



An A-Z of resources to support the promotion of physical activity during and after pregnancy.

The resources below have been selected by the Institute of Health Visiting and Active Pregnancy Foundation (APF). By including them, the iHV and APF are not endorsing the resources or organisations but are highlighting specific resources which may be of benefit in promoting physical activity during the childbearing years.

Please note: Where referring to 'women' and 'mothers', this should be taken to include people who do not identify as women but who are pregnant. Similarly, where the term 'parents' is used, this should be taken to include anyone who has the main responsibility for caring for a baby.

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Policy and guidance

Summary

CIMSPA

CIMSPA Professional Standards - Working with Antenatal and Postnatal Clients V1.0
Published: 1st July 2019

Working with Antenatal and Postnatal Clients outlines the essential knowledge and skills that are needed to meet the requirements of the sector. These minimum deployment standards covers job roles that sit within the sport and physical activity sector as part of all industries.

Available at: <https://bit.ly/3uhicKR>

NICE (National Institute for Health Care Excellence)

Antenatal care

NICE guideline [NG201] Published: 19 August 2021

This guideline covers the routine antenatal care that women and their babies should receive. It aims to ensure that women are offered regular check-ups, information and support throughout pregnancy.

Available at: <https://bit.ly/3ugveZa>

Pelvic floor dysfunction: prevention and non-surgical management. NICE guideline [NG210] Published: 9th December 2021

This guideline covers the prevention, assessment and non-surgical management of pelvic floor dysfunction in women aged 12 and over. It aims to raise awareness and help women to reduce their risk of pelvic floor dysfunction. For women who have pelvic floor dysfunction, the guideline recommends interventions based on their specific symptoms.

Available at: <https://bit.ly/3E702yZ>

Postnatal care

NICE guideline [NG194] Published: 20 April 2021

This guideline covers the routine postnatal care that women and their babies should receive in the first 8 weeks after the birth. It includes the organisation and delivery of postnatal care, identifying and managing common and serious health problems, how to help parents form strong relationships with their babies, and baby feeding.

Available at: <https://bit.ly/3ukOuEP>



Policy and guidance

Summary

Physical activity: encouraging activity in the community. NICE Quality Standard
Published: 6th June 2019

This quality standard covers how local strategy, policy and planning and improvements to the built or natural environment can encourage and support people of all ages to be physically active.

Quality statements:

1. Physical activity champions
2. Active travel routes
3. Public open spaces
4. Workplaces
5. Schools and early years settings

Available at: <https://bit.ly/3NZD8hd>

Physical activity: brief advice for adults in primary care

NICE Public health guideline [PH44]
Published: 29 May 2013

These recommendations are made within the context of other national and local strategies and interventions to increase or maintain physical activity levels in the population. The guideline discusses providing brief advice on physical activity to adults in primary care.

Available at: <https://bit.ly/3DRWgci>

NICE Weight management before, during and after pregnancy. Public health guideline [PH27] Published 28th July 2010

This guideline, developed for the NHS and other

commissioners, healthcare professionals, people working in children's centres, and women before, during and after pregnancy, covers how to assess and monitor body weight and how to prevent someone from becoming overweight or obese before, during and after pregnancy. The aim is to help all women who have a baby to achieve and maintain a healthy weight by adopting a balanced diet and being physically active.

Available at: <https://bit.ly/3LRWwuC>



Policy and guidance

Summary

Department of Health and Social Care

Chief Medical Officer Physical Activity
Infographics on Physical Activity DHSC and
OHID

Updated 16th February 2022

Guidance from the United Kingdom's Chief Medical Officers on the amount and type of physical activity that people should be doing to improve their health.

There is a range of infographics covering physical activity across the life course from children to adults.

The guidance is listed below:

- Physical activity guidelines: early years (under 5s)
- Physical activity guidelines: children and young people (5 to 18 years)
- Physical activity guidelines: disabled children and disabled young people
- Physical activity guidelines: adults and older adults
- Physical activity guidelines: disabled adults
- Physical activity guidelines: pregnancy and after childbirth

All the guidance is accessible. Additional research evidence can be found at: <https://bit.ly/34sSQzm>

Childhood obesity: a plan for action.
Updated January 2017

This is part one of the Government's policy document which sets out the Government's plan to reduce England's rate of childhood obesity within the next 10 years by encouraging:

- industry to cut the amount of sugar in food and drinks
- primary school children to eat more healthily and stay active.

