Using mHealth Interventions to Improve Prenatal Care and Birth Outcomes in the United States

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Background

- Negative birth outcomes persistent in US
- Short-term and long-term consequences
- Access to prenatal care
What is mHealth?

- Using mobile phones and communication devices to deliver health services and information
mHealth and Prenatal Care

- High compliance and usability
- Improved nutrition and physical activity
- Increased attendance in prenatal appointments
mHealth and Prenatal Care in the US

- High compliance and usability
- Increased attendance in prenatal appointments
- Improved prenatal vitamin intake and awareness of smoking and consuming alcohol
- Form of social support
Limitations

- Information and privacy issues
- Lack of access to healthcare and technology
  - Rural/underserved population
Conclusions

- mHealth interventions feasible and acceptable
- Further research needed to evaluate effectiveness
  - Randomized control trials
Public Health Implications

- Increase access to prenatal care
- Improve birth outcomes
- Minority and underserved populations
  - Racial Disparities in MCH
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Questions?


