P81: The sedentary physical activity of pregnant women in the second trimester and the relationship with neonatal outcomes

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Introduction: The pregnancy might be considered as a condition of risk for the change of habits of physical activity (PA). It's known that the pregnant women increase their spent time in the sedentary PA with implications in the woman and the fetus health. The moderate and vigorous PA during the pregnancy is recommended as a promoter behavior of the maternal and fetal health. The diary PA of the mother during the pregnancy is an important factor influencer of the weight, of the length and of the cephalic perimeter of the baby at birth.

Objectives: Analyze the relation between the sedentary PA of the woman in the second trimester of pregnancy with the following fetal outcomes at birth: weight, length and cephalic perimeter.

Materials and Methods: This is a longitudinal and analytical study in a sample of thirty seven pregnant women. The participants were evaluated in the second gestational trimester (20-22ª gestational weeks) and in the post-partum immediate were evaluated the fetal outcomes. The PA was measured with the *Actigraph GT3X* accelerometer, and the fetal outcomes with an electronic neo-birth balance and with a measure tape at millimeter.

Results and Discussion: The sample was constituted by women with ages between the 18 and the 40 years, presenting an average of 29.30 ± 4.471 years. The average time of sedentary PA is 579.71± 76.4291 minutes. There were no significant differences in mean neonatal outcomes (weight, length and head circunference) when comparing tertiles of maternal sedentary PA (p> 0.05). There results remain when the Z-score values are adjusted according to gestacional age and gender.

Conclusion: There is not a significant statistically association between the neo-births outcomes (weight, length, cephalic perimeter) and the levels of sedentary PA of the mother in the second trimester.

References

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