Available at: <https://bit.ly/3ukmUra>



Policy and guidance	Summary
<p>Childhood obesity: a plan for action, Chapter 2. Published 25th June 2018</p>	<p>This is part two of the Government's policy, and outlines the actions that the Government will take towards its goal of halving childhood obesity and reducing the gap in obesity between children from the most and least deprived areas by 2030.</p> <p>Available at: https://bit.ly/37wNTqN</p>
<p>Physical activity guidelines: UK Chief Medical Officers' report (DHSC, 2020)</p>	<p>A report from the United Kingdom's Chief Medical Officers outlining the recommended amount and type of physical activity to improve health.</p> <p>Available at: https://bit.ly/38oYQLh</p>
<p>Public Health Outcomes Framework (2019 Updated OHID, 2022)</p>	<p>The Public Health Outcomes Framework (PHOF) outlines key outcomes that local areas aim to improve. This data tool currently presents data for available indicators at England and local authority levels, collated by the Office for Health Inequalities and Disparities.</p> <p>Available at: https://bit.ly/3LQNYUU</p>
<p>Tackling obesity: empowering adults and children to live healthier lives Published 27 July 2020</p>	<p>This policy highlights the challenge of obesity and the importance of a whole system approach. The guidance recognises that tackling obesity is not just about an individual's effort, it is also about the environment we live in, the information we are given to make choices; the choices that we are offered; and the influences that shape those choices. Recommendations are offered for future action.</p> <p>Available at: https://bit.ly/3uhk721</p>



Policy and guidance	Summary
Local Government Association	
<p>Fit for and during pregnancy – A key role for local government (Local Government Association, 2018)</p>	<p>This document outlines the role that councils have to play in ensuring there is early access to support women and their partners during pregnancy, the years after birth, and throughout the school years.</p> <p>This report provides a number of useful examples of how midwives, health visitors, family workers, social care and children’s centre staff help families through this key time in their lives.</p> <p>Available at: https://bit.ly/3NPfI3w</p>
NHS England	
<p>Better Births: Improving outcomes of maternity services in England – A Five Year Forward View for maternity care (National Maternity Review, 2016)</p>	<p>This report outlines a five-year strategy to transform maternity services. The report was published following a review of current provision. Key areas of focus in the report:</p> <p>Personalised care</p> <ul style="list-style-type: none"> • Continuity of care • Safer care • Better postnatal and perinatal mental health care • Multi-professional working • Working across boundaries • A payment system (to support provider and commissioner to deliver safe care) <p>All of these areas need to be considered when engaging pregnant women and new mothers.</p> <p>Available at: https://bit.ly/3DPYeu1</p>
<p>Maternity Transformation Programme Updated (NHS England, 2020)</p>	<p>The Maternity Transformation Programme seeks to achieve the vision set out in Better Births report by bringing together a wide range of organisations to lead and deliver across ten work-streams.</p> <p>Available at: https://bit.ly/3DTSwqR</p>



Policy and guidance

Summary

NHS Long Term Plan (NHS England, 2019)

The NHS Long Term Plan looks at redesigning healthcare provision to future proof the NHS, with a focus on prevention, mental health, and technology. The plan promised to save 500,000 lives over 10 years.

Available at: <https://bit.ly/3KnCh81>

Saving Babies' Lives Care Bundle Version 2 (NHS England 2019)

This is Version two of the Saving Babies' Lives Care Bundle. It aims to provide detailed information for providers and commissioners of maternity care on how to reduce perinatal mortality across England. It brings together five elements of care that are widely recognised as evidence-based and/or best practice.

1. Reducing smoking in pregnancy
2. Risk assessment, prevention and surveillance of pregnancies at risk of foetal growth restriction
3. Raising awareness of reduced foetal movement
4. Effective foetal monitoring during labour
5. Reducing preterm birth

Available at: <https://bit.ly/3KIDf4p>

Public Health England (now the Office for Office for Health Improvement and Disparities (OHID))

Early Years High Impact Areas (Public Health England, 2021)
Early years high impact area 4: Supporting healthy weight and nutrition

Supporting healthy weight and nutrition is one of the high impact areas for early years and highlights the role of health visitors in supporting healthy weight and nutrition alongside physical activity in the early years.

