

Supporting Postnatal Weight Management in Primary and Community Care

Background



1 IN 2

women gain excessive weight in pregnancy.

84% of people in Wales think it is important for health professionals to provide support for postnatal weight management.



Our research looked at how postnatal weight management support could be embedded into routine primary or community care.



Key messages

For policy makers and practitioners

There was a **lack of consistent evidence** for how to best embed support.

The approaches that hold most promise:

Weight management interventions start around

6 MONTHS postnatal



are delivered in **routine health or child care appointments.**



Generally, both staff and women found the initiatives acceptable.

Key messages

For researchers

This is an **important and under-researched** area. We only found

11 PAPERS

including **1 UK study.**

Only 2 studies reported staff or women's views on postnatal weight management support.



There was a **lack of research embedding support beyond one year postnatal.**

What needs to happen next?



We need **more research, especially in the UK** to understand the role that primary and community care can play in supporting women's weight after pregnancy.

There needs to be **raised awareness** about **the importance of embedding** postnatal weight management support and the role health care workers can play.



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