

Darling Downs  
Health

# Rural Darling Downs Antenatal Nutrition Services Audit

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Queensland  
Government

# Rural clusters of Darling Downs Health - Rural Generalist Nutrition & Dietetics Service



**Gestational  
Diabetes**

**Overweight  
& Obesity in  
pregnancy**

**Excessive  
Gestational  
Weight Gain**



**Better  
Antenatal  
Outcomes**

**Medical Nutrition Therapy**

**Darling Downs  
Health**

# Method



300



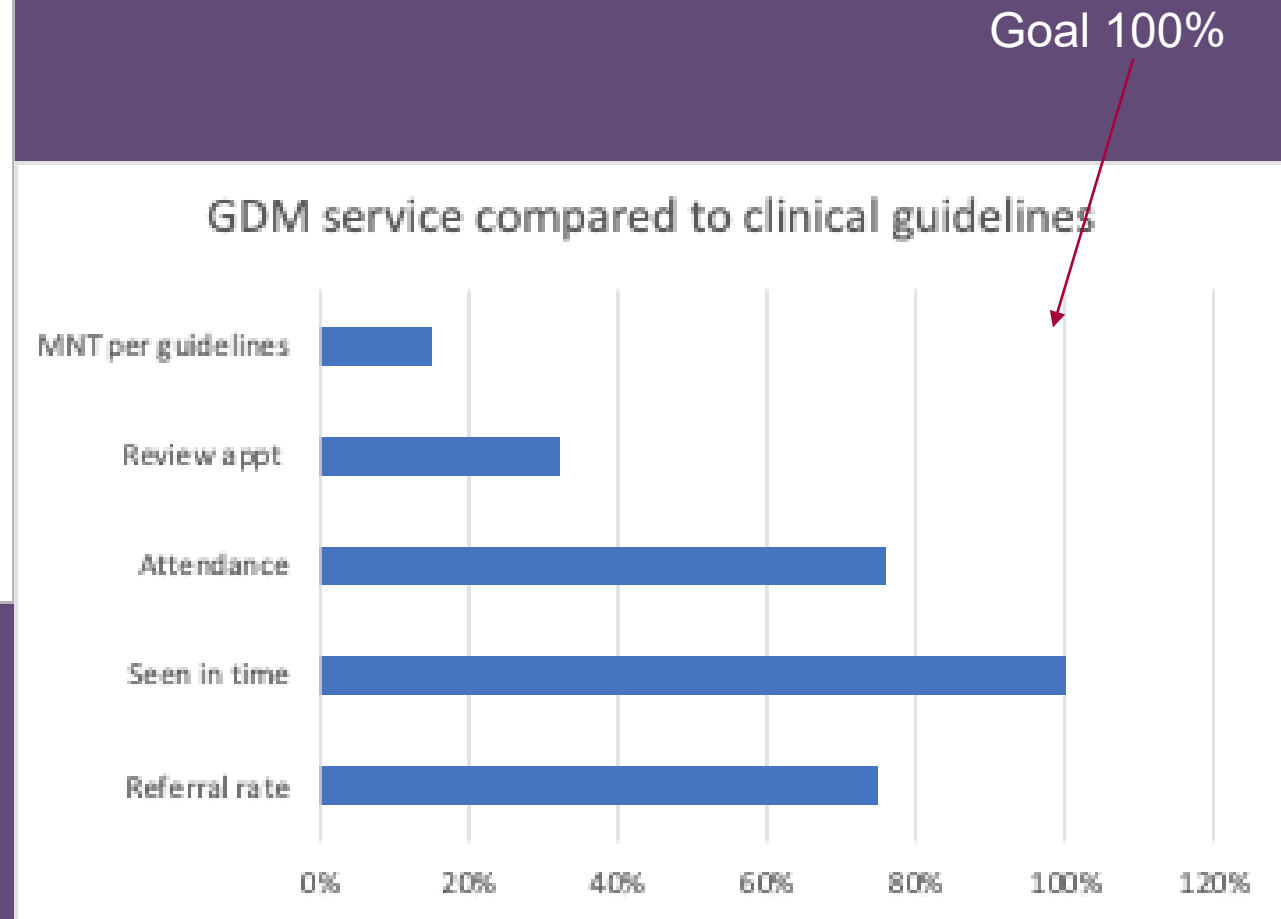
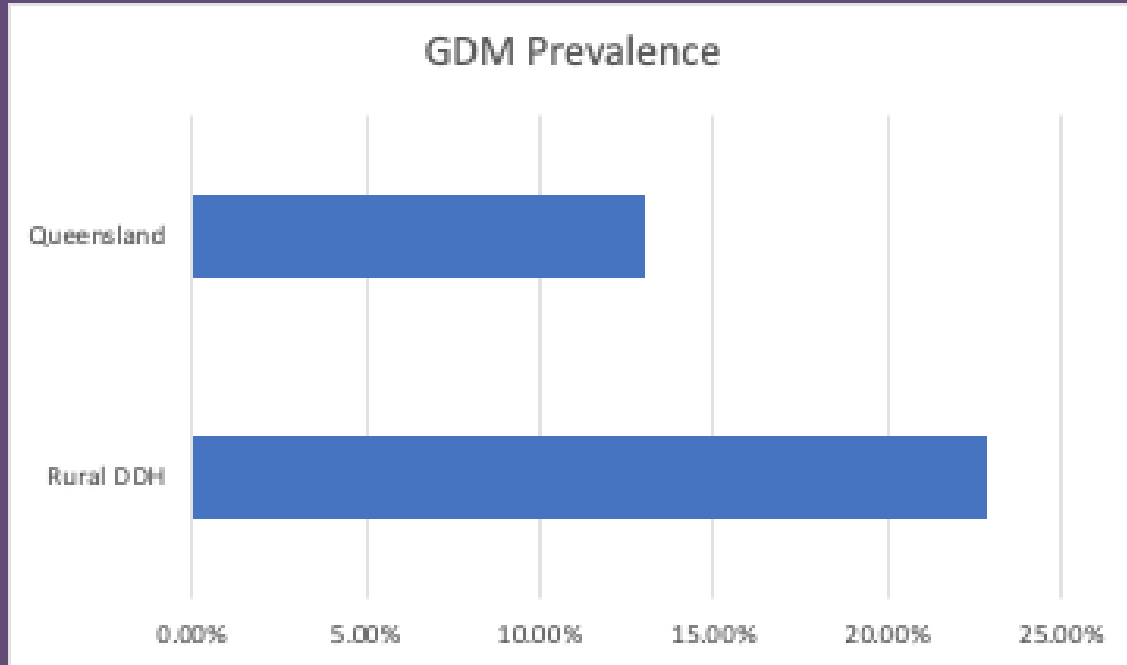
- GDM status
- Body Mass Index
- Gestational Weight Gain (GWG)
- Referral to dietitian
- Dietetics service mode (group v individual)
- Monitoring and post natal follow up



