



Presenter: Estrella Lopez

Session & Time: Poster_III / 2:00 to 2:50pm

Room: Guzman Lecture Hall

Discipline: Nursing

Faculty Mentor: Luanne Linnard-Palmer

Digital Portfolio URL:

Title: How parental negative lifestyle choices affect maternal pregnancy and birth outcomes: BMI, Smoking, Drinking, Domestic Violence, Partner Involvement

Abstract:

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Paternal lifestyle choices are often overlooked yet are a crucial factor in maternal pregnancy and fetal outcomes. While maternal health behaviors have been the primary focus that determines a healthy pregnancy and child outcomes, this thesis explores how a father's harmful behaviors such as, high body mass index (BMI), smoking habits, alcohol consumption, exposure to domestic violence, and lack of partner involvement, can contribute to diminishing the health

of both mother and baby. After analyzing six research articles, this thesis revealed how a father's negative lifestyle choices affect maternal pregnancy and fetal outcomes. Using a quantitative non-experimental descriptive design, this thesis proposed a pilot study surveying at least 25 pregnant, recently pregnant, or with a child up to the age of five years old, from shelters and have been exposed to one or more negative paternal behaviors. The survey was developed to investigate the mother's perceptions on the impact of the father's lifestyle choices on her pregnancy and outcomes. The ultimate purpose of this research is to implement effective interventions to aid mothers and their children exposed to harmful paternal (father) behaviors. The end goal is to incorporate nursing interventions that can reduce damaging father behavior, empower a mother's self-care, and improve child outcomes.