Prenatal Nutrition: Healthy Eating as a Tool for Child Development



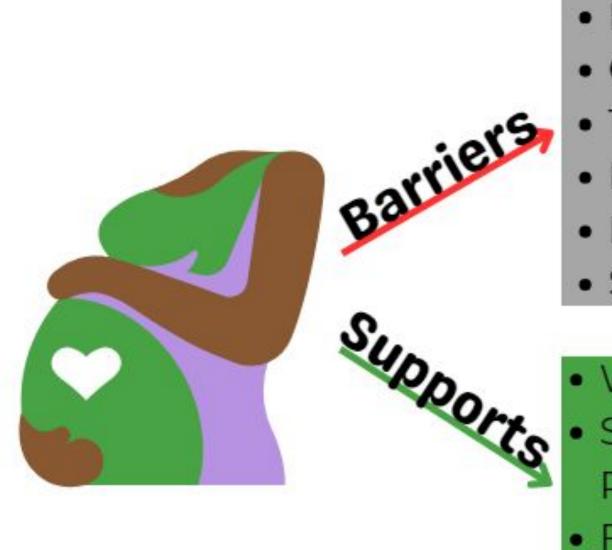
MIND INSTITUTE

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Accessing Nutrition



- Food deserts
- Cost of healthy food (+\$1.5/day)
- Time constraints

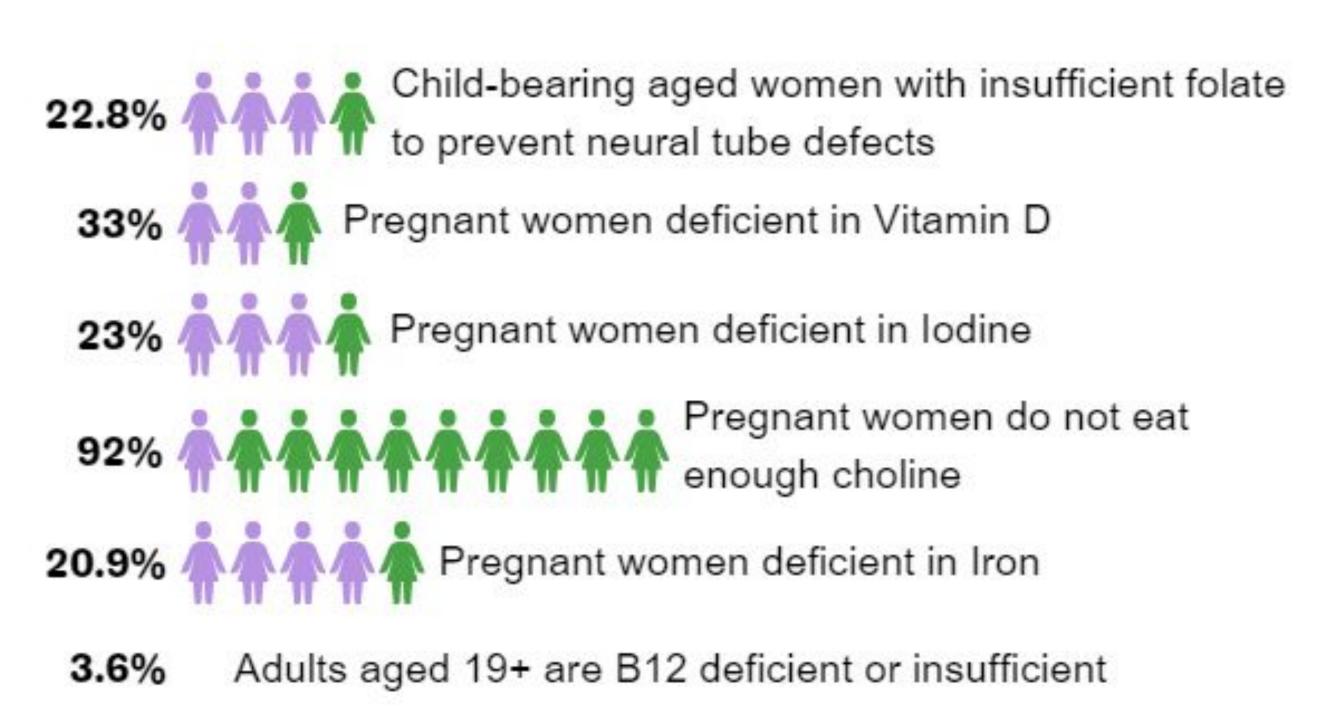
- Systemic barriers for Women of Color
- Women, Infants, & Children (WIC)
- Supplemental Nutrition Assistance Program (SNAP)/ CalFresh
- Food pantries
- BenefitsCal Cash Assistance

Barriers

- State support varies
- Stigma for those seeking services
- Difficulties with enrollement or with following shopping guidelines

14 out of 21 micronutrient needs increase during pregnancy

Prevalence of Deficiencies



Research Question

How can we increase nutrition knowledge and access for pregnant women relying on WIC and/or the MIND institute to improve child neurodevelopmental outcomes?