- Barriers and opportunities to providing nutrition services to antenatal clients

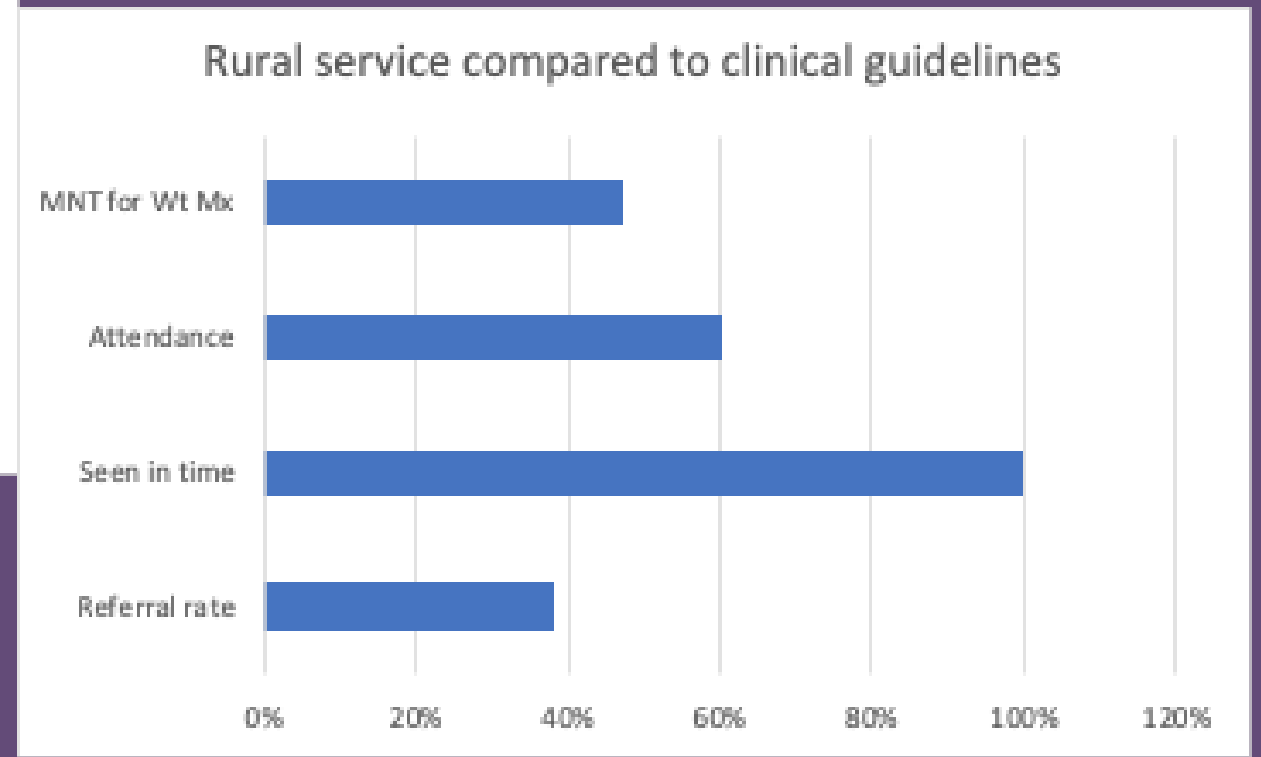
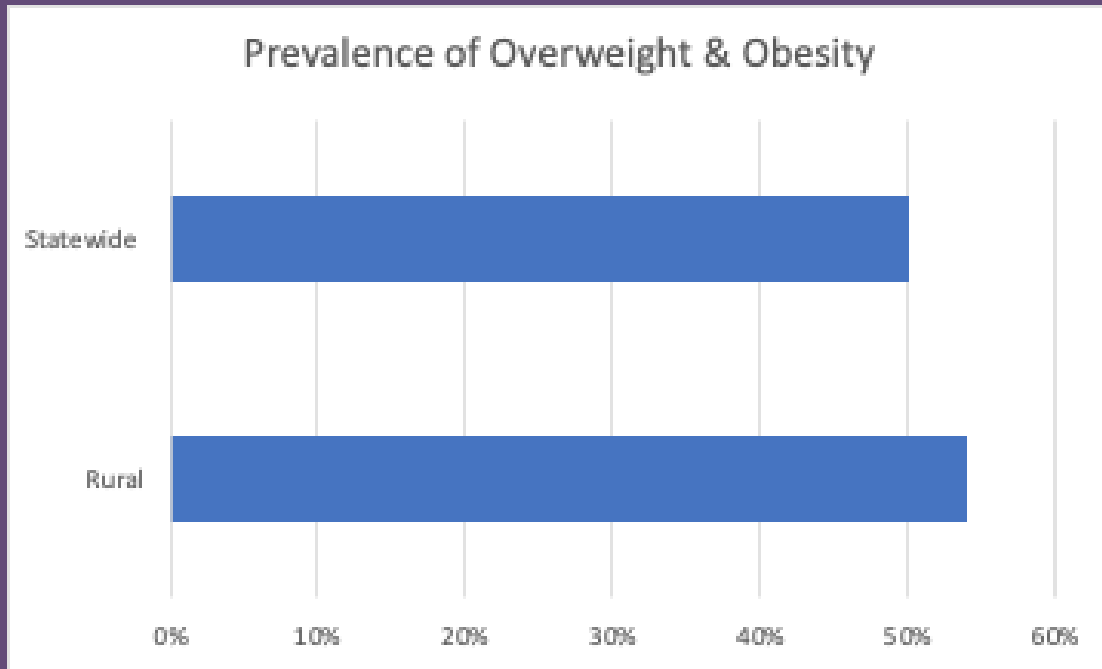
# Results

