

Summary of findings from our first survey

What you and 443 other mums in Caboolture told us about your lifestyle during pregnancy.

About your food choices during pregnancy:

- 14% knew the recommendation for serves of fruit
- 26% knew the recommendation for serves of vegetables
- 11% were eating the amount of fruit recommended
- 3% were eating the amount of vegetables recommended



WHAT ARE THE RECOMMENDATIONS? During pregnancy, 4 serves of fruit and 5 serves of vegetables every day.

WHY BE CONCERNED? *Poor food choices* during pregnancy can contribute to unhealthy maternal weight gain, preeclampsia & anaemia.

Poor food choices during pregnancy can also harm your baby, leading to inadequate development, low birth weight and preterm birth. Later in life, these babies have at greater risk of chronic diseases.

About your physical activity during pregnancy:

- 43% knew the recommended amount of physical activity
- 36% were getting the recommended amount of physical activity

WHAT ARE THE RECOMMENDATIONS? The same as for everyone else! Just 30 minutes of physical activity on most or all days of the week. If you prefer 10-minute segments, that's fine so long as the total for most days is 30 minutes.

If you were not doing any physical activity before pregnancy, the recommendations say, start now, during your pregnancy.

WHY BE CONCERNED? Mothers *who do no physical activities* during pregnancy have a greater risk of weight gain before giving birth and of retaining excess weight afterward.

They also are more likely to have pregnancy symptoms such as fatigue, cramps, nausea and swelling. They are more likely to experience depression and anxiety, poor self esteem and body image, poorer sleep quality, or gestational diabetes.

Mothers *who do not do physical activities* during pregnancy are also more likely to need a caesarian delivery and to have a baby with low birth weight.



During pregnancy, 24% of you were smoking

WHAT ARE THE RECOMMENDATIONS? During pregnancy, do not smoke. Stopping smoking at any stage of pregnancy reduces the health risks to you and your baby.

WHY BE CONCERNED? Mothers who smoke during pregnancy have a higher risk of pregnancy complications, including having babies born prematurely and babies with low birth weight. A mother's smoking can have long-term health effects on her growing and developing child.

From 320 mothers who had given birth in the previous 12 months, we learned that:

- 34% were feeding their babies under 12 months of age with breast milk
- 37% were feeding their babies under 6 months of age *only* on breast milk



WHAT ARE THE RECOMMENDATIONS? Feed babies *only* breast milk during the first 6 months of life, and continue to give them breast milk until they are at least 12 months of age.

WHY BE CONCERNED? Mothers who do *not* breastfeed have slower recoveries from childbirth. They are also at a greater risk of getting hip fractures or one of several cancers (ovarian, endometrial, pre-menopausal breast cancers).

Babies who aren't breastfed are at greater risk of a developing childhood diseases, including gastrointestinal illness, ear infections, infection or inflammation of the bowel, lower respiratory tract infection, eczema, blood poisoning, meningitis, urinary tract infection, and SIDS.

About CABOOLTURE mums & little ones

From the 2nd and 3rd surveys, we learned that:

- 65% had heard about specific resources, services, programs or events being offered by CABOOLTURE mums & little ones.
- The cooking classes and walking groups were the most-often mentioned programs offered through CABOOLTURE mums & little ones.
- Most of you heard about CABOOLTURE mums & little ones from Caboolture hospital and hospital ante-natal clinic. Others had heard about it from shopping centre advertising, from the local newspaper, or from word of mouth.

Visit the mumsandlittleones.com website
For the latest news from CABOOLTURE mums & little ones!

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