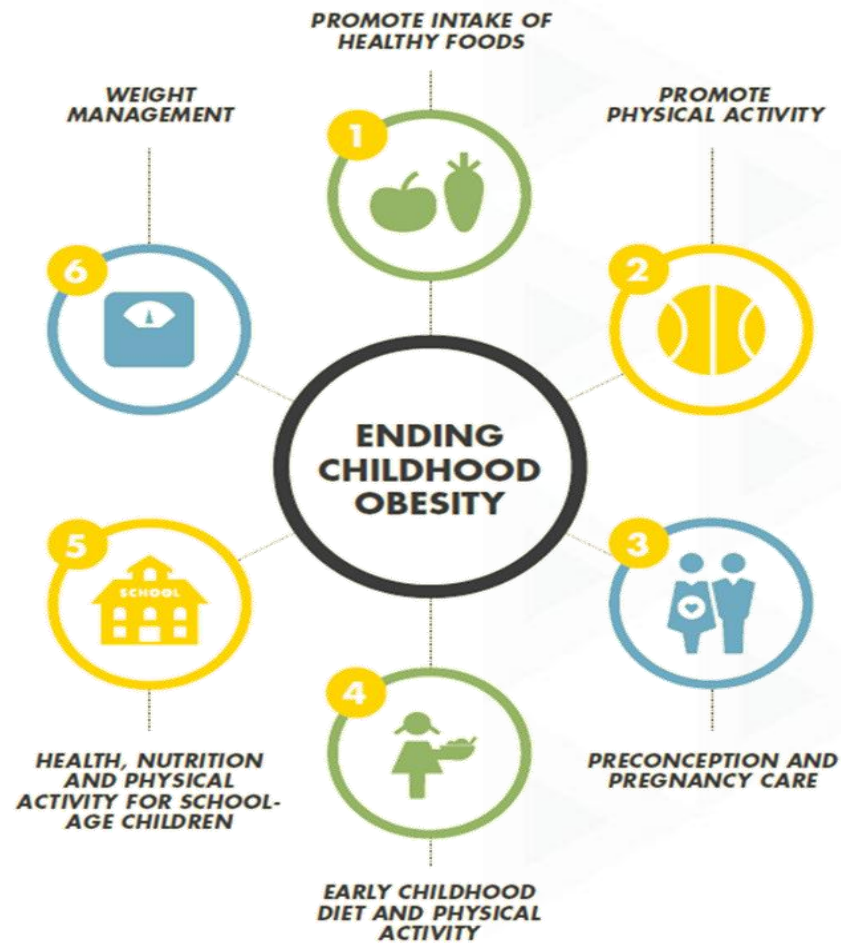


# Women's experiences of pregnancy in South Auckland

Jilly Tyler  
in collaboration with  
the maternity project teams



# World Health Organisation



# Here in Counties.....



# Planning for pregnancy...

- Enables women to have choice and control over their pregnancy
- They are able to plan for achieving goals that can support better life outcomes; tertiary education, employment and other family responsibilities
- With reliable contraception women can get the support they need to manage their weight, improve nutrition

"I really don't like the idea of having something foreign in my body"

When I met my new partner at 37 I thought that I was too old to get pregnant .....so we didn't use anything..

# We found out that ...

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- Women have limited knowledge about the options available to them
- They want more information and more support to make the right decision
- They feel they have no control over their fertility
- GPs and Nurses are not always well informed about the options and avoid contraception conversations
- Husbands, boyfriends and male partners are significant barrier to women accessing suitable contraceptive options
- Provision of free contraception doesn't always reach the right people

I didn't tell my husband that I got an IUD cos he wanted more children

# Managing weight gain during pregnancy

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- Excessive weight gain in pregnancy can have a detrimental effect on mother and baby
- This is particularly true in communities where there is limited access to healthy food
- For babies there is an association between maternal obesity and increased risk of obesity and related illnesses later in life
- Pregnancy is an opportune time to improve the mother's nutritional intake

# we found out that....

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I am scared that if I don't take their advice and something happens to the baby they will blame me

- The community is a key influencer on the type and volume of food that they eat during pregnancy
- The myths associated with care of women during this time is detrimental to their health
- There is a haphazard approach to messages that women receive from health services
- There is considerable pressure on women to stop any form of physical activities

It is good that they care but I want a healthy baby and my midwife tells me I am a healthy weight

# For women with diabetes

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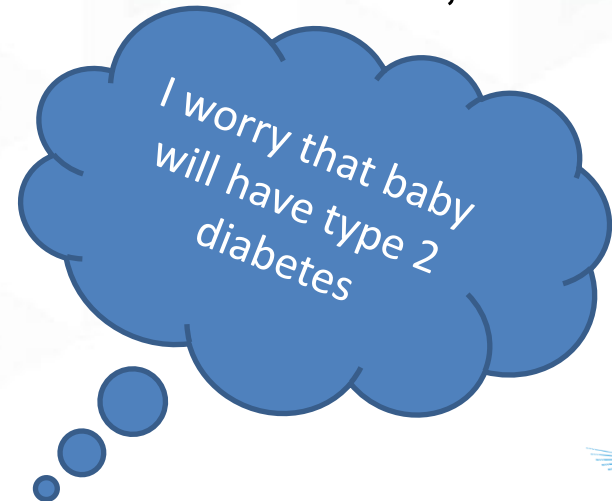
- High risk of serious complications in pregnancy
- Diabetes in pregnancy is associated with excessive growth of the foetus
- Increased risk of obesity in type 2 diabetes in childhood and adolescence



# we found out that.....

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- Women want culturally appropriate delivery of health messages
- Nurses in primary health want
  - information and education support from secondary services in a variety of ways
  - tools to support sharing information with women, something to give them
- Primary Providers
  - Low priority
  - Need more tools
  - 1:1 education difficult to achieve



# Next steps

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