

EP16.08: A Healthy Lifestyle Score for pregnancy (pregLIFE7) and Its Association with Adverse Perinatal Outcomes

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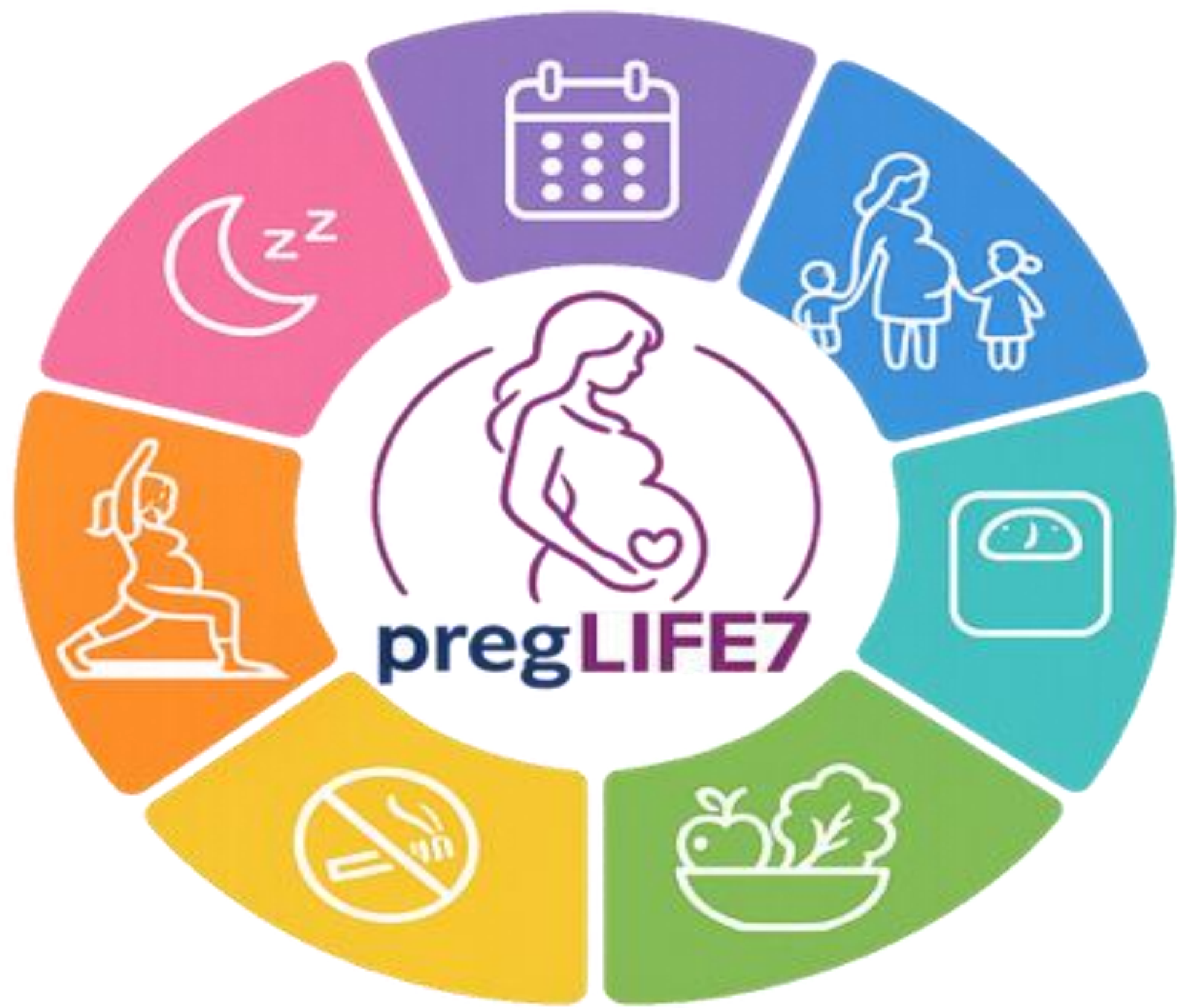
Aim

To develop a composite healthy lifestyle score for pregnancy and evaluate its association with adverse perinatal outcomes (APO)

Methods

- 1,448 pregnant women
- Two independent Spanish prospective cohorts.
- A combined lifestyle score (pregLIFE7; range 0-7) was constructed by assigning one point for each healthy criterion met:

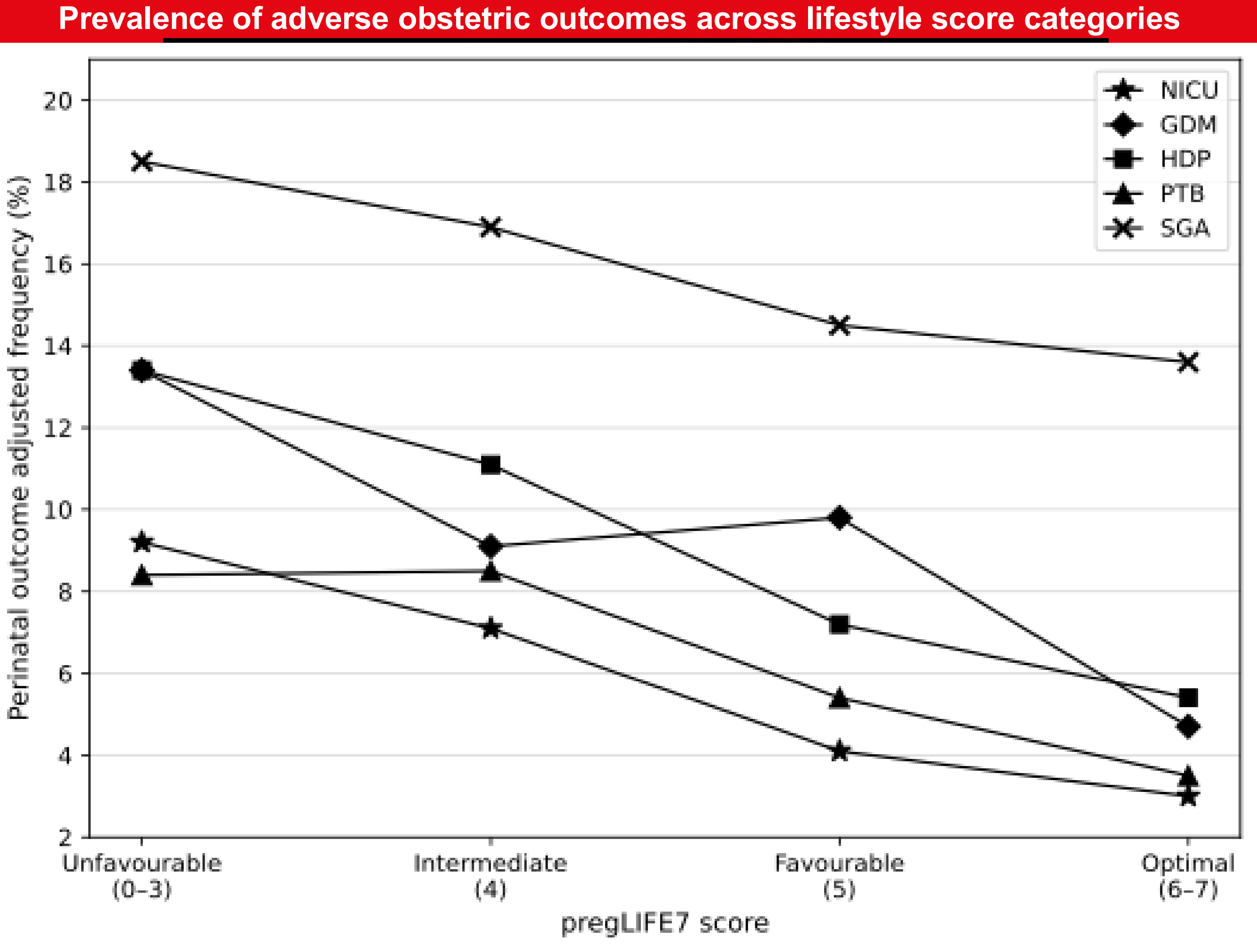
1. Adherence to Mediterranean diet
2. Regular physical activity
3. Currently non-smoking
4. Sleep 6-9 hours/night
5. Pre-pregnancy BMI 18.5-24.9 kg/m2
6. Maternal age <40 years
7. Multiparity



Conclusion

Greater adherence to a multidimensional healthy lifestyle score during pregnancy was associated with a lower risk of adverse pregnancy outcomes.

The pregLIFE7 score may offer a simple and comprehensive approach to lifestyle assessment during pregnancy, and facilitate risk stratification for targeted prevention.



Association of the Pregnancy Lifestyle 7-item score (pregLIFE7) individual components and Adverse Perinatal Outcomes.

pregLIFE7 components	Adverse Perinatal Outcome, n (%)	Odds Ratio (95% Confidence Interval) ^b
Diet		
Preg-MEDAS score ≥8	149/806 (18.5%)	1 (Ref.)
Preg-MEDAS score <8	146/643 (22.7%)	1.43 (1.14-1.79)
Smoking		
Non-smoker	275/1371 (20.0%)	1 (Ref.)
Current smoker	22/77 (28.6%)	1.49 (0.88-2.52)
Physical activity		
≥ 150 minutes/week	119/676 (17.6%)	1 (Ref.)
1-149 minutes/week	65/302 (21.5%)	1.12 (0.79-1.59)
<1 minute/week	113/472 (23.9%)	1.45(1.08-1.96)
Sleep		
<6 hours/day	24/88 (27.3%)	1.46 (0.89-2.39)
7-9 hours/day	255/1275 (20.0%)	1 (Ref.)
≥ 10 hours/day	18/85 (21.2%)	1.22 (0.66-2.26)
Pre-pregnancy Body Mass Index		
<18.5 kg/m ²	9/81 (11.1%)	0.69 (0.34-1.42)
18.5-24.9 kg/m ²	138/908 (15.2%)	1 (Ref.)
25.0-29.9 kg/m ²	56/299 (18.7%)	1.29 (0.91-1.81)
≥ 30 kg/m ²	32/138 (23.2%)	1.68 (1.09-2.59)
Maternal age		
<40 years	229/1127 (20.3%)	1 (Ref.)
≥ 40 years	68/321 (21.2%)	1.11 (0.73-1.68)
Parity		
Multiparous	137/743 (18.4%)	1 (Ref.)
Nulliparous	160/705 (22.7%)	1.31 (1.01-1.68)