Lambeth Early Action Partnership: our Community Activity Nutrition service

Supporting women with a BMI of 25 and over with nutrition and activity in pregnancy

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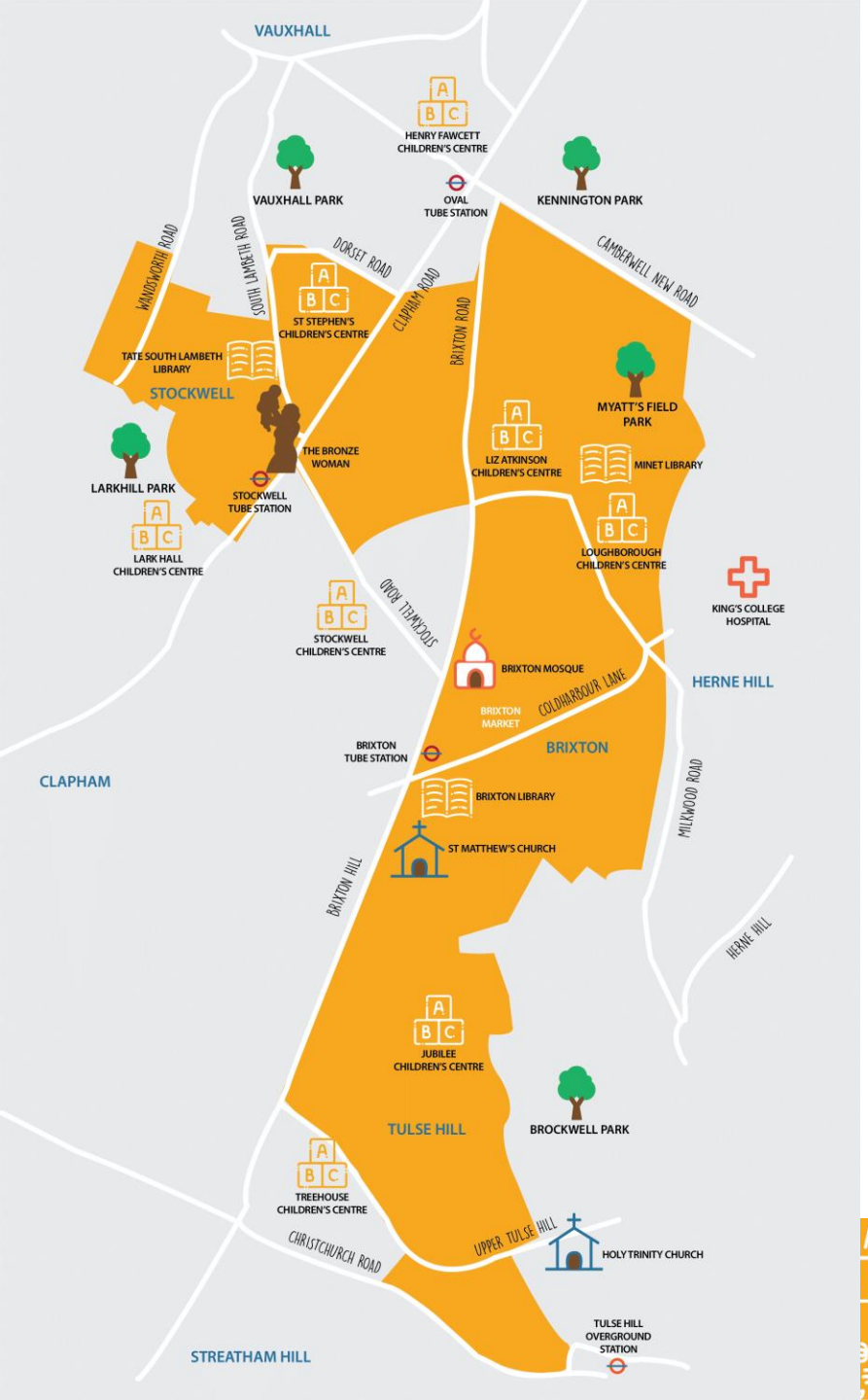


Lambeth Early Action Partnership (LEAP)

