

**“Enhancing Interprofessional  
Collaboration and Learning for  
Strengthening Primary Health Care”**

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## TUFH 2021 ABSTRACTS

Title	<b>THE IMPORTANCE OF USING ROUTINE DATA FOR PROGRAM EVALUATION: ASSESSMENT OF THE NUTRITIONAL STATUS OF PREGNANT WOMEN IN PRIMARY CARE CLINICS IN RURAL CHIAPAS, MEXICO</b>
Type	<b>Oral Presentation</b> <i>What can we learn from your Primary Health Care Practice and Experiences?</i>
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Abstract N <sup>o</sup>	<b>TUFH592</b>
Content	<p>Compañeros En Salud (CES), a non-governmental organization based in rural Chiapas, Mexico, supports maternal health through a birthing center and ten primary care clinics that provide prenatal (ANC) and postpartum care. One of the program's main concerns is the nutritional status of pregnant women, as low weight gain during pregnancy is associated with health conditions that can compromise child development. CES decided to retrospectively evaluate whether pregnant women in the ANC program are gaining the indicated weight for their body mass index during pregnancy. We included in the analysis women who had enrolled in the program before 20 weeks of gestation and who had continued to attend ANC until delivery in the period from August 2019 (the first month with available data) to December 2020, in order to calculate the difference in weight between the beginning and the end of pregnancy. Only 30 of 271 women (11%) had been enrolled in the program long enough to be considered in the analysis. 5 of 30 (17%) women achieved the minimum recommended weight gain. The average weight gain for normal-weight women was <math>7.1 \pm 1.7</math> SD (n=19), for overweight women <math>4.3 \pm 1</math> SD (n=8), and for obese women <math>1 \pm 1.6</math> SD (n=3). These results indicate that it is crucial to increase our organizational efforts to ensure food security for pregnant women. The low number of women meeting the selection criteria is an indicator of late enrollment and low retention of program participants.</p>