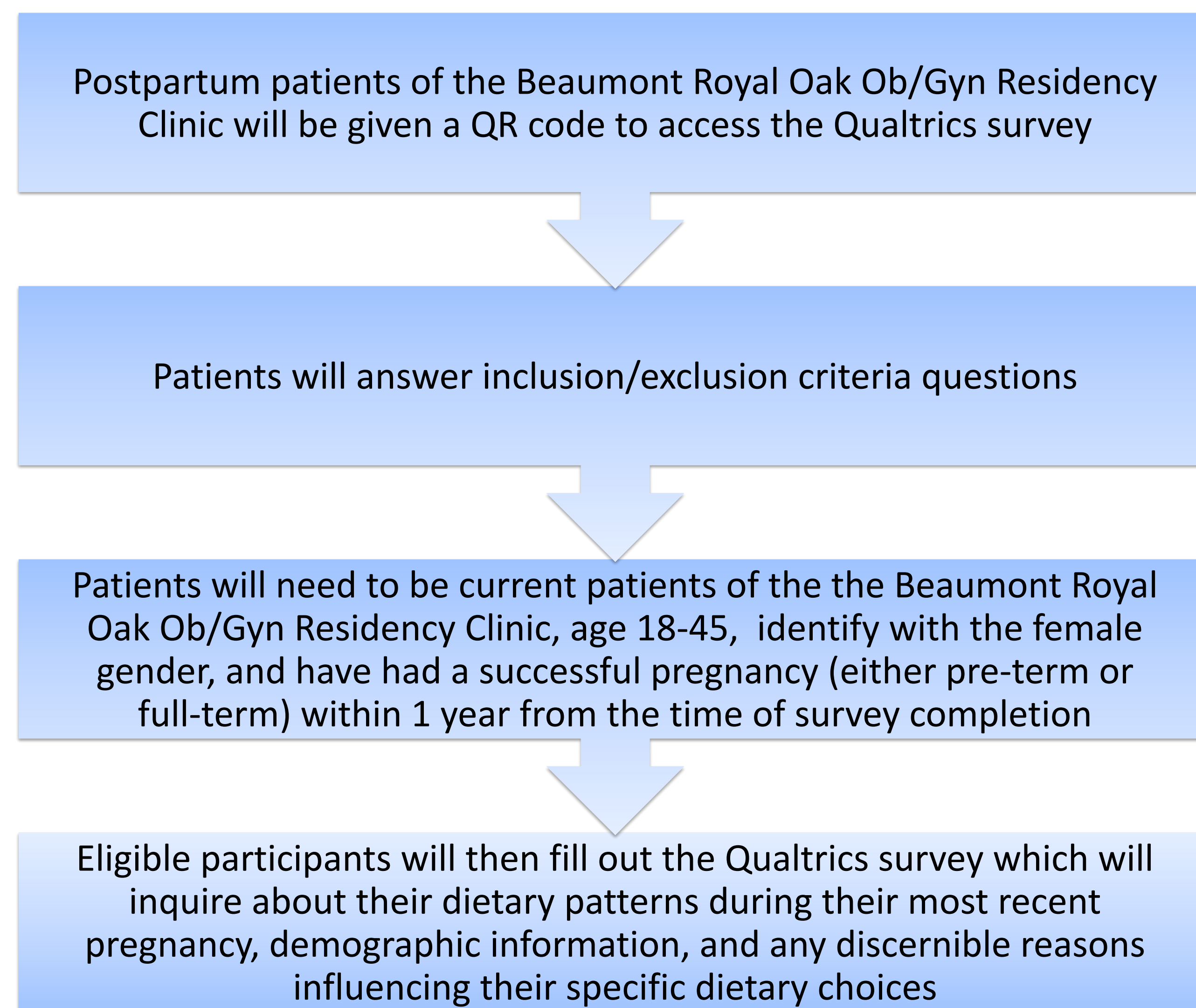
Introduction

- Adequate prenatal nutrition is crucial for maternal and fetal health, impacting numerous long-term outcomes¹
- Demographic factors influence prenatal diet quality, contributing to disparities^{2,3}
- Barriers to proper prenatal nutrition include economic constraints, lack of education from providers, mental health concerns, and food aversions and cravings^{2,4}
- Healthcare practitioners recognize importance of nutrition education, but face barriers in providing comprehensive support⁵

Aims and Objectives

- Define dietary habits of postpartum women from Beaumont Royal Oak Ob/Gyn Residency Clinic during pregnancy
- Examine diverse demographic correlation with dietary patterns
- Investigate factors influencing food choices: mental health, social support, finances, and healthcare education gaps
- Develop a culturally tailored, standardized method for educating pregnant women in Metro Detroit about healthy eating