BIG LOTTERY FUND

NATIONAL LOTTERY FUNDED

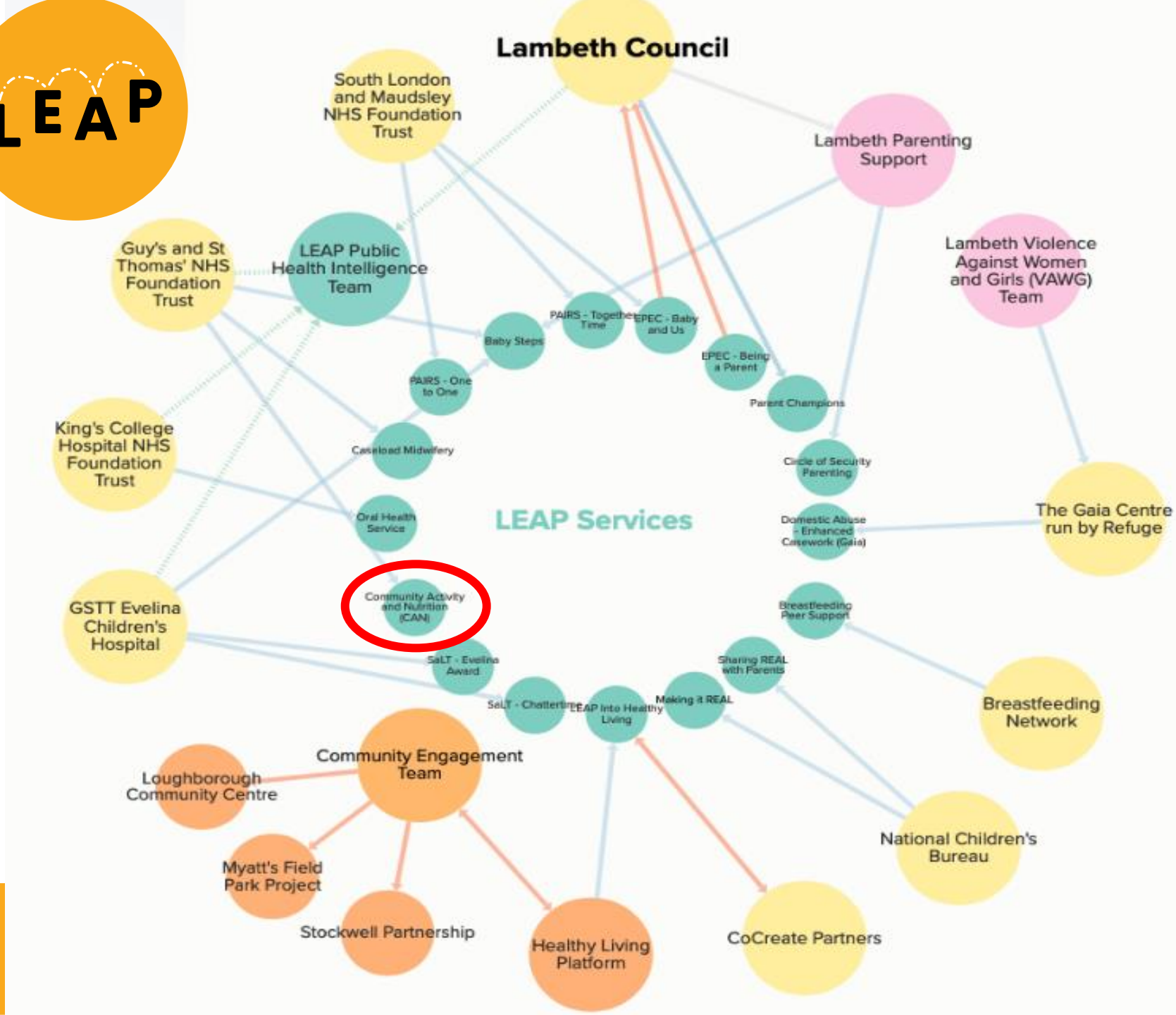
- National Lottery Community Fund 'A Better Start' initiative (2015 – 2025)
- Pregnancy and age 0–3
- Strands of work:
  - Communication & Language Development
  - Diet & Nutrition
  - Social & Emotional Development
  - Midwifery
- Community Engagement, workforce development, capital investment, systems change

43% of LEAP neighbourhoods are classified as 'most deprived' and 68% of children live in 'very deprived' households

(IMD & IDACI 2019)

LEAP

LEAP ecosystem



Maternal health risks related to obesity

- Currently, fewer than one-half of pregnant women and pregnant people (47.3%) have a body mass index (BMI) within the healthy range (18.5- 24.9) and 21.3% are obese (>30) RCOG
- Starting pregnancy with a BMI >25 has a range of both long- term and short term health effects for both the woman and the developing baby, with risks increasing as the BMI increases, Marchi, J. et al., Heslehurst, et al., Godfrey, et al.

Short-term risks for baby include	Congenital malformations, macrosomia, stillbirth
Short-term risks for women include	Hypertension, thromboembolism, Gestational Diabetes, increased caesarean section, increased risk of infection, breastfeeding difficulties
Long-term risks for woman and baby	Obesity, type 2 diabetes, cardio-vascular disease

NICE Guidelines 2010

new guidelines will be published soon

NICE National Institute for Health and Care Excellence

- BMI measured and documented at booking
- Women not weighed regularly during pregnancy
- Discussion about woman's diet and physical activity, as well as benefits of a healthy diet and physical activity during pregnancy
- Practical advice given about physical activity as well as dispelling common myths such as eating for two
- Explanation of the risks of having BMI >30, ensuring to advise that women shouldn't diet during pregnancy and explain that the clinical team manage risk
- Signposting to Healthy Start Scheme

It is recommended that women with a BMI >30 should be offered a referral to a dietitian or appropriately trained health professional for advice around healthy eating and physical activity. However, in practice this is difficult as there are limited relevant services for midwives to refer into.

LEAP

Obesogenic environments

- The term ‘obesogenic environment’ refers to the role environmental factors may play in determining both nutrition and physical activity GOS
- Environmental factors may operate by determining the availability and consumption of different foodstuffs and the levels of physical activity undertaken by populations
- Changes in food production and processing, the role of the media in advertising, the increasing popularity of fast food restaurants and changes in energy expenditure due to changing work environments and modes of transport can impact obesity levels

As health professionals it is important that we remember the impact of living within this environment - as often women who are heavier may feel individually judged

Deprivation and health inequalities

- There is a link between deprivation and maternal weight status

- Women's BMI is more likely to be either above or below the recommended range as the level of deprivation increases – this demonstrates the impact of wider determinants on maternal obesity (rather than individual behaviour)

- Women are particularly vulnerable to food insecurity due to working in low-income or part-time jobs, as well as societal expectations for them to be the main carers for children and family members Nguyen, Boath, Heslehurst

LEAP CAN programme

What is the LEAP CAN programme?