## Gestational Diabetes



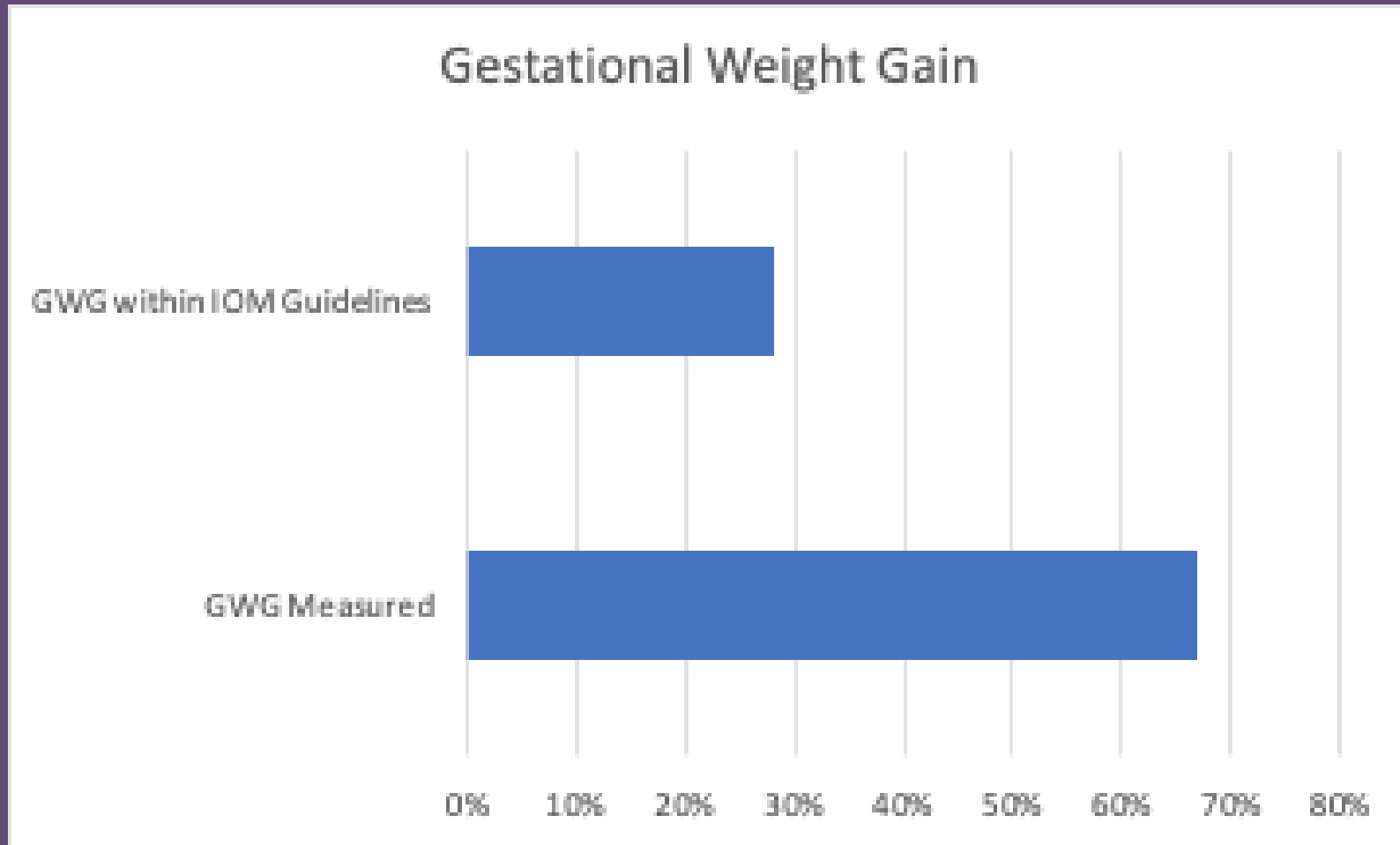
# Results

## Overweight & Obesity



# Results

## Gestational Weight Gain



## Interviews: Key themes

### Client barriers

Socioeconomic status

Lack of community awareness of GWG targets

Health literacy

Understanding of the role of diet in GDM

### Staff barriers

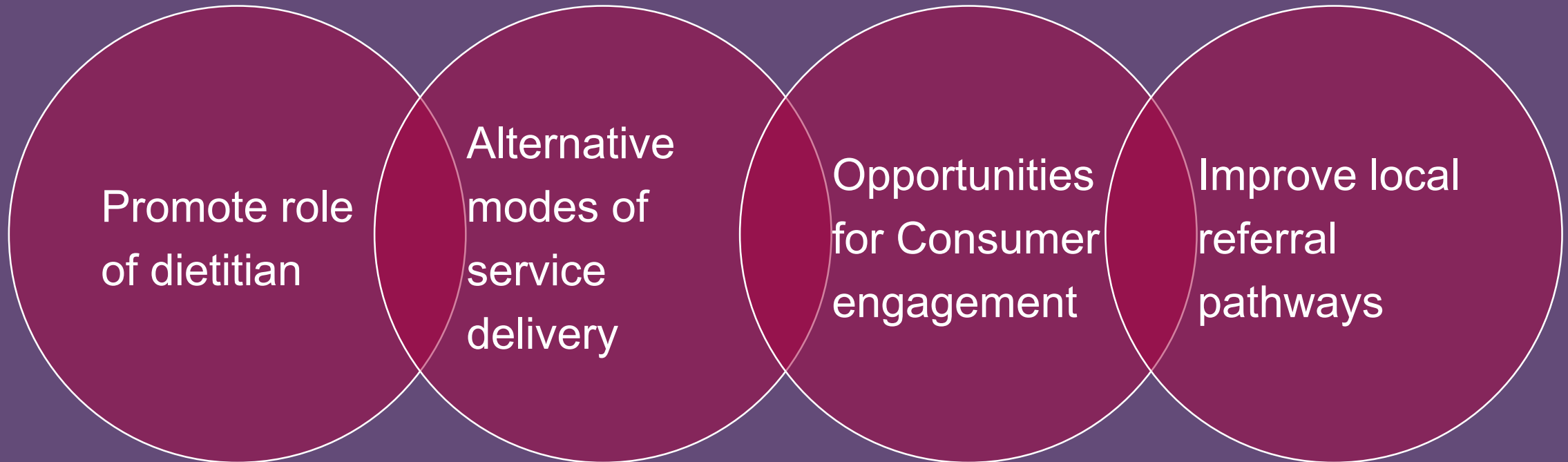
Unaware of clinical guidelines

Inadequate resources: clinical space, time

*“..... women assuming they already know what foods contain carbohydrate and women who have had multiple pregnancies and think they already know what to do”.*