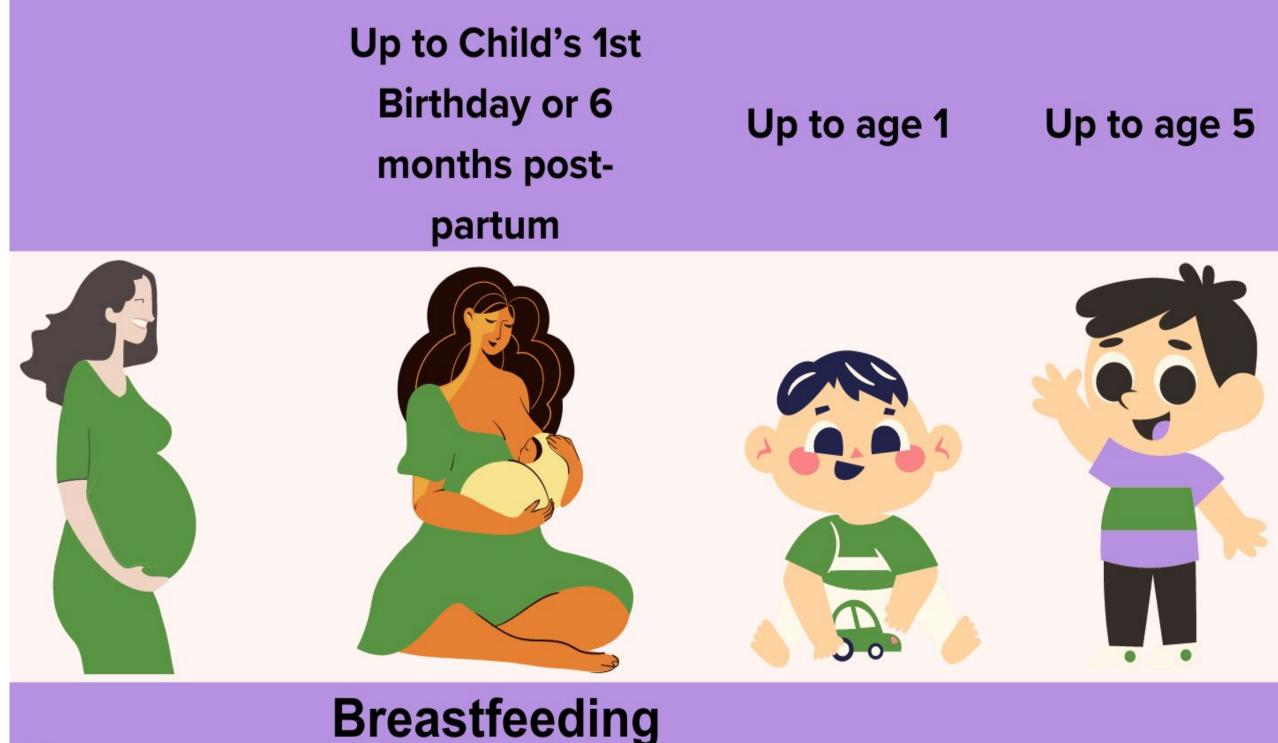
Neurodevelopment

Nutrient	Recommended Intake (Pregnant)	Supports
Folate	600 mcg DFE/day	Neurulation and neuron growth
Vitamin D	600 IU/day	Neuron differentiation, axons, and dopamine
lodine	220 mcg/day	Thyroid hormones needed for brain development
Choline	450 mcg/day	Neural tube closure
Iron	27 mg/day	Oxygen delivery and neuron growth
Vitamin B12	2.6 mcg/day	Neurotransmitters & enzymes that help brain development

These micronutrients are key targets for intervention

Women, Infant, Children (WIC) Services

- WIC is associated with longer gestation, higher birth weight, and better infant health and weight
- Research has shown that children receiving WIC benefits eat higher quality diets and have higher vocabulary and reading scores



Pregnant Women

or Non-Breasting Women

Infants

Children

Areas for Intervention

45.6%

of eligible pregnant women enroll in WIC

40%

of pregnant women eligible for WIC do not enroll because they think they do not qualify

WIC Improvements



Income Question for physicians to identify families eligible for WIC

during primary care visits Improve

Experience to reduce confusion while shopping and maximize WIC benefits

What can the MIND Institute do?



Nutrition Resources

Create a nutrition resource landing page on the MIND website

Feeding Clinic

Offer nutrition services for pregnant women or people indicating desire to have more children in the future

Cooking Class

Offer cooking class to patients in the Transition to Adulthood clinic & to caregivers of MIND patients

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