

Prenatal Nutrition: Healthy Eating as a Tool for Child Development

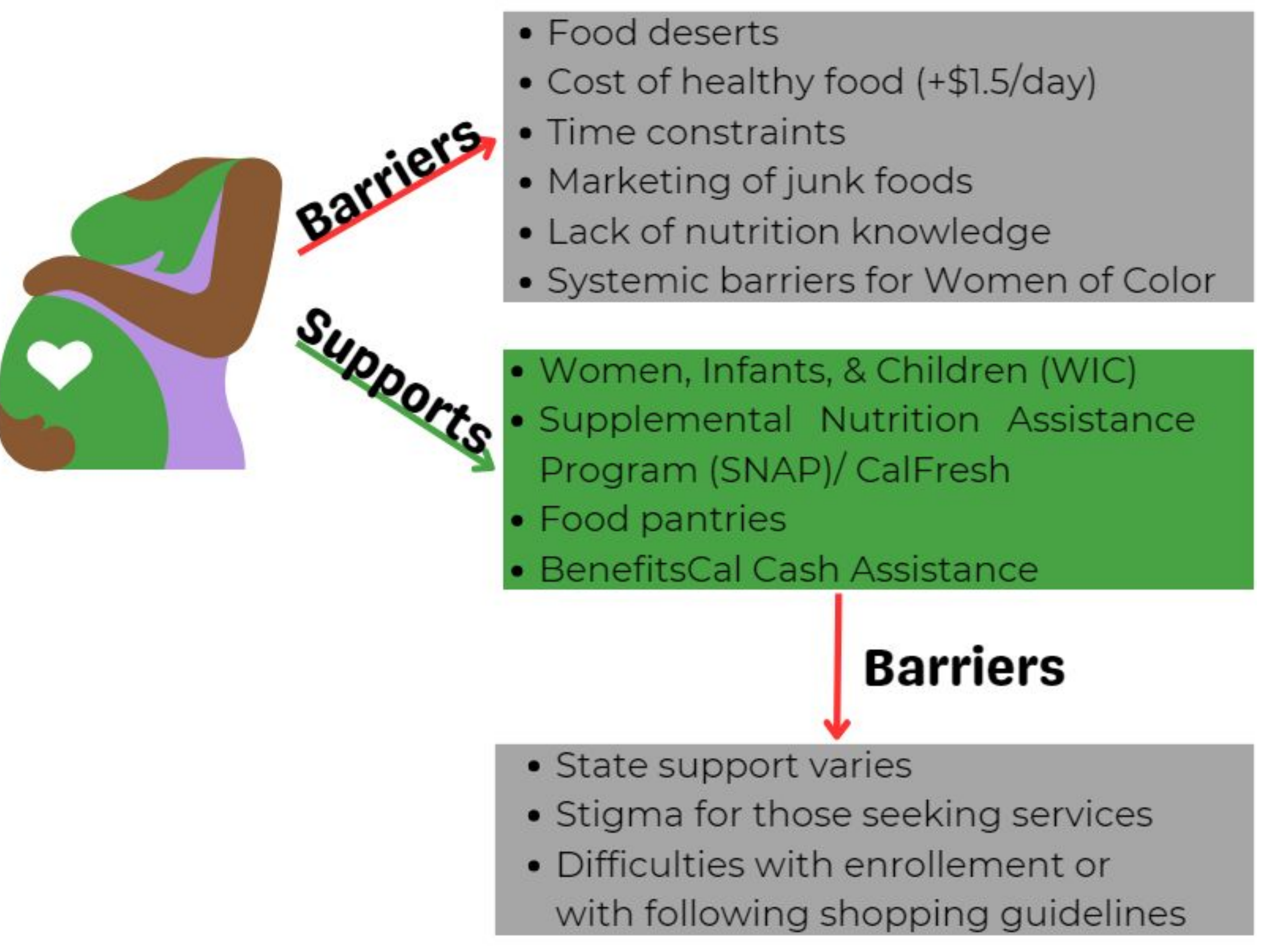


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