

Get Healthy in Pregnancy

CLINICIAN REFERRAL
INFORMATION

Western Sydney Local Health District

Free positive lifestyle intervention that works - please refer women at the earliest opportunity

In western Sydney during the 2020-21 FY:



1,219 women referred



581 women enrolled



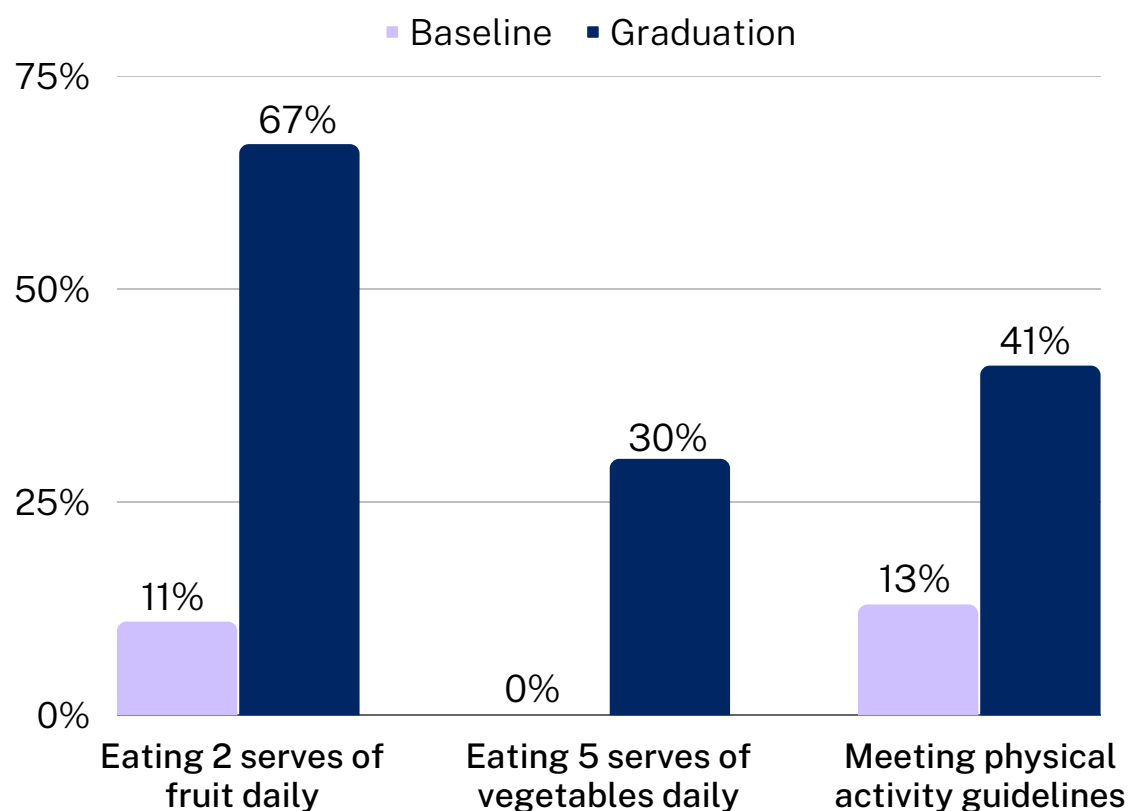
69.4% of enrolled women from low socioeconomic areas*



89% of participants did not exceed the Institute of Medicine Gestational Weight Gain guidelines

*Determined using an ABS rank (SEIFA) measuring socioeconomic factors by geographic area.

PARTICIPANT OUTCOMES



“The support was excellent in every way. My coach demonstrated wonderful coaching skills and showed a passion for his work. My favourite part about the whole process was that there was no sense of failure if I had not achieved the goal, but rather readjusting the goals to find success in the next session. I highly recommend this service and I hope that this program becomes more well-known and used by women.”

– Sandy, 34 years, Western Sydney LHD

- ✓ Complements your care
- ✓ Encourages self-management
- ✓ Improves health outcomes
- ✓ Supports your client between appointments



Quick and easy to refer via eMaternity

at any stage of pregnancy or postnatally

Interpreter service available

**For more information or support with referring patients:
Contact your Clinical Midwifery Educator**