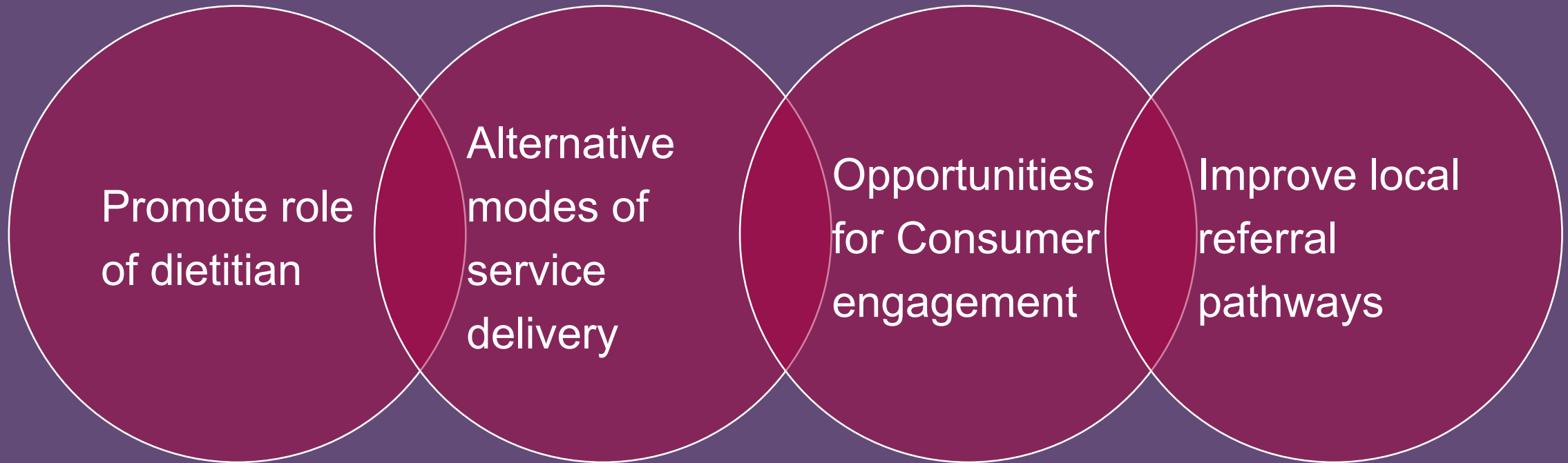


# Where to from here...



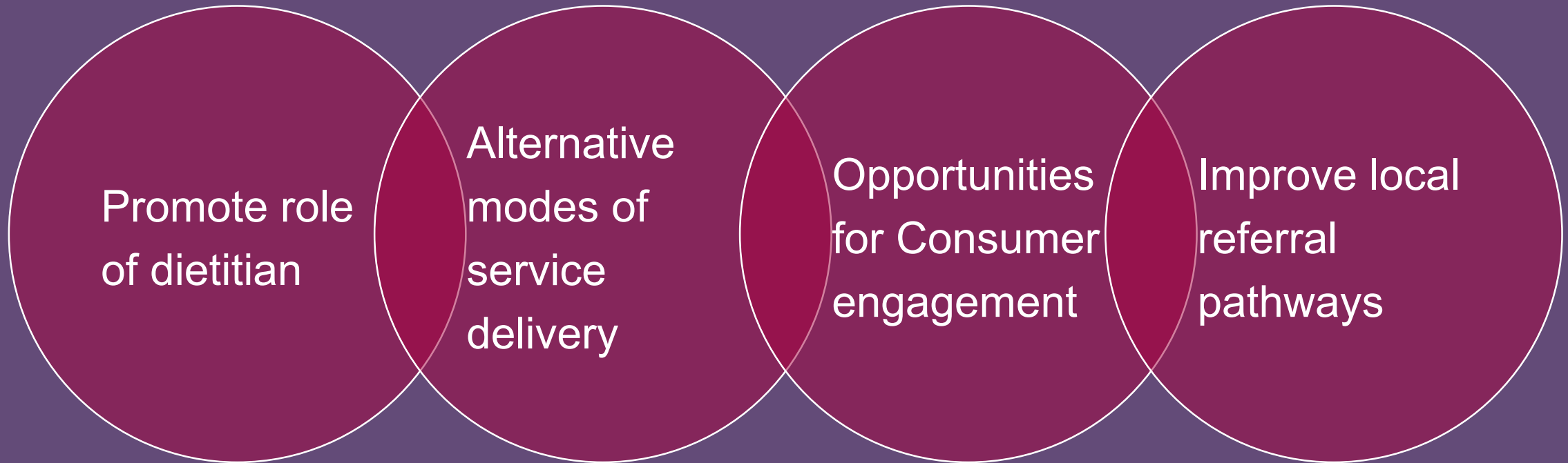
- 1) Promote role of dietitian in GDM, GWG and Obesity in pregnancy: considering cost effectiveness, time, clinical outcomes
  - a. Through additional inservices, promotion of the dietetic service