Available at: <https://bit.ly/3xktBvc>



Policy and guidance	Summary
<p>Everybody active, every day: framework for physical activity (Public Health England, 2021)</p>	<p>Everybody active, every day is a national, evidence-based approach to support all sectors to embed physical activity into the fabric of daily life and make it an easy, cost-effective, and 'normal' choice in every community in England.</p> <p>Available at: https://bit.ly/38uWf2t</p>
<p>Health matters: giving every child the best start in life (Public Health England, 2016)</p>	<p>This resource was developed for healthcare professionals and local authorities to guide an investment in early years services from pregnancy to age two.</p> <p>Available at: https://bit.ly/38uWf2t</p>
<p>Health matters: physical activity - prevention and management of long-term conditions (Public Health England, 2020)</p>	<p>This edition of Health Matters focuses on the benefit of physical activity for the prevention and management of long-term conditions in adults.</p> <p>Available at: https://bit.ly/3Kui7JG</p>
<p>Making Every Contact Count (MECC): practical resources (Public Health England, 2016)</p>	<p>MECC is an approach to behaviour change that utilises the millions of day-to-day interactions that organisations and individuals have with other people to support them in making positive changes to their physical and mental health and wellbeing. MECC enables the opportunistic delivery of consistent and concise healthy lifestyle information and enables individuals to engage in conversations about their health at scale across organisations and populations. These resources were developed to support local implementation and evaluation of MECC activity and the development of training resources.</p> <p>Available at: https://bit.ly/3DUDpxe</p>



Policy and guidance	Summary
Sport England	
<p>UNITING THE MOVEMENT</p> <p>Our 10-year vision to transform lives and communities through sport and physical activity. (Sport England, 2022)</p>	<p>This plan for 2022-25 sets out Sport England’s Vision and collective aims for implementing the ‘Uniting the Movement’ strategy over the next three years.</p> <p>Available at: https://bit.ly/3NWn8wA</p>
World Health Organisation	
<p>World Health Organisation (WHO) guidelines on physical activity and sedentary behaviour (2020).</p>	<p>These WHO Guidelines provide evidence-based public health recommendations for children, adolescents, adults and older adults on the amount of physical activity (frequency, intensity and duration) required for health benefits and mitigation of health risks. For the first time, recommendations are provided on the associations between sedentary behaviour and health outcomes, as well as for populations, such as pregnant and postpartum women, and people living with chronic conditions or disability.</p> <p>Available at: https://bit.ly/3umGdQX</p>
<p>WHO Physical activity key facts (2020)</p>	<p>This set of information provides an overview of key facts based on the WHO guidelines on physical activity and sedentary behaviour.</p> <p>Available at: https://bit.ly/3Kmb94l</p>
UK Sport	
<p>UK Sport Pregnancy Guidance</p>	<p>The aim of this guidance is to advise how to best support an athlete’s pregnancy fairly and appropriately, providing recommendations to support an athlete during their pregnancy, and for when they return to training and competition post-childbirth. Pregnancy and the postnatal period can be physically and mentally challenging for a mother and it’s essential that resources and guidance are available to the NGB’s and the athlete to best support them and their partner.</p> <p>Available at: https://bit.ly/3jkoUcW</p>



Organisations and resources

Key Content

Active Pregnancy Foundation

www.activepregnancyfoundation.org

The APF is a registered charity which aims to support women to stay active during pregnancy and beyond by providing expertise and advice, changing culture, and challenging policy.

Mums & Mums-to-Be
<https://bit.ly/3sbAB9C>

This section of the Active Pregnancy Foundation website is aimed at women and contains free downloadable resources with advice and top tips to keep active throughout pregnancy and beyond.

Healthcare, Fitness & Sport Professionals
<https://bit.ly/3AMl0Br>

This section is aimed at professionals and contains advice and guidance, within a 'whole systems' approach, to help professionals support women with clear and consistent evidence-based messages throughout pregnancy and beyond.

Better Health - Healthier Families NHS

<https://bit.ly/3IZlfvT>

This website is now the new home for Change4Life. The website contains links and resources to support families' in healthy eating and physical activity.

Blaze Trails

<https://bit.ly/3jjbu0G>

Blaze Trails is a community of parents who support each other to get outdoors and go walking with their babies.

Compendium of Physical Activities

<https://bit.ly/3ukvOF4>

Provides metabolic equivalents (MET) intensity values for a range of physical activities



Organisations and resources

Key Content

HENRY

<https://bit.ly/3NPS8hP>

HENRY is a national charity that is passionate about babies and young children getting the best possible start in life. This means supporting the whole family to make positive lifestyle changes, creating healthier and happier home environments, and building healthier communities. HENRY's website offers a range of resources for parents including physical activities they can do with their baby or children.

Institute of Health Visiting (iHV)

GPP - Promoting physical activity during pregnancy and the postnatal period - <https://bit.ly/35uy8PV>

This GPP is about promoting physical activity during pregnancy and the postnatal period, including safe activities and starting and keeping active.

NHS England – Exercise in Pregnancy

<https://bit.ly/3v26vaa>

Provides advice on being active and keeping well during pregnancy.