LEAP CAN
Community Based Activity & Nutrition Programme for Pregnant Women

- Designed for pregnant women and people with a BMI >25 based on the UPBEAT study
- Suitable for pregnant women of all ages and backgrounds, including those who do not speak English
- Supports the woman and her family to change behaviour related to their diet (low GI) and physical activity during pregnancy and beyond
- Not a weight loss programme
- Delivery began in 2016

Aims of the programme

- Women have an improved diet and increased level of physical activity during pregnancy and beyond
- Babies are born with a healthy birth weight
- Increased identification of wider needs and provision of appropriate referrals and signposting (e.g. breastfeeding support and starting solids workshops)

Recruitment Process

- Women are identified at booking and contacted via letter, phone and text
- First conversations are very important – we recruit most women through phone calls
- Skills and training we draw on are motivational interviewing and making every contact count

Key points covered in phone call:

- Give simple overview of what the program is about
- Acknowledge the difficulties we all face in everyday life in relation to diet and activity and that pregnancy symptoms can increase these difficulties
- Stress that CAN is not an authoritarian program, that they will not be told what to eat but instead the service will work within their everyday diet – celebrating and valuing cultural foods

LEAP CAN process

- Consists of 3 midwifery appointments:

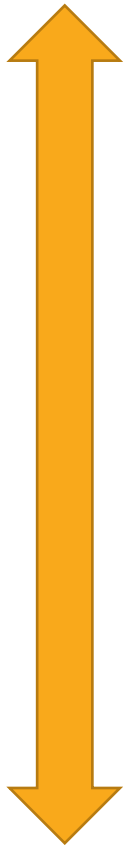
1) Introduction to CAN (13-20 weeks)
2) Post- programme (around 28 weeks)
3) 6 months post-partum

- 8 sessions with Health Improvement Facilitators
- Sessions delivered at home, phone, email or at local children centre
- Language support available (language line) and translated resources

Overview of CAN content

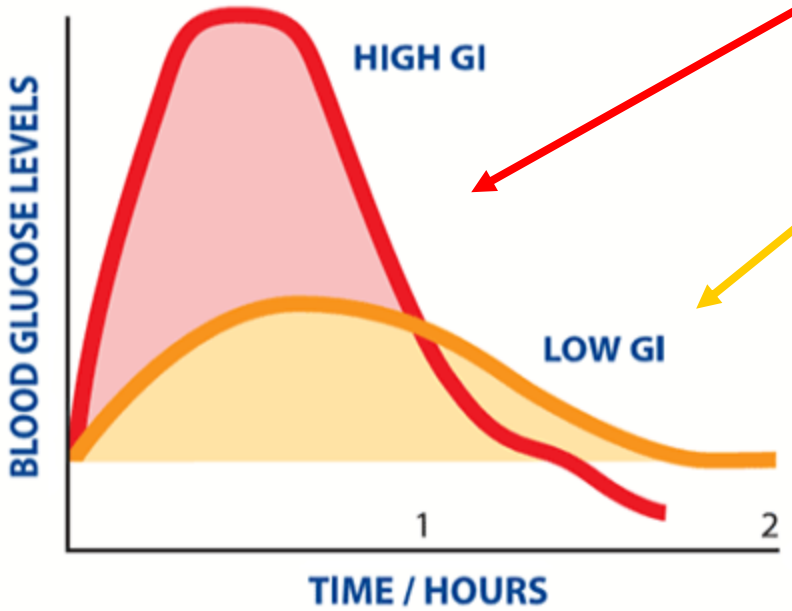
LEAP CAN content

Week 1	• Sugary drinks and added sugar to food
Week 2	• Carbohydrate and portion size (food models)
Week 3	• Snacks and food labelling reading
Week 4	• Breakfast choices
Week 5	• Dairy and non-dairy sources of calcium
Week 6	• Fat/meat/protein rich foods
Week 7	• Eating out and takeaway food
Week 8	• Review and feedback



Physical activity is reviewed weekly

Glycaemic Index (GI)