# Where to from here...



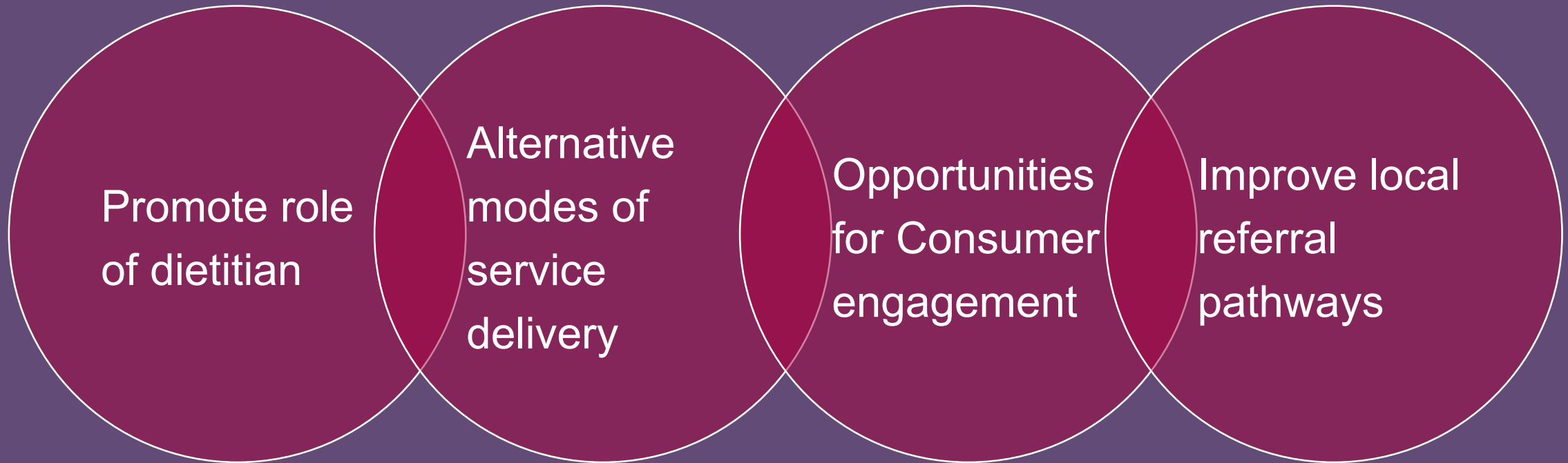
- 2) Investigate alternative modes of delivery, telehealth, webinars, online resources –
  - a. Potentially reducing time between receiving referral and dietitian appointment
  - b. May improve access for women in more remote areas