NHS One You campaign

<https://bit.ly/3xdITmQ>

Provides activities for 10 minutes aimed at getting people active. Uses an app to track progress.

Moving Healthcare Professionals

<https://bit.ly/37nF2aJ>

Moving Healthcare Professionals is a national programme, led by the Office for Health Improvement and Disparities (OHID) and Sport England, to support healthcare professionals to increase their knowledge and skills, and incorporate physical activity within routine care to support quality improvement and better patient outcomes.



Organisations and resources	Key Content
Moving Medicine	
https://bit.ly/3GlzFo8	Moving Medicine is an online resource which aims to provide clinicians and allied health professionals with accessible, evidence based, condition specific information to help facilitate active conversations and the promotion of physical activity.
OHID data at your fingertips - Physical activity	
https://bit.ly/3DQsJfI	Provides data on the current performance of the public health outcomes for physical activity on a local level.
Pelvic, Obstetric and Gynaecological Physiotherapy (POGP)	
https://bit.ly/3v7blmF	A series of guides and booklets for women and professionals, including: Fit for the future - essential advice and exercises following childbirth • Exercise and advice after pregnancy • Aquanatal guidance – guidance on antenatal and postnatal exercise in water
#ReadyforPregnancy campaign	
https://bit.ly/3xdqANd	The #ReadyforPregnancy campaign running across local authorities, NHS organisations and local support groups, is focused on different aspect of health and includes a range of resources to support becoming a parent and being pregnant.





Organisations and resources	Key Content
#ReadyforParenthood campaign	
<p>https://bit.ly/36X1gk9</p>	<p>The #ReadyforParenthood campaign aims to support new parents, running across local authorities, NHS organisations and local support groups. Different topic of being a parent is covered with signposting to range of information, resources and useful organisations.</p>
RCGP Physical Activity Hub	
<p>https://bit.ly/3uhn1x3</p>	<p>The RCGP Physical Activity Hub supports patients and staff to get more active recognising that small changes can make a big difference in physical and mental wellbeing.</p>
Start4Life	
<p>Physical activity in pregnancy https://bit.ly/3od9pX6</p>	<p>This section of the Start4Life website addresses physical activity during pregnancy and includes examples of exercises that pregnant women can participate in.</p>
This Girl Can	
<p>https://bit.ly/3ji1y7D</p>	<p>This Girl Can is a national campaign to support girls and women be active.</p>
Tommy's – Exercise in Pregnancy	
<p>https://bit.ly/3LNCOjH</p>	<p>Tommy's, (a charity which funds research into miscarriage, stillbirth and premature birth, and provides pregnancy health information to patients), has developed a pregnancy resource for parents, providing 10 top tips for being active in pregnancy.</p>





Organisations and resources	Key Content
ukactive	
https://bit.ly/3x9aiFn	ukactive exists to improve the health of the nation by getting more people, more active, more often. ukactive provides services and facilitates partnerships for a broad range of organisations, all of which support their vision and have a role to play in achieving that goal.
UK Coaching: Coaching Women Through Pregnancy	
Part 1: https://bit.ly/3jfVyw6	UK Coaching has developed resources in partnership with Public Health England, explaining the benefits of being active throughout pregnancy and what counts as being active.
Part 2: https://bit.ly/38uL2yR	

E-Learning	
All Our Health Series: including adult and childhood obesity	
https://bit.ly/3rdg0IH	e-learning session from e-LfH which includes: interactive townscapes on a range of topics including adult and childhood obesity, and links to further learning
e-LfH – Healthier Weight Competency Framework	
https://bit.ly/3Hly3w8	The Healthier Weight Competency Framework programme which has been designed to provide the HCP with guidance in promoting a healthier weight. It can be used by staff working with any community or group within the population, including children, adults, pregnant women, care givers and vulnerable groups.



E-Learning

Introduction to the Pelvic Floor During Pregnancy

<https://bit.ly/3unwYQu>

This module provides those working closely with new and expectant mums with a basic understanding of the pelvic floor, its function and how pregnancy affects it.

Physical Activity and Health Programme

<https://bit.ly/3r9zg3m>

The Physical Activity and Health Programme has a range of e-learning to support your knowledge.

Pregnancy and Postnatal Period: Being Active

<https://bit.ly/3gjOywW>

Produced in collaboration with Public Health England and Health Education England, the This Mum Moves project have developed a free e-learning module as part of the Physical Activity and Health Programme. The module raises awareness of the current national physical activity guidelines for pregnant and postnatal women and takes around 30 – 60 minutes to work through. At the end, you'll also be rewarded with a certificate of completion.