

## Policy Extract

### Maternal and child nutrition

This quality standard covers improving nutrition before, during and after pregnancy (up to a year after birth) for women who may become pregnant, and for babies and pre-school children. It particularly focuses on low-income and other disadvantaged households.

#### **Why this quality standard is needed**

Nutrition level describes a person's nutritional wellbeing. It is a more comprehensive measure than dietary intake alone because it takes account of body shape and size together with measures of body function.

#### **Quality statement 2: Structured weight-loss programme**

##### *Quality statement*

Women with a BMI of 30 or more after childbirth are offered a structured weight-loss programme.

##### *Rationale*

Attendance on a structured weight-loss programme for women who have a BMI of 30 or more after childbirth can improve the woman's health. If they become pregnant again, the programme can help to ensure that their nutritional status at conception is adequate to support optimal fetal growth. By losing weight the women would reduce their risk of complications during pregnancy and childbirth, including gestational diabetes, pre-eclampsia and postpartum haemorrhage, if they subsequently became pregnant. In addition, their baby's risk of still birth, high birthweight and subsequent obesity and diabetes would be reduced.

##### *Quality measures*

##### **Structure**

Evidence of local arrangements to ensure that women with a BMI of 30 or more after childbirth are offered a structured weight-loss programme.

##### **Process**

Proportion of women with a BMI of 30 or more after childbirth is attending their baby's 6-8 week health visitor appointment who receive a structured weight-loss programme.

##### **Outcome**

- a) Obesity rates in pregnancy.
- b) Attendance at a weight-loss programme.
- c) Pregnancy and morbidity.
- d) Infant morbidity.

***What the quality statement means for service providers, healthcare professionals and commissioners***

**Service providers** (such as primary and secondary care including maternity services) ensure that processes are in place for women with a BMI of 30 or more after childbirth to be offered a structured weight-loss programme.

**Healthcare professionals** ensure that they offer women with a BMI of 30 or more after childbirth a structured weight-loss programme.

**Commissioners** (clinical commissioning groups, NHS England and local authority commissioners) ensure that the services they commission have processes in place to offer women with a BMI of 30 or more after childbirth a structured weight-loss programme.

***What the quality statement means for service users and carers***

**Women who are overweight after having a baby (with a BMI of 30 or more)** are offered support to lose weight. This should include a personal assessment and advice on diet, exercise and how to set and achieve weight-loss goals.