High GI foods raise blood sugar levels quickly

A low GI food raises blood sugar levels slowly

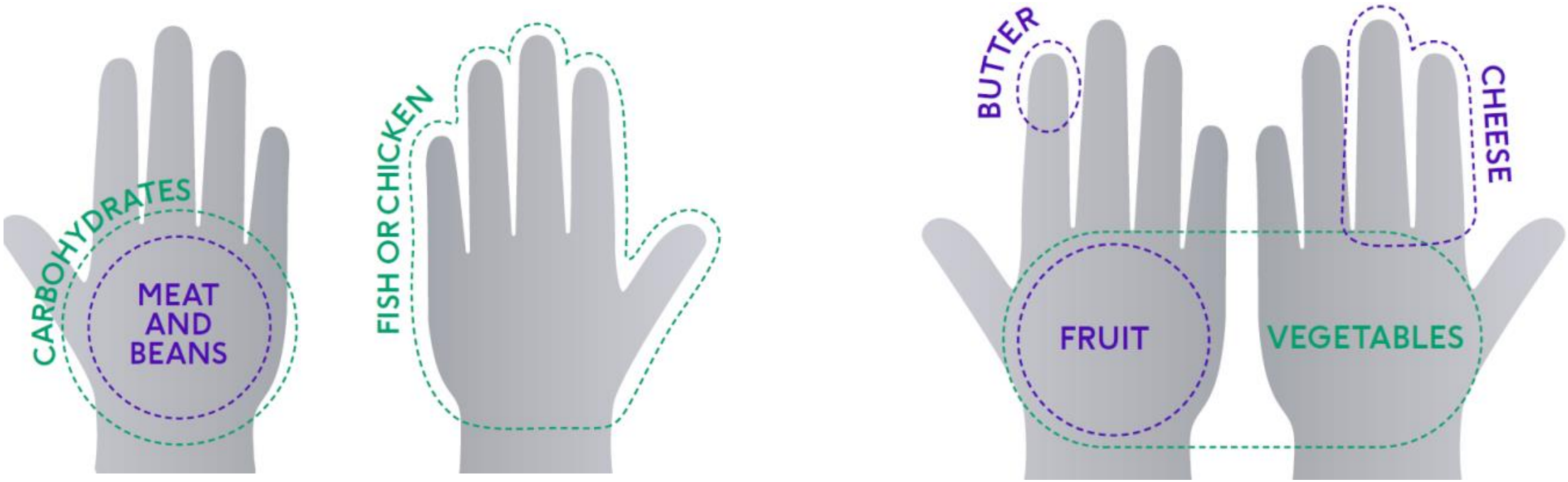
Rapid rises and falls in blood sugar affect energy levels which may cause cravings and trigger overeating

High GI
(70 and above)

Medium GI
(56 to 69)

Low GI
(55 and under)

Know your portion sizes



Adapted from British Heart Foundation Portion Size

Top tips to control blood sugar

Tips

- Eat smaller and regular meals
- Reduce added sugars in food and drinks
- Choose lower GI foods
- Eat breakfast helps to control your blood sugar
- Stay hydrated

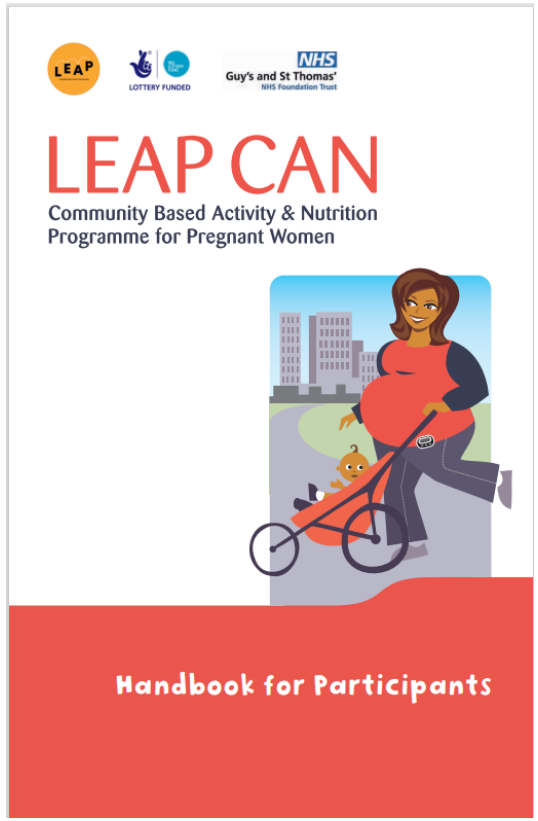
Benefits

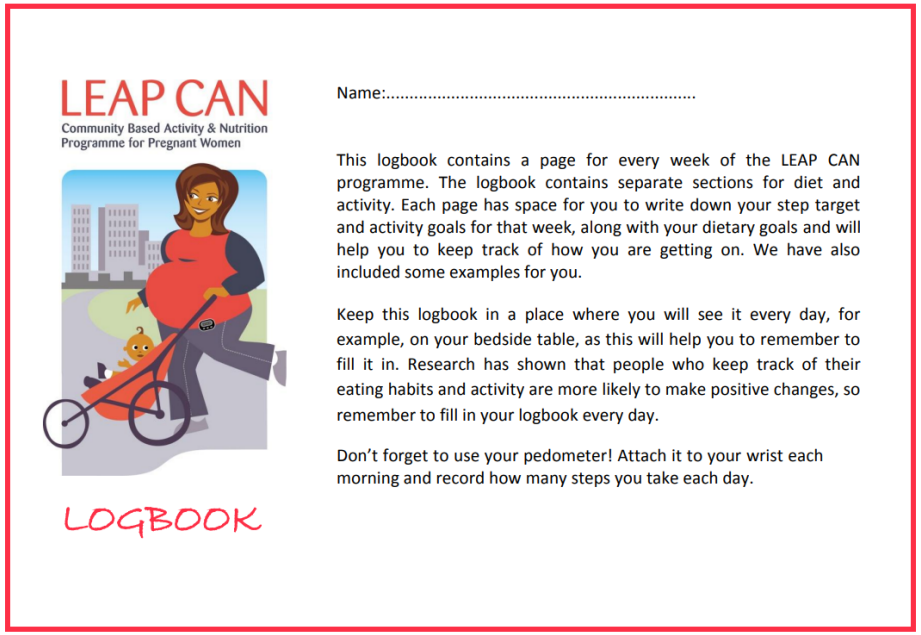
- Reduces highs and lows
- Helps you feel full and delays hunger
- Helps to avoid putting on too much weight during pregnancy
- Helps to improve overall health