Accessing Nutrition



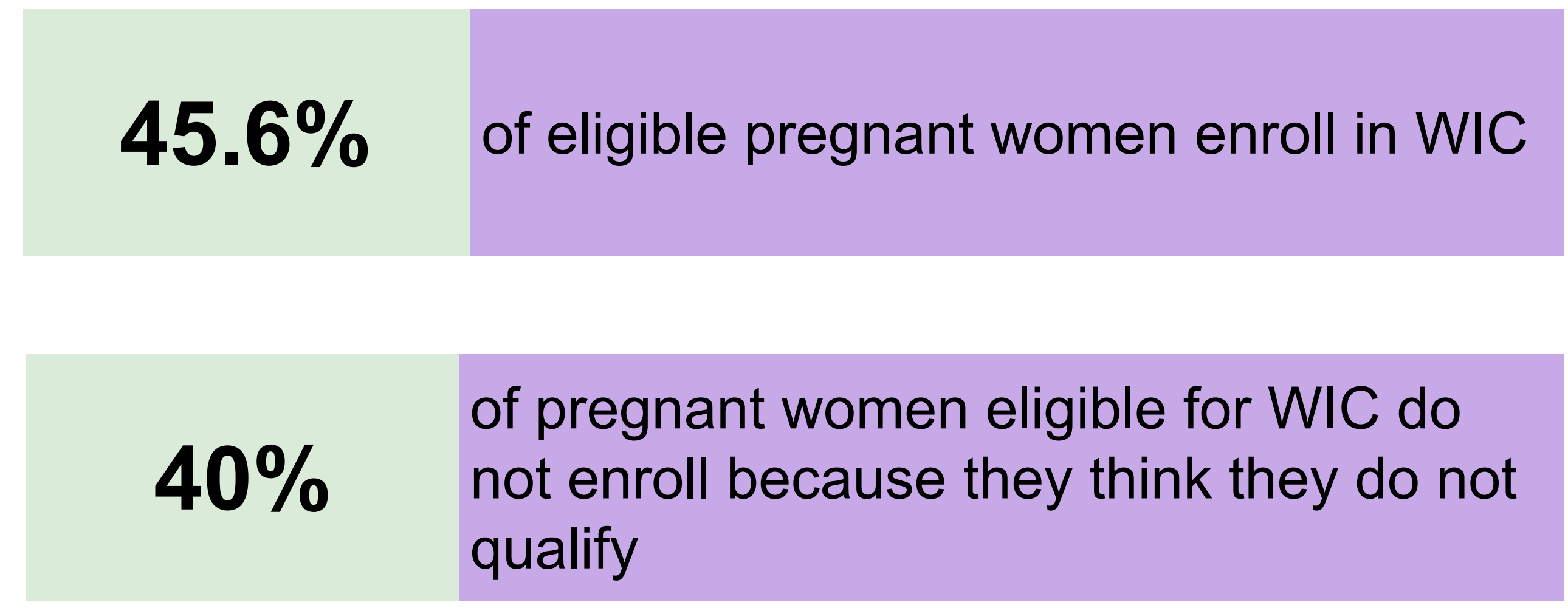
14 out of 21 micronutrient needs increase during pregnancy

