

REVOLUTIONIZING MATERNAL HEALTH THROUGH INNOVATIVE NUTRITION PROGRAMS



PROJECT INVESTIGATOR
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THE PURPOSE

This study explores factors of diet, maternal well-being, and birth outcomes among Medicaid-eligible pregnant individuals.



Alabama ranks among the highest in pregnancy complications, poor outcomes, and maternal-child mortality.



Black/African American residents of low-income households have fewer healthy food options, with more fast-food and fewer grocery stores.

70%

of pregnant women exceed recommended intakes of added sugars, sodium, and saturated fats.

>50%

gain excess pregnancy weight, risking their and their babies' health.

Not everyone can afford or access a nutritious diet, despite its critical role in a healthy pregnancy.

TRANSFORMING OUTCOMES THROUGH FOOD DELIVERY

Provide pregnant moms 10 free healthy meals delivered to their homes.

Study goals:

To see if this can support pregnant women by promoting:



Healthy eating



Healthy pregnancy weight



Less stress



Better Pregnancy Outcomes for Mom and Baby.

Resulting in:

- A healthy baby and community.
- Lower insurance costs by preventing complications and reducing hospital stays.
- Research that addresses the disparities in pregnancy complication rates.