

Parents’ and professionals’ views on the importance of the first 1000 days

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1. Background



Psychosocial risk and life-style factors during pregnancy are associated with **unfavourable outcomes**, such as **preterm birth** and **small for gestational age**



Risk factors include an unhealthy diet, smoking, substance use, persistent stress and living in a deprived area



Given the major impact of pregnancy and the first 1000 days, **addressing psychosocial risk and life-style factors** during this period is **crucial**

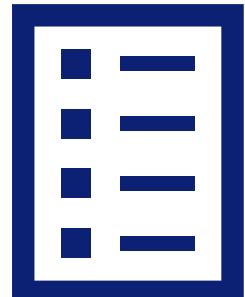


Little is known about **the views of parents and professionals** on **the impact of psychosocial and life-style factors** on (long term) **outcomes**, e.g. preterm delivery, small for gestational age

2. Objective

To evaluate the **views of parents** with a child up to two years and **professionals** about **the impact of pregnancy and the first 1000 days** on the development and **long term health**

3. Methods



Cross-sectional survey study



A large city in the Netherlands



Parents with a child up to two years



Professionals first 1000 days

4. Results (I)



1865 (response rate 20.4%)



322 (response rate: 39.2%)

“Maternal health and well-being **during pregnancy** are important for a child’s health and development **during pregnancy**”



91%



97%



“Maternal health and well-being **during pregnancy** are important for a child’s health and development **during childhood**”



75%



87%



“Maternal health and well-being **during pregnancy** are important for a child’s health and development **during adult age**”



54%



65%



4. Results (II)

“**Preterm birth** has an influence on the health and well-being of a child of 0-2 years **during adult age**”



41%



59%



25%



42%

“**Small for gestational age** has influence on the health and well-being of a child of 0-2 years **during adult age**”

5. Take Home Message



Though parents and professionals are aware maternal health and well-being is important for a child’s health and development during pregnancy, awareness about the impact during childhood and adult age is less well-known. There is **little awareness in parents and professionals** about **the impact** of preterm birth and small for gestational age on **long-term health for the child**.

6. Contact

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