

Factors Found to Facilitate Perinatal Outcomes



Establishing support networks/groups



Providing continuity of care



Working with affected communities (including non-birthing parents) to co-design and refine perinatal services



Developing empathetic and compassionate professionals

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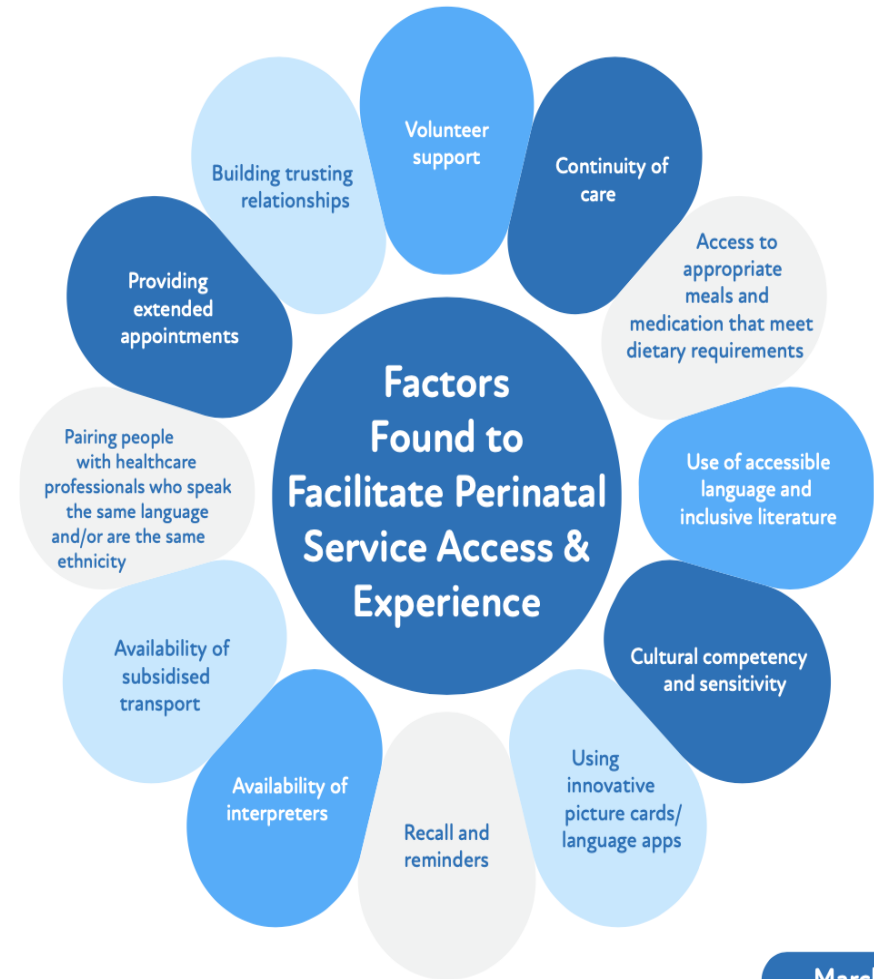
Common Barriers Affecting Perinatal Service Access & Experience



- Language/communication barriers
- Intimate partner violence
- Pragmatic issues of childcare
- Transport and concerns about confidentiality
- Social services involvement
 - Insecure housing
 - Ineffective communication
 - Lack of awareness and understanding of existing services
- Previous negative experiences
- Concerns of obesity-related stigma

Unique Barriers Were Observed Particularly

- 🏠 Migrant and ethnic minority communities
- 👤 Bereaved parents
- 🌐 Travelling communities
- 💔 Communities accessing mental health services
- 🏳️‍🌈 Individuals from the LGBTQIA+ community



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Learning Which Can Be Applied



Improving the accessibility, availability, quality and relevance of information



Adopting a whole system or life course approach



Supporting targeted and tailored perinatal interventions



Co-designing and delivering training across a variety of topics known to affect perinatal outcomes, access and experience



Supporting innovations and services that address identified gaps e.g., birthing partner support, breastfeeding and bereaved parents



Supporting innovations that target efforts to reduce harmful lifestyle choices



Co-designing perinatal innovations and services



Apollo Health
Innovations



South West
Academic Health
Science Network

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