# Where to from here...



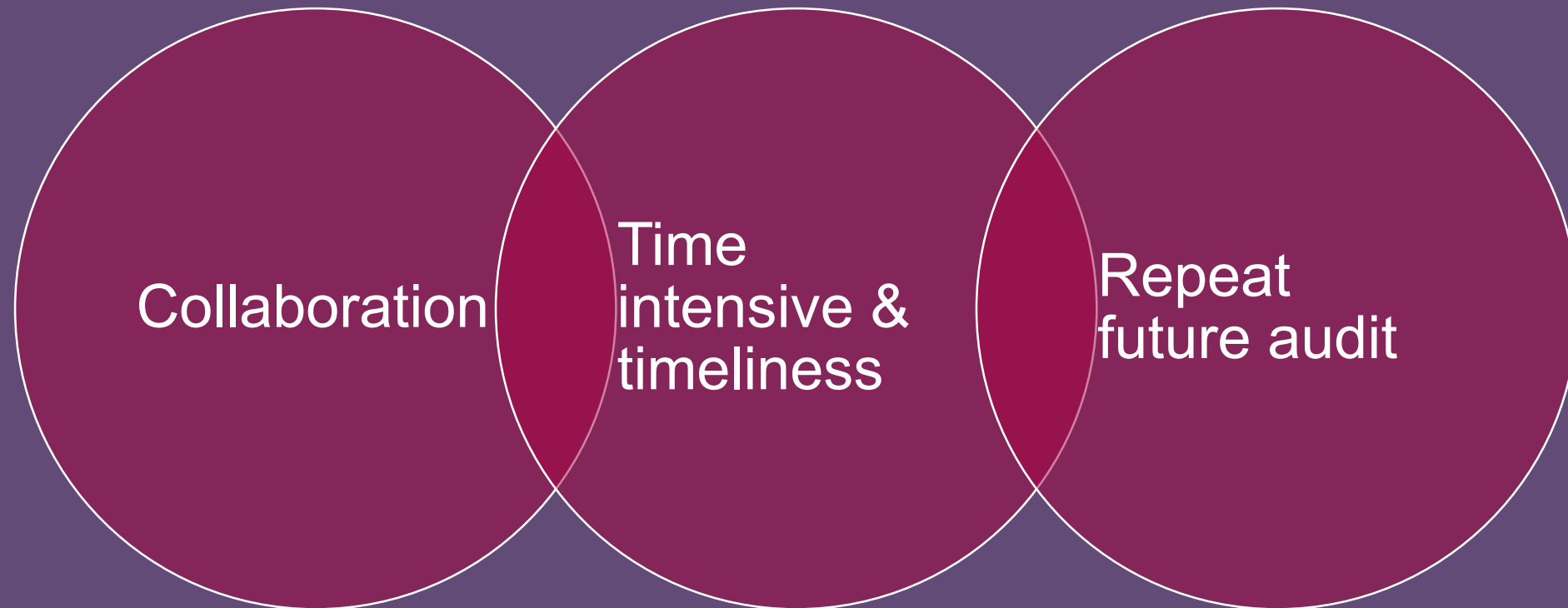
- 3) Opportunities for Consumer engagement
  - a. Through Child health nurses and mothers groups for earlier intervention

# Where to from here...



4) Improve local referral pathways: in-services, information, guidelines

# Reflection



# Questions...

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## References

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