Achieving a reduction in saturated fat

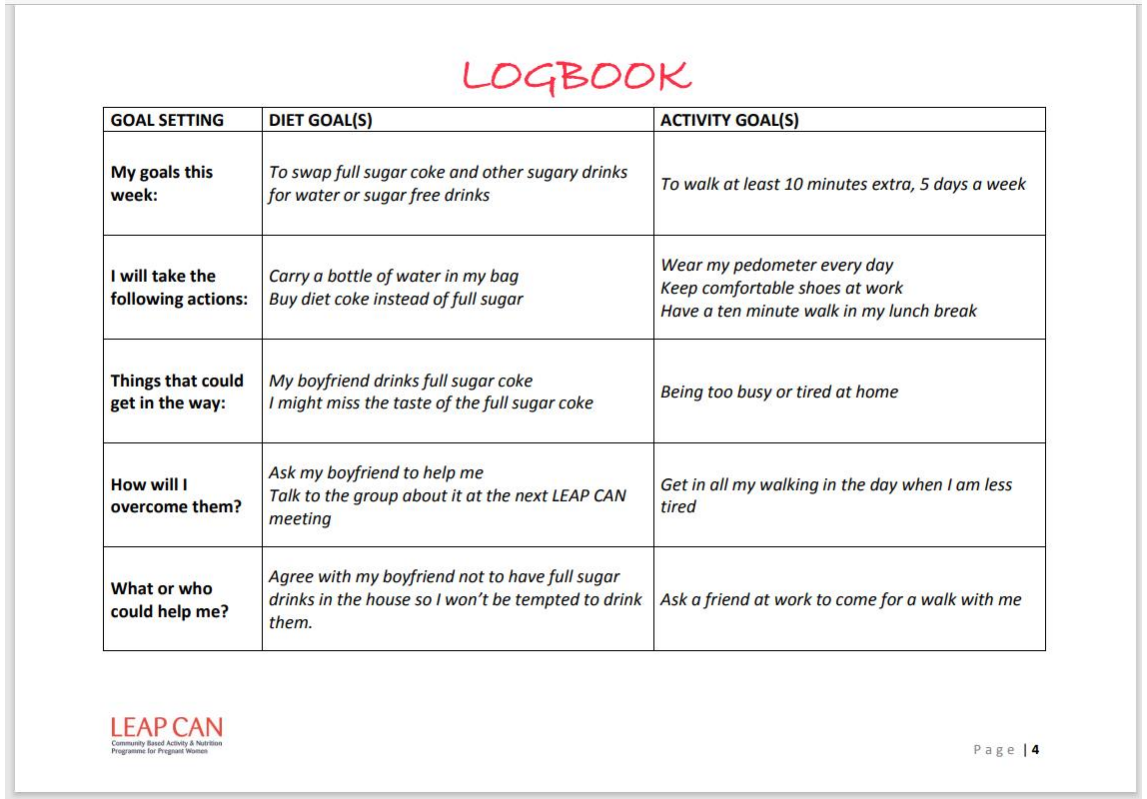
- Semi-skimmed or skimmed milk
- Reduced fat hard cheese
- Low fat yogurt
- Lean cuts of meat, trim off fat, limit processed meat products
- Polyunsaturated or monounsaturated spread
- Limit cakes/biscuits/chocolates

CAN resources





CAN logbook and SMART goals



LOGBOOK

GOAL SETTING	DIET GOAL(S)	ACTIVITY GOAL(S)
My goals this week:	*To swap full sugar coke and other sugary drinks for water or sugar free drinks*	*To walk at least 10 minutes extra, 5 days a week*
I will take the following actions:	*Carry a bottle of water in my bag* *Buy diet coke instead of full sugar*	*Wear my pedometer every day* *Keep comfortable shoes at work* *Have a ten minute walk in my lunch break*
Things that could get in the way:	*My boyfriend drinks full sugar coke* *I might miss the taste of the full sugar coke*	*Being too busy or tired at home*
How will I overcome them?	*Ask my boyfriend to help me* *Talk to the group about it at the next LEAP CAN meeting*	*Get in all my walking in the day when I am less tired*
What or who could help me?	*Agree with my boyfriend not to have full sugar drinks in the house so I won't be tempted to drink them.*	*Ask a friend at work to come for a walk with me*

