



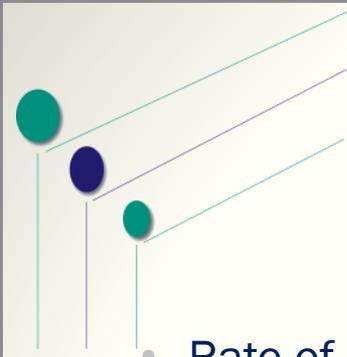
# **Yoga to UNHS: Presenting Yoga to Children and Pregnant Women in East Nashville's Urban Low Income Communities**

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# Introduction

- Based on interactions with Strong Start Coordinators and the health promotions coordinator, coupled with the need for prenatal care and support, it was determined that introducing prenatal yoga to the community could have numerous benefits.
- Because previous yoga classes with children at Kirkpatrick community center were successful, UNHS was confident that a summer class would be equally as successful.



# Important Statistics

- Rate of Pre-Term Birth- Nashville, 2009
  - Overall-11.1%
  - **African Americans-14.9%**
  - Asians-10.8%
  - Caucasians-10.5%
  - Hispanics-10.5%
- Low Birth Weight-Nashville, 2009
  - Overall- 9.1%
  - **African Americans-12.6%**
  - Caucasians-7.6%
  - Hispanics-6.6%
- Infant Mortality-2012
  - **Nashville- 12.8%**
  - United States- 5.9% (2011)



# Important Statistics

- Adult obesity in Davidson county
  - 30%
- Physical Inactivity in Davidson county
  - 27%
- Overweight Adolescents in Davidson county
  - 29%
- Adolescents participating in physical education classes in Davidson county
  - 31%
- Childhood obesity in TN
  - Higher than 35.1%



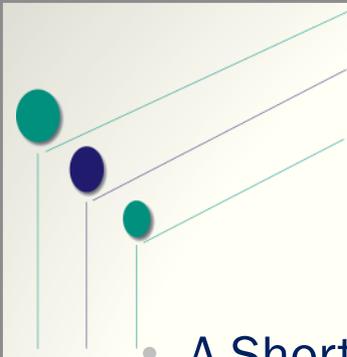
# Background

- Research
  - Field et al
    - Yoga reduces prenatal depression, increases gestational age, and increases birth weight
  - Rakshani et al
    - Fewer cases of pregnancy induced hypertension, preeclampsia, gestational diabetes, intrauterine growth restriction
  - Shim et al
    - Reduced anxiety, stress, and labor pain, and increased confidence in labor in women following IVF
  - Hagins et al
    - Reduced psychosocial stress in sixth graders
  - Seo et al
    - Reduce total cholesterol in adolescent obese males



# Methodology

- Meetings with leadership and staff of Strong Start
- Informal interviews with UNHS staff and community members
- Short Questionnaire
- Intervention-Two classes in the community
  - Prenatal yoga session-Monthly
  - Kids Yoga at community center- Weekly



# Results- Short Questionnaire

- A Short Questionnaire was administered to gauge interest and knowledge level of pregnant patients at UNHS
  - Seven Questionnaires Completed
  - Do you know what the benefits of prenatal yoga are?
    - Yes-0
    - No-7
  - Do you want more information about prenatal yoga?
    - Yes-7
    - No-0
  - If yes, how do you want to receive this information? (can check more than one answer)
    - Monthly Newsletter-3
    - Videos and a Website-0
    - Monthly in person class-5



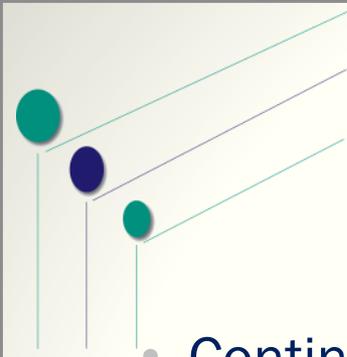
# Results

- Finding a yoga instructor who has agreed to help Strong Start and continue teaching at Kirkpatrick
- Yoga Mat donations from studios in the community
- Monetary donation from a yoga studio
- Support and interest from local community center director in starting prenatal class in the community (East Park Community Center)
- Conversations at UNHS about prenatal yoga benefits
- Formal Class at clinic



# Discussion

- The staggering statistics provided by the Strong Start program, show that there is a general lack of information and knowledge about how to have a healthy pregnancy. The brief survey illustrated the lack of information available to pregnant women in the UNHS community about the benefits of prenatal yoga. Integrating prenatal yoga into the Strong Start Program can be an efficient way to promote healthy pregnancies and work towards the larger goals of increased birth weight and reduced premature births. Based on observation and informal conversations, the kids at Kirkpatrick community center and the coordinator are very happy with the yoga program.



# Recommendations

- Continue monthly prenatal yoga program
- Videos made by yoga instructor that can be viewed in UNHS clinics
- Handouts that can be distributed to women in Strong Start Program
- Weekly classes at East Park
- Use models implemented by other clinics:
  - Include prenatal yoga as part of clinic visit
  - Have group prenatal check ups with a provider and yoga instructor
- Include Kids Yoga in summer schedule next year
- Before and after Kids Yoga engage kids in health education activities.



# Conclusion

- The benefits of prenatal yoga have been researched and studied by many investigators. Testimonials, perhaps, speak to its benefits the most. Staff at UNHS are very receptive and open to introducing prenatal yoga to the community. Based on the limited number of responses to the questionnaire administered to pregnant women, there is interest in learning more about its benefits. With the help of the yoga instructor and resources in the community, Strong Start could implement sustainable prenatal yoga classes.
- The children participating in the yoga classes at the Kirkpatrick community center enjoy the program very much. Next summer, Kirkpatrick could include the class in their weekly schedule.

# Acknowledgements

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East Park Community Center

PCLP

