

# INNOVATIVE INTERVENTIONS FOR HEALTH BEHAVIOR CHANGE DURING PREGNANCY AND POSTPARTUM

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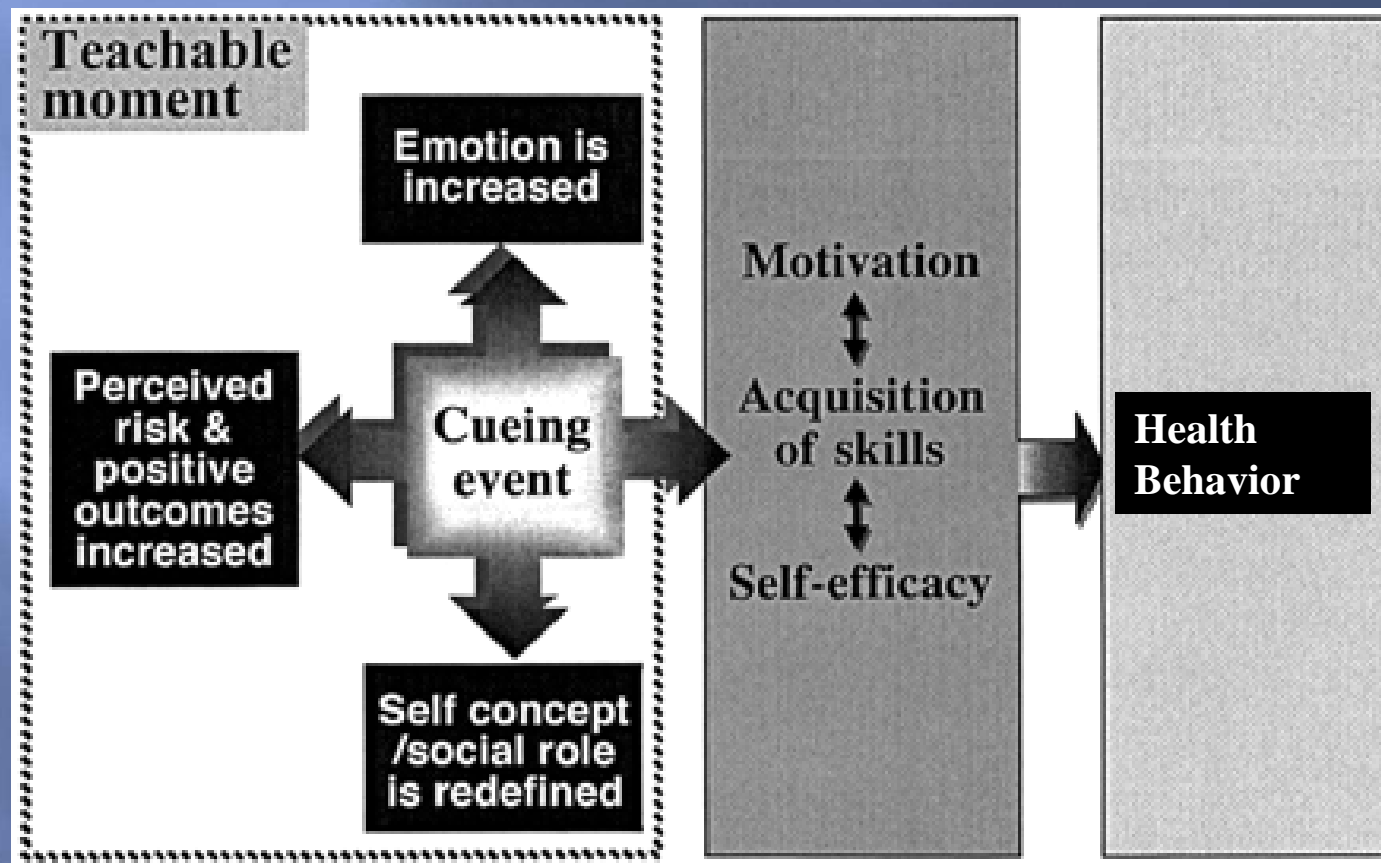


# Why study pregnant and postpartum women?

- ▣ Physical and mental health is particularly important given its effect on both the mother and child
- ▣ Health behavior change during this critical time can have lifelong implications
- ▣ Physically and mentally demanding period of one's life
- ▣ This time period can serve as a “teachable moment”

# “Teachable Moments” for Behavior Change

Phelan; Am J Obstet Gynecol 2010;202:135.e1-8



Adapted from McBride et al., 2003

# Overview of Presentation

- ▣ Michael Ussher, PhD –discuss data from several trials examining the efficacy of exercise for smoking cessation among pregnant women.
- ▣ Suzanne Phelan, PhD – present data from a trial examining the efficacy of a lifestyle intervention to prevent excessive gestational weight gain.
- ▣ Beth Lewis, PhD – discuss results from a trial examining an exercise intervention for the prevention of postpartum depression.
- ▣ Bess Marcus, PhD - Discuss issues from each presentation and moderate questions from the audience