Neurodevelopment

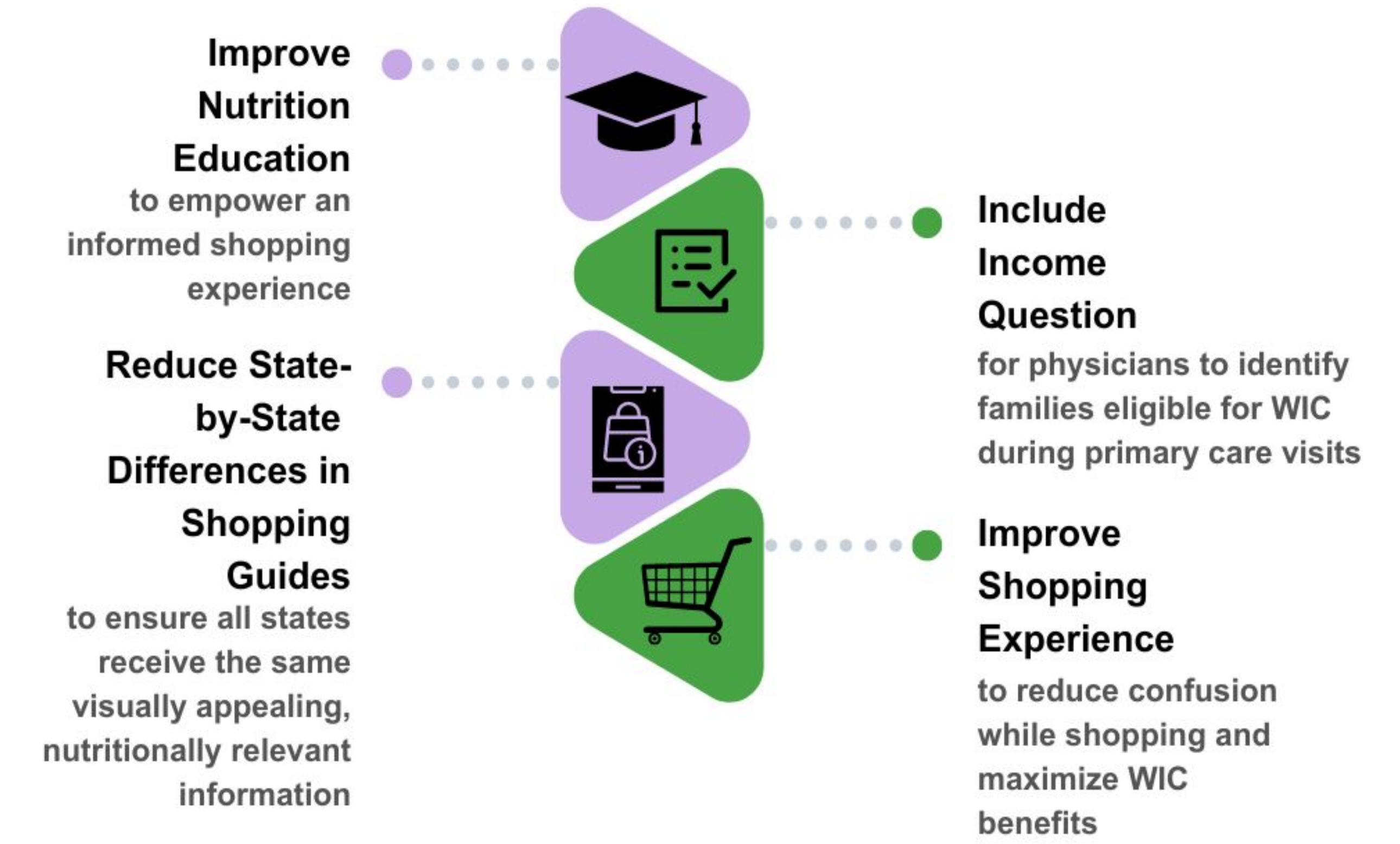
Nutrient	Recommended Intake (Pregnant)	Supports
Folate	600 mcg DFE/day	Neurulation and neuron growth
Vitamin D	600 IU/day	Neuron differentiation, axons, and dopamine
Iodine	220 mcg/day	Thyroid hormones needed for brain development
Choline	450 mcg/day	Neural tube closure
Iron	27 mg/day	Oxygen delivery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