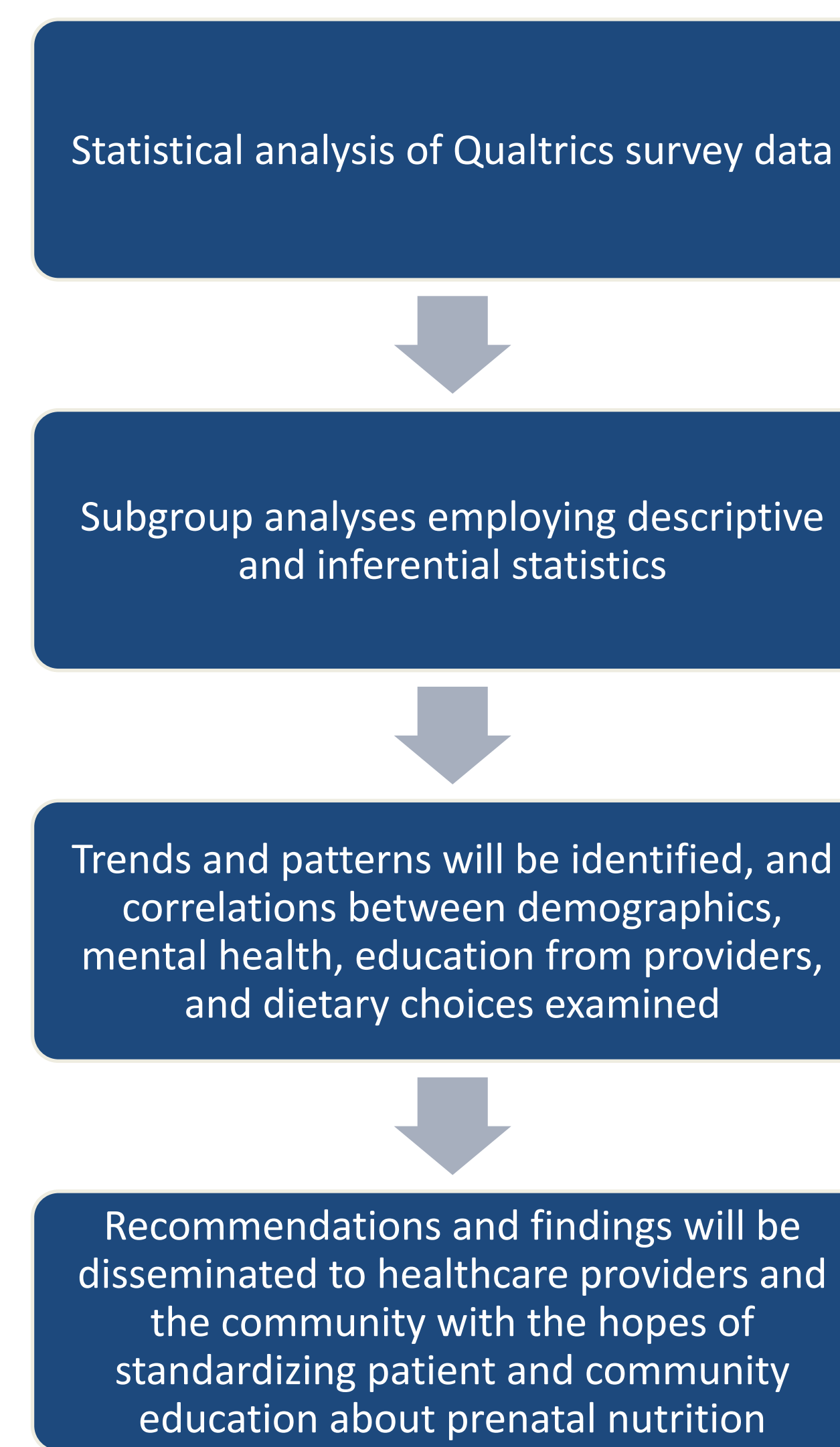
Approach/Process



Expected Results

- We anticipate identifying correlations between diverse demographic factors (such as race, income, education level, etc.) and specific dietary patterns among postpartum women
- We expect to uncover that multiple factors influence postpartum women's food choices, including mental health status, level of social support, financial resources, and any gaps in healthcare education received from medical providers during pregnancy

Evaluation Plan



Discussion

- The applicability of this study lies in its potential to inform and improve healthcare practices and public health initiatives related to maternal nutrition in Metro Detroit
- Next steps for this study include translating research findings into a standardized, culturally sensitive method for educating pregnant women about healthy eating, addressing diverse needs and preferences

References

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