

Freedom of Information request 161-18

Request

- Under FOI I would like to know the number of pregnant mothers who were obese on booking in with their midwife.

I would like this information for 2013 - 2018 year by year.

- I would like to know what services your health board offers for overweight / obese mothers - e.g. exercise classes / dietician referral etc and how many pregnant women were referred to these services each year 2013 - 2018. (and the cost of these services)
- I would also like to know the numbers of women who were a healthy bmi and those who were overweight, also year by year 2013-2018.

Response

- Please find below table detailing BMI of pregnant mothers on booking in with their midwife from 2013 up to 20 April 2018:

BMI	2013	2014	2015	2016	2017	2018
18.5 - 24.9	532	540	490	471	518	139
25.0 – 29.9	302	309	284	296	323	99
30.0+	233	222	254	221	244	84

- Pregnant women can be referred by their Community Midwife to existing weight management service e.g. Dietetics or LASS if they request/require it. Post partum support is also available from these services. As these appointments are delivered as part of mainstream services it is impossible to give specific costs.

In January 2015 NHS Borders developed a Healthy Lifestyle in Pregnancy programme (Borders BumpFit) for women who had a BMI >35. This project involved a specialist midwife who had undergone training in motivational interviewing to have an appointment with the woman at her 12 week scan where weight, physical activity and healthy eating within pregnancy were discussed and individual goals set. Ongoing monitoring and follow up continued throughout pregnancy if the woman wished it too. In partnership with LIVE Borders these women were also offered 6 free antenatal physical activity sessions (this included Aquanatal, antenatal exercise classes, Aqua aerobics or personal training sessions). This work was jointly undertaken with Midwifery and the Joint Health Improvement Team/Public Health.

The costs for running the BumpFit programme were £25,000 from January 2015 until March 2018 which was provided from the Adult Weight Management allocation.

Since January 2015 180 women have attended an initial appointment with the Specialist Midwife.

Time period	Number of women seen at initial appointment	Number of women accepting a follow up appointment
Jan 15 -Mar 15	16	4
Apr 15-Mar 16	78	25
Apr 16-Mar 17	55	8
Apr 17-Mar 18	31	1

Time period	Number of women referred to LIVE Borders for exercise classes
Jan 15 -Dec 15**	16
Apr 16-Mar 17**	32
Apr 17- Mar 18	25

** Data collection changed in early 2016 to financial years rather than calendar years

If you are not satisfied with the way your request has been handled or the decision given, you may ask NHS Borders to review its actions and the decision. If you would like to request a review please apply in writing to, Freedom of Information Review, NHS Borders, Room 2EC3, Education Centre, Borders General Hospital, Melrose, TD6 9BS or foi.enquiries@borders.scot.nhs.uk.

The request for a review should include your name and address for correspondence, the request for information to which the request relates and the issue which you wish to be reviewed. Please state the reference number **161-18** on this request. Your request should be made within 40 working days from receipt of this letter.

If following this review, you remain dissatisfied with the outcome, you may appeal to the Scottish Information Commissioner and request an investigation of your complaint. Your request to the Scottish Information Commissioner should be in writing (or other permanent form), stating your name and an address for correspondence. You should provide the details of the request and your reasons for dissatisfaction with both the original response by NHS Borders and your reasons for dissatisfaction with the outcome of the internal review. Your application for an investigation by the Scottish Information Commissioner must be made within six months of your receipt of the response with which you are dissatisfied. The address for the Office of the Scottish Information Commissioner is, Office of the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife.