The **FIGO Nutrition Checklist** as a tool to help you address nutrition and weight in your practice.

Speaker: Sarah Louise Killeen  
UCD Perinatal Research Centre, School of Medicine, University College Dublin, National Maternity Hospital, Dublin, Ireland

Co leads: Prof. Fionnuala McAuliffe & Prof Mark Hanson

Chair of the FIGO PNCDC: Prof Moshe Hod
The importance of addressing nutrition and weight with women

• Optimal nutrition and weight during pregnancy have the potential to improve maternal and child health\(^1\)

• Clinical practice guidelines in obstetrics and gynecology recommend routine dietary and weight management counselling for all women\(^2,3\)

\(^2\)Jacob et al, IJGO, in press, 2020

NCD = Non-communicable disease
The FIGO Nutrition Checklist

- Created in 2015 through a 2-day round table discussion
- Recent study linked answers in checklist to clinical outcomes in pregnancy

1. Parisi F. Nutrients 2020, 12, 1799; doi:10.3390/nu12061799
Step 1: Identify special diets
Women may limit or avoid certain foods that contain nutrients of concern. These should be replaced by other foods/supplements.

Step 2: Calculate Body Mass Index
Women with underweight, overweight or obesity are all at risk of complications and nutritional imbalances which affect maternal and child health.
The FIGO Nutrition Checklist

Step 3: Assess intake of common sources of key nutrients
These foods are highly nutritious and are recommended before, during and after pregnancy in many areas (may not be appropriate for some countries)

Step 4: Micronutrient status
Folic acid, vitamin D and iron are important in pregnancy and can be difficult to consume in sufficient amounts to meet needs through diet alone.

3). Quality of diet
   i) Do you eat meat or chicken 2-3 times per week? Yes / No
   ii) Do you regularly eat more than 2 - 3 portions of fruit or vegetables per day? Yes / No
   iii) Do you eat fish at least 1-2 times per week? Yes / No
   iv) Do you consume dairy products (such as milk, cheese, yogurt) every day? Yes / No
   v) Do you eat whole grain carbohydrate foods (brown bread, brown pasta, brown rice or other) at least once a day? Yes / No
   vi) Do you consume packaged snacks, cakes, pastries or sugar-sweetened drinks less than 5 times a week? Yes / No

4). What is your:
   i) If you are pregnant, did/do you take folate/folic acid supplements in pre-pregnancy and in early pregnancy (first 12 weeks)? Yes / No
   ii) Do you get regular exposure to the sun (face, arms and hands for at least 10-15 mins per day)? Yes / No
   iii) Has the doctor/nurse tested your haemoglobin (level of iron in the blood)? Yes / No
      (Health care professional to complete) If yes, is it more than 110 g/l? Yes / No Enter the value: ..............

If you have answered No to any of the questions in section 3 or 4 your nutritional status may need to be assessed in more detail.
“It only takes two minutes to ask”—a qualitative study with women on using the FIGO Nutrition Checklist in pregnancy

Sarah Louise Killeen¹ | Shauna L. Callaghan² | Chandni Maria Jacob³,⁴ | Mark A. Hanson³,⁴ | Fionnuala M. McAuliffe¹,⁴
Mark A. Hanson⁵ | Fionnuala M. McAuliffe⁵

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Data collected:
- Completed checklists
- Feedback questionnaire at the end of clinic
- 8 weeks later

Data collected:
- One-one semi-structured phone interviews

Feedback questionnaire at the end of clinic
Self-reported dietary practices of pregnant women

Most women (80.2%) reported at least one dietary practice that could put them at nutritional risk.

Pilot study n=105 pregnant women attending their routine antenatal appointment
Self-reported practices around nutrition in antenatal care

- None of the obstetricians surveyed (n=3) agreed that they currently routinely discuss nutrition with women in their care as standard.
- All agreed the FIGO Nutrition Checklist encouraged them to discuss nutrition with women with whom they normally would not have.
- All of the obstetricians surveyed outlined time as a barrier to implementation.
Acceptability and feasibility of the FIGO Nutrition Checklist in practice

P8: …having to actually physically answer the questions made me like very much aware of what I was doing.

P9: So if the doctor had like five, ten minutes and filled it out I think it’s a good idea…if you’re left with the questionnaire alone…probably not.
Validation study with 156 healthy Chinese pregnant women compared with locally validated food frequency questionnaire

Translated the FIGO Nutrition Checklist into traditional Chinese

- The FIGO Nutritional Checklist questions correlated with intake data on appropriate foods
- Nearly all the women (95%) reported at least one suboptimal dietary behavior.
- The checklist score was significantly correlated with more detailed, well-established dietary quality indices including the Dietary Approaches to Stop Hypertension (DASH).
Summary

• The FIGO Nutrition Checklist identified that **most pregnant women** in the two studies, who were attending routine antenatal care, **may be at nutritional risk**

• Women found the checklist **easy and quick to complete** and recommend using the FIGO Nutrition Checklist in practice

• While completing the checklist alone may be of some benefit, the **checklist may be most valuable when used in conjunction with the healthcare professional**, however time is a barrier

• Scores from the FIGO nutritional checklist were **significantly associated with dietary quality indices**, and individual answers were associated with the corresponding nutrient and food intakes.

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Killeen et al, IJGO, September 2020
Tsoi et al, IJGO, September 2020
Using the FIGO Nutrition Checklist

• Free to download from figo.org

• Currently available in English, consider translating (as done by Tsoi et al 2020)

• Consider adapting to local dietary guidelines or typical diets (Killeen et al 2020; Parisi et al 2020)

We encourage you to try the FIGO Nutrition Checklist in your practice. Please let us know if you use it and how it works for you fionnuala.mcauliffe@ucd.ie/ M.Hanson@soton.ac.uk
FIGO Pregnancy Obesity and Nutrition Initiative

VISION: NUTRITION AND WEIGHT AT THE FRONTLINE OF PREGNANCY CARE FOR WOMEN GLOBALLY

ACTION: THINK NUTRITION AND WEIGHT FIRST, AT EVERY CONTACT

We will achieve this through:

- Guidelines
- Practice resources
- Advocacy
- Training

.....Give the GIFT of a life free from non-communicable diseases

Hanson, McAuliffe, Hod FIGO NCD Committee, M.Hanson@soton.ac.uk, Fionnuala.mcauliffe@ucd.ie