

Factors influencing engagement in postnatal weight management and subsequent weight and well-being outcomes.

Highlights;

1. 1015 postnatal women participated in an on-line survey
2. A significant mean weight reduction was achieved through attendance at community weight management groups
3. Women joined the weight management groups at various times during the postnatal period and whilst 46% joined between 6-26 week, 23% waited until 1 year after giving birth
4. The main motivations to lose weight were 'to improve how I feel about my body size and shape' and 'improve my self-confidence'.
5. Early engagement in the weight management intervention improved weight loss outcomes and there is an opportunity for midwives to discuss postnatal weight management.