

[EP07.30] Influence of socioeconomic status on the effectiveness of lifestyle interventions during pregnancy: a subanalysis of the IMPACT BCN trial

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Objective

To investigate whether socioeconomic status (SES) influences the effectiveness of lifestyle interventions during pregnancy.

Methods

SES was classified as low if participants reported never worked or being unemployed for more than 2 years and having a partner with unqualified job or who was also unemployed; high if participants reported having completed university studies, regardless of their employment status; and medium for all other situations.



Results

A total of 1,182 participants were included in the intention-to-treat analysis and classified by SES as low (n=80), medium (n=427), or high (n=677). SES distribution was balanced across intervention groups. Compliance with the trial interventions increased significantly with higher SES. This trend was observed in attendance of follow-up visits (68.8% in low SES, 80.1% in medium SES and 95% in high SES, $p<0.001$), and adherence to the interventions (9.8% in low SES, 40.6% in medium SES and 61.3% in high SES, $p<0.001$). Interestingly, despite lower compliance among low SES participants, the interaction between interventions and SES on the prevention of small-for-gestational-age was not statistically significant ($p=0.25$).

Conclusion

Pregnancy lifestyle interventions remained effective in all socioeconomic levels, despite lower compliance in the low SES group, likely reflecting a greater margin for behavioral improvement within this group.