

Title: Dietary Outcomes of Healthy MOMs/Madres Saludables: A Randomized Controlled Diabetes Prevention Intervention Trial with Pregnant Latina Women

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Abstract

Objective: This study evaluated the effectiveness of a community-based healthy lifestyle intervention in improving dietary behaviors of pregnant Latinas.

Methods: The 11-week, culturally tailored, Spanish language Healthy MOMs intervention offered home visits, group classes, related activities, and social support from trained community health workers (CHWs) and peers. Dietary behaviors were measured by food frequency questionnaire. Linear mixed models estimated pre-and post-intervention changes, within and between MOMs intervention and minimal intervention (MI [control]) groups.

Results: MOMs (n=139) and MI (n=139) participants had similar baseline characteristics and dietary intake. Post-intervention, MOMs participants showed significant improvement for all dietary behaviors except fruit and fiber consumption. Compared to MI participants, MOMs participants had significantly decreased consumption of added sugar ($p=0.05$), total fat ($p<0.05$), saturated fat ($p<0.01$), percent of daily calories from saturated fat ($p<0.001$) and solid fats and added sugars ($p<0.001$), and increased vegetable consumption ($p<0.001$). Their increase in fiber consumption ($p<0.05$) was significant relative to MI participants' decline.

Conclusions: This study confirmed the hypothesis that a community planned, CHW-led healthy lifestyle intervention can improve dietary behaviors of low income Latina women during pregnancy.