

# HOW BABIES AND WOMEN BENEFIT FROM GROUP CARE

## IMPROVED BIRTH OUTCOMES

Higher birth weights, including in babies born pre-term; fewer low birth babies; tendency towards lower neonatal loss (0 vs 3 infants)

Fewer pre-term births (9.8% vs 13.8%) - risk reduction 33%; effect strongest in African-American women



## BETTER MATERNAL KNOWLEDGE AND PREPAREDNESS FOR BIRTH

Women reported significantly improved knowledge.

They felt more ready for labour and delivery compared to control groups receiving usual care



## LESS MATERNAL WEIGHT GAINED; MORE WEIGHT LOST

Compared to control groups, women's weight trajectory improved. They gained less weight prior to birth and lost more 12 months post-partum. This included women who were obese at presentation. The greatest improvement in weight trajectory was amongst those with the highest scores for depression and pre-natal distress



## IMPROVED PERINATAL MENTAL HEALTH

In women in the top tertile for psycho-stress showed significant improvement in scores for self-esteem and decreased scores for stress and distress in the third trimester

One year post-partum, these groups had lower levels of social conflict and depression



## HIGHER BREAST FEEDING UPTAKE; LOWER RAPID REPEAT PREGNANCY RATES

Breast feeding initiation rates were significantly higher 66.5% compared to control groups (54.6%)

Significant more women used contraception, with a statistically significant reduction in rapid repeat pregnancy



## TO FIND OUT MORE ABOUT MATERNITY GROUP REVIEWS CONTACT:

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These outcomes were achieved in USA when maternity teams supported women with relationship centred care across their antenatal journey. Two hour sessions included: physical assessment; facilitated group support, knowledge and skills development. The mean age of women was 20.4 year. 80% were African American. The closer the fidelity to the model, the greater the improvement. The more frequently women attended, the better their outcomes