LEAP CAN
Community Based Activity & Nutrition Programme for Pregnant Women

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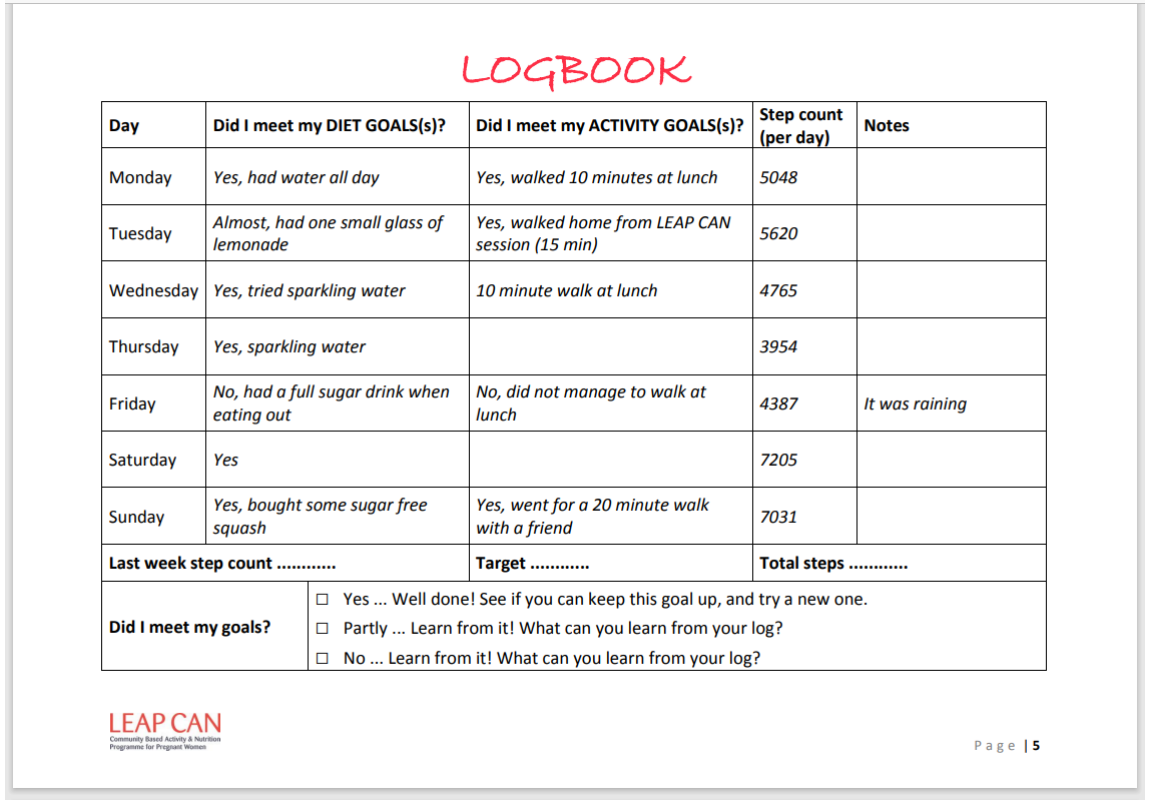

LOGBOOK

Day	Did I meet my DIET GOALS(s)?	Did I meet my ACTIVITY GOALS(s)?	Step count (per day)	Notes
Monday	*Yes, had water all day*	*Yes, walked 10 minutes at lunch*	*5048*	
Tuesday	*Almost, had one small glass of lemonade*	*Yes, walked home from LEAP CAN session (15 min)*	*5620*	
Wednesday	*Yes, tried sparkling water*	*10 minute walk at lunch*	*4765*	
Thursday	*Yes, sparkling water*		*3954*	
Friday	*No, had a full sugar drink when eating out*	*No, did not manage to walk at lunch*	*4387*	*It was raining*
Saturday	*Yes*		*7205*	
Sunday	*Yes, bought some sugar free squash*	*Yes, went for a 20 minute walk with a friend*	*7031*	
Last week step count		**Target .....**	**Total steps .....**	
Did I meet my goals?	☐ Yes ... Well done! See if you can keep this goal up, and try a new one. ☐ Partly ... Learn from it! What can you learn from your log? ☐ No ... Learn from it! What can you learn from your log?			

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Community Based Activity & Nutrition Programme for Pregnant Women

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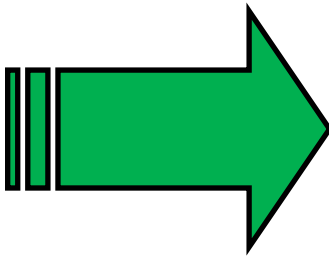
Specific **M**easurable **A**chievable **R**elevant **T**ime specific

Healthy food swaps

- Dieting/weight loss are not advisable in pregnancy so it is not based around calorie counting or restrictions.
- We recommend a ‘swap’ system where you choose healthier alternatives to what you may currently be eating

Cut down on sugar



- ✘ Sugar in drinks e.g. tea, coffee
- ✘ Sugar on cereal or porridge
- ✘ Sugar added to other foods to sweeten them e.g. on strawberries

- ✓ Cut down the amount used
- ✓ Cut out if possible
- ✓ Use fresh fruit to sweeten foods
- ✓ Try artificial sweeteners

Swap your snacks

- ✖ Chocolate
- ✖ Sweets
- ✖ Biscuits, cookies
- ✖ Buns, cakes, pastries, doughnuts
- ✖ Crisps

- ✓ Fresh fruit
- ✓ Low fat yogurt
- ✓ Cereal bar
- ✓ Fruit loaf or bun
- ✓ Oatcakes, rye crispbread
- ✓ Unsalted nuts, mixed fruit and nuts

Choosing bread and starchy foods

3. SWAP YOUR BREAD

If you usually eat white or brown bread we will ask you to use multigrain or granary bread instead. Multigrain or granary bread is bread with grains or seeds in i.e. 'bits'! This type of bread is the best choice for you on the LEAP CAN programme because it does not affect your blood sugar levels as much as other types of bread.

☒ Instead of this...	☑ Choose this...
White or brown bread and rolls (including muffins, bagels, toasted white or brown bread, French bread, baguettes, white flour tortilla wraps, white pitta bread)	**Multigrain or granary bread and rolls i.e. bread with 'bits'** (including toasted multigrain bread) e.g. Warburtons wholegrain goodness, Tesco Finest Multigrain, Burgen soya and linseed, Hovis granary original and Hovis seed sensations range Other types of bread you can choose include: fruit breads, stone-ground wholemeal bread, soy and linseed bread, chapatti (with barley flour), wholemeal pitta bread, sourdough bread

Multigrain or granary breads are the best choice

4. CHOOSE YOUR STARCHY FOODS CAREFULLY

If you eat rice and potatoes on a regular basis we will ask you to choose the types you eat carefully. This is because certain types of rice and potatoes can affect your blood sugar levels more than others. Basmati rice and pasta are great choices for you to make while you are following LEAP CAN.