These micronutrients are key targets for intervention

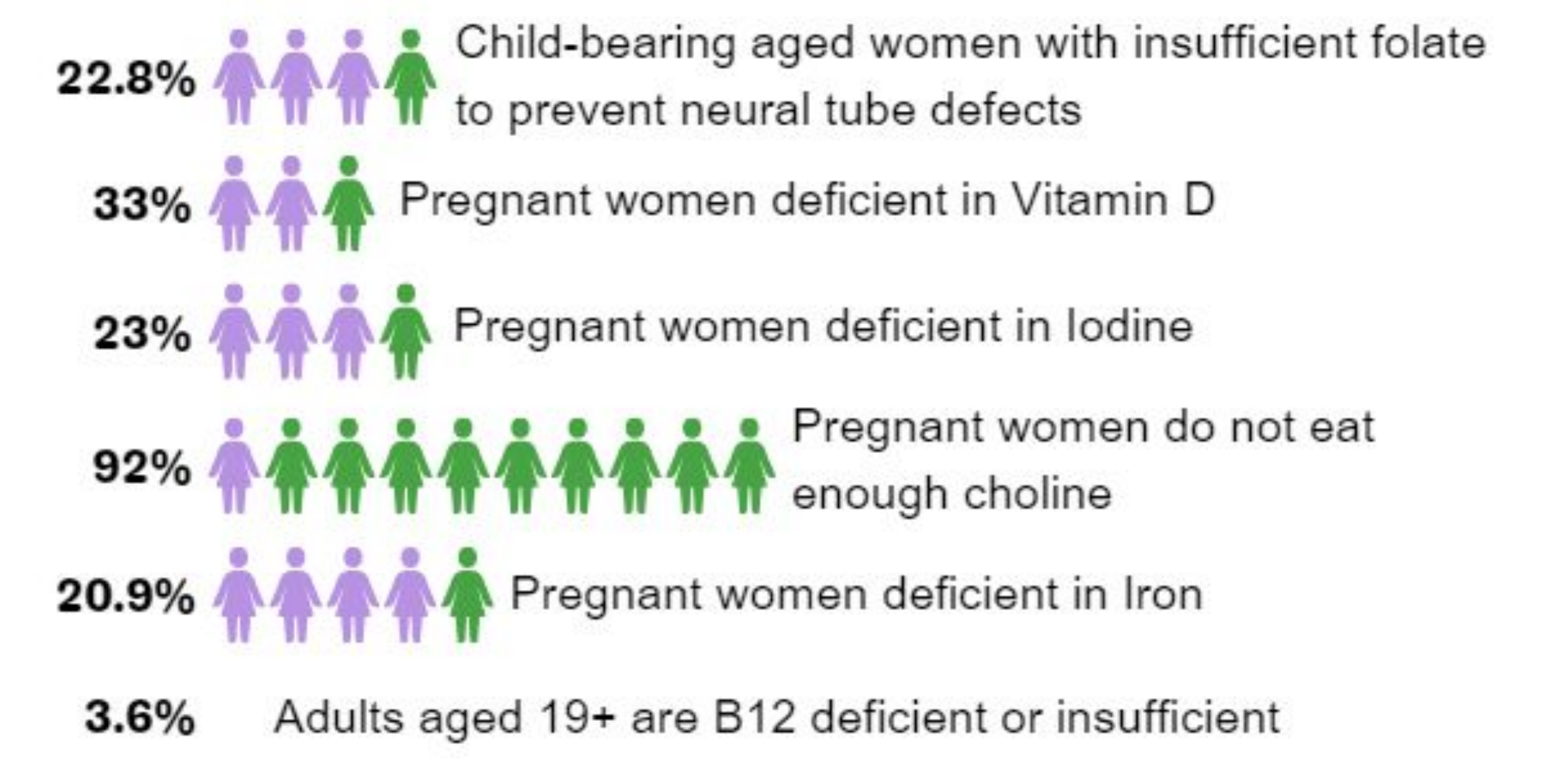
Areas for Intervention



WIC Improvements

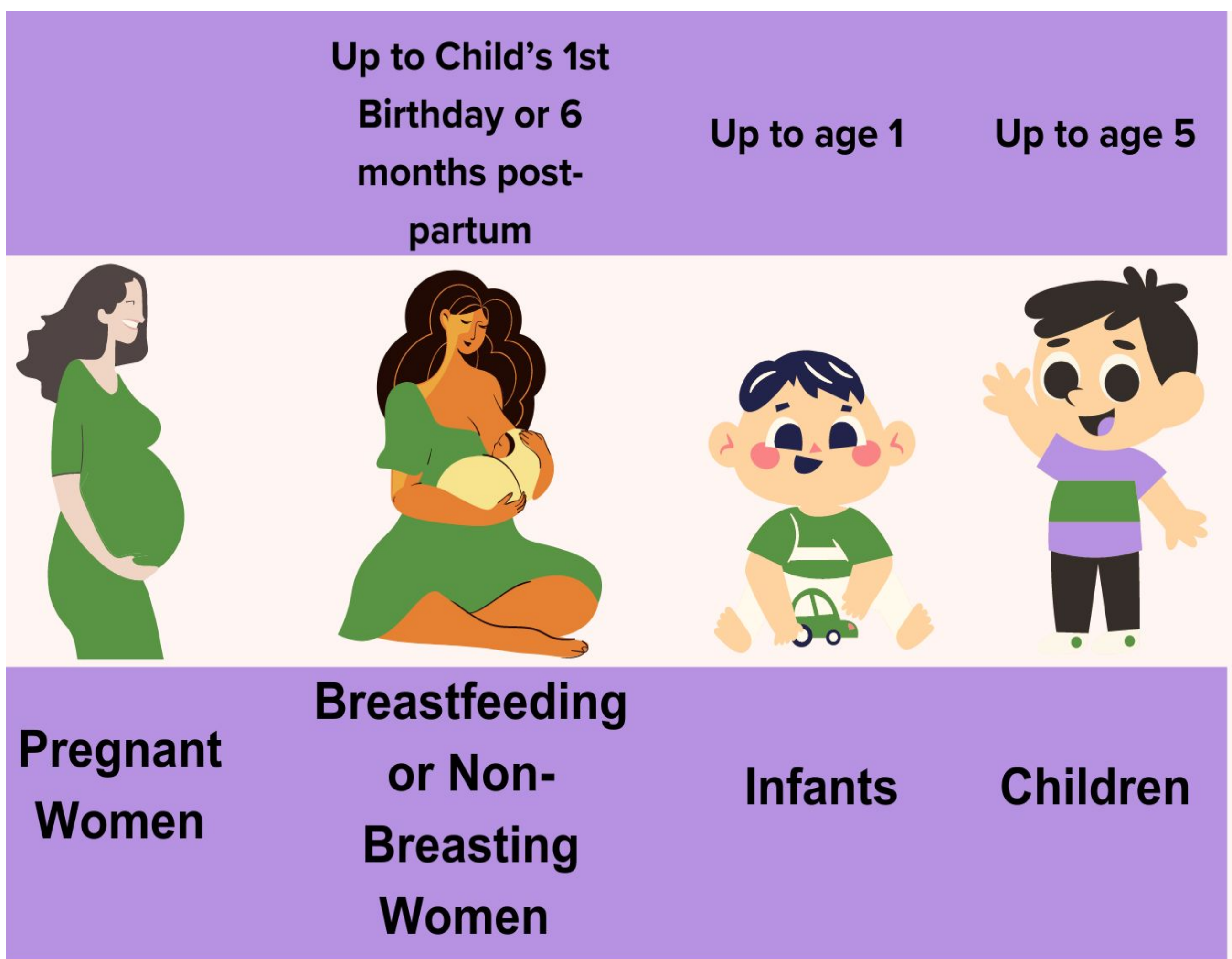


Prevalence of Deficiencies



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



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



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?

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