Eat occasionally (fast)	OK most of the time (medium)	Healthier choice (low)
White or brown rice (including jasmine, instant, shortgrain, easy cook, long grain) **Mashed, boiled or roast potatoes, chips (from take-away or chip shop), potato products** e.g. waffles, croquettes, Alphabites **Fried plantain** **Weetabix** **Conjeero /Anjero**	**Attieke** **Fufu** **Garri** (avoid fried or Red variety) **Kenkay** **Amalal** **Key note:** We advise eating these foods in their whole cooked form. (Cassava, Plantain and/or the fermented cooking process **Portion control is important.** 1 fistful = 1 portion, combine with vegetables and a protein food e.g fish/ meat stew	**Basmati rice** (white or brown, not easy cook) **Pasta** (fresh or dried – cooked so it is firm) **New (baby) potatoes**, boiled and unpeeled **Baked potato with the skin** **Oven chips** **Sweet potato**, boiled or steamed **Yam**, boiled or steamed **Plantain**, baked or grilled **Noodles** including egg noodles **Grains** including bulgur wheat, quinoa, cous cous, barley, buckwheat, whole kernel rye, or whole wheat kernels **Teff injera**

Moqueca de peixe baiana (Brazilian fish stew)

Preparation: 25 mins
Cooking time: 25 mins
Extra time: 30 mins marinating
Ready in: 1 hour 20 mins
Serves 4

Ingredients

4 fillets of sea bass or grouper
Salt to taste
3 garlic cloves, crushed
4 tablespoons lime juice
1 tablespoons rapeseed oil add annatto/achiote seeds for the red colour
3 tablespoons grated onion
1 large onion, cut into rings
200ml reduced fat coconut milk
360ml water
1 green pepper, sliced
1 red pepper, sliced
2 tomatoes, seeded and sliced
½ bunch spring onions, chopped
1 bunch fresh coriander, chopped

Method

1. Wash fish under running water and pat dry. Season with salt, garlic and lime juice, and marinate for 30 minutes.
2. Add the olive oil to a large frying pan over medium heat. Add the grated onion and cook for a few seconds.
3. Add the fish along with the marinade to the pan and cook for a few minutes.
4. Add the palm oil, onion slices, coconut milk and water; simmer for about 15 minutes.
5. Add the peppers, tomatoes, coriander and spring onion; cover and cook for another 5 minutes. Serve hot with white rice or coconut rice.

Jerk chicken

Serves 4

Serving suggestion: Serve with a mango salsa or colourful coleslaw (see recipes) and boiled basmati rice for a healthy tasty meal.

Ingredients

4 chicken pieces, (legs, thigh or breast)

For the sauce:

1 onion, chopped
½ scotch bonnet chillies, halved and seeded
2cm of root ginger, peeled and chopped
½ teaspoon ground allspice
Small bunch fresh thyme (or use dried thyme to taste)
1 teaspoon freshly ground black pepper
60ml white vinegar
60ml soy sauce (low sodium)

Method

1. Preheat the oven to 200°C/400°F/Gas Mark 6.
2. Wash all the vegetables/ingredients for the jerk chicken sauce and cut into small pieces. Place these in a large jug and blend until smooth.
3. Remove the chicken skin then, if using chicken breast, dice the chicken. If using drumsticks or meat on the bone, this can be left whole. Place the chicken in a large roasting tin and pour over the sauce. Cover using cling film and leave to marinate in the fridge for 20 minutes.
4. Roast in the oven for 30-40 minutes, turning the chicken once. Keep cooking until the chicken is cooked through – the juices should run clear.

Ethiopian Greens (Gomen Wat)

Preparation: 10 mins
Cooking time: 1 hour
Ready in: 1 hour 10 mins
Serves 6

Ingredients

900g kale, rinsed, trimmed and chopped
475ml water
1 tablespoon olive oil
125g chopped onions
8 cloves garlic, chopped
1 tablespoon olive oil
225g sliced green pepper
1 tablespoon fresh lemon juice
1 teaspoon salt
½ teaspoon ground turmeric
½ teaspoon paprika
½ teaspoon ground allspice
2 tablespoons finely chopped fresh root ginger

Method

1. Place kale in a pot with 475ml of water. Bring to the boil, then reduce heat to low. Cover and simmer until kale is tender, about 10 minutes. Drain, but reserve the cooking water. Set aside.
2. Heat 1 tablespoon olive oil in a pot over medium heat. Stir in onions and cook until just beginning to brown, about 10 minutes.
3. Stir in garlic and cook for 1 minute. Add the cooked kale, 1 tablespoon olive oil and the reserved cooking water. Simmer, uncovered, over medium-high heat until liquid is nearly evaporated, 10 to 15 minutes.
4. Add the green pepper, lemon juice, salt, turmeric, paprika, allspice and root ginger. Cook until peppers are soft, about 5 minutes.

Physical activity

Top tips

- Try to keep moving
- Stay as active as you can - how you do it is up to you
- Do something you like so it is enjoyable
- You can try walking, running, swimming, cycling on a stationary bike, dancing, pilates or yoga
- Gardening and housework can count too
- Ask a friend or family member to join you
- Use your favourite music to help you keep active
- Count your steps on your phone

LEAP

Engaging women positively

- Starting from where the women are
- Celebrating what they already do
- Non-judgemental, open conversation – communicate sensitively and avoid stigmatising language
- Provide information relevant to women's cultural foods
- Discuss concepts of weekly swaps
- Enable woman to have ownership of process

Tips for starting conversations

Are there any areas of your diet you would like to make changes to?

- Portion sizes
- Skipping meals
- Healthier recipes
- Foods that support sickness

Useful resources

Eating Well Resources – First Steps Nutrition Trust

British Dietetics Association – Healthy eating in pregnancy

British Dietetics Association – Portion sizes

British Heart Foundation – Healthy recipes finder

British Heart Foundation – Healthy cooking skills tips

NHS – How to read food labels

Impact achieved so far

LEAP's Community Activity and Nutrition (CAN) service

Loretta's Story

What has the service done?

Levels of engagement	
Total women contacted	1941
Women recruited Jan 2016- May 2023	728
Acceptance rate	38%
Completion rate	72%

Who has the service reached?

Ethnicity	
Black	51%
White	25%
Other	8%
Mixed	5%
Asian	4%

IMD quintile	
1	48%
2	41%
3	7%

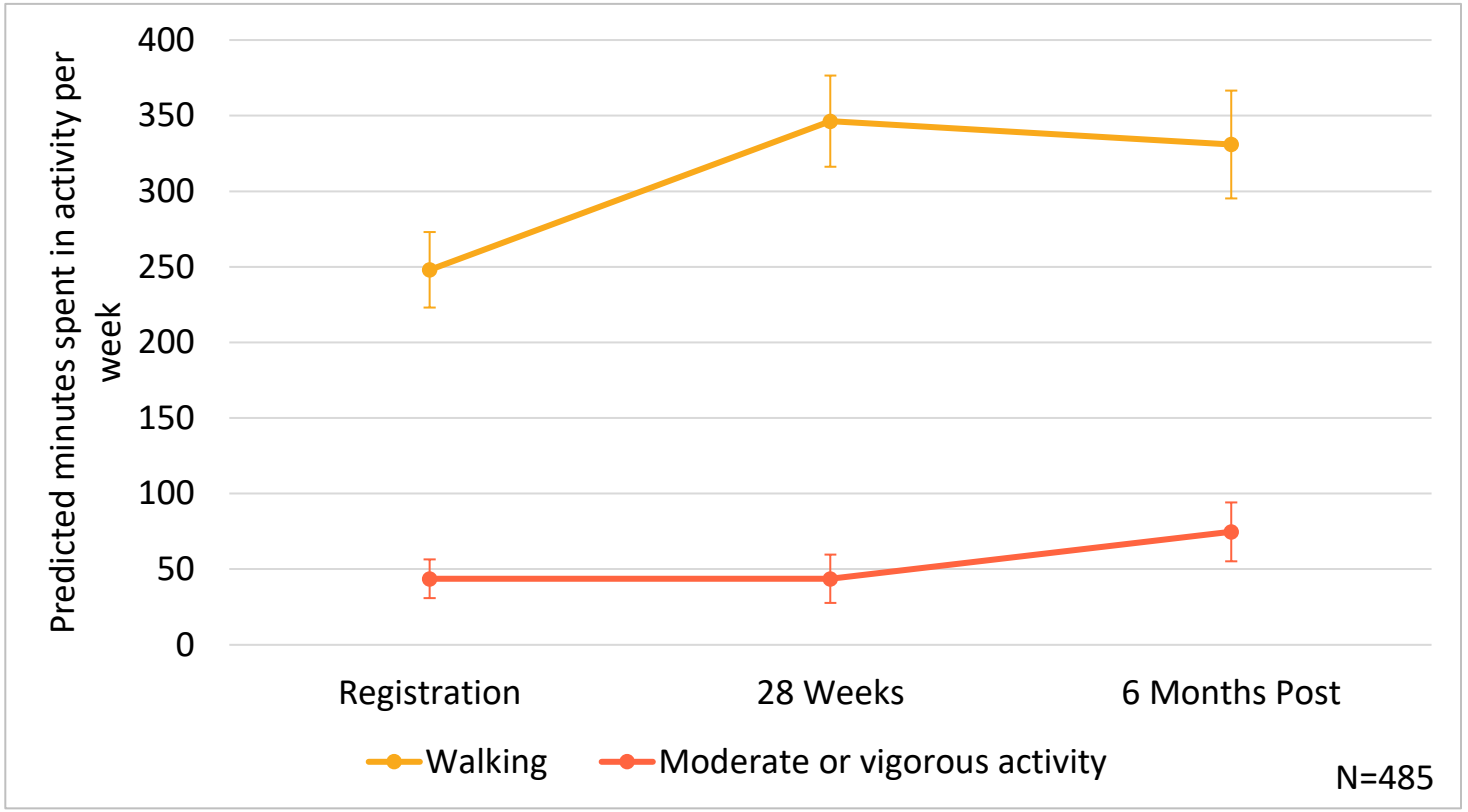
Have we seen progress towards outcomes?

LEAP CAN outcomes	
Healthy birth weight	92%

Have we seen progress towards outcomes?

Attending **Community Activity and Nutrition (CAN)** is helping pregnant women to be **more physically active.**

Women who take part in CAN do more exercise during and after pregnancy than they did before.



Q&A

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