

Examining the Concerns of Low-income, African American Postpartum Mothers in Order to Create Effective Health and Weight-related Programs

Supplementary File

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East St. Louis Post Partum Moms Focus Group Guide

Introduction

This is a discussion group to talk about being a new mom, and taking care of your own health needs and weight. We are interested in learning from you, to hear about how new mothers here in East St. Louis feel about these things.

Let's begin by going around the room quickly. Please tell us your name and what food you craved most often when you were pregnant.

1. New moms often talk about how having a baby changes their priorities, specifically related to themselves. What are some of your own health concerns, being a mom of a new baby?
2. How has having a child influenced how you prioritize yourself and your health?

Probes:

- Who else's needs do you put before your own?
- What did you used to do for yourself that you no longer do (i.e. walks)?

Transitional statement:

Up to now, we've been talking about your personal health priorities, having a young child. Now we'd like to shift direction a little bit and talk about how the relationship between health and body weight.

3. What does being at a healthy weight mean to you?

Probes:

- What is a healthy weight?
 - Is being at a healthy weight a concern for you?
 - If it is a concern, what are some steps that you've taken to reach it?
 - If it is not a concern, why not?
 - If you were not successful, why do you think you weren't?
4. Have you ever reached out for help with weight loss or maintaining a healthy weight?

Probe:

- If you did, was that person(s)/program successful in helping you? Why or why not?
5. How would you addressing your health concerns impact your family?

Probe:

- What kind of support would you look for?
6. What have you been told about breastfeeding?

Probe:

- What have you been told about breastfeeding as it relates to weight loss?

If we focus only on problems, we can get to feeling stuck and frustrated. Let us take time out now and use our imaginations, and think about the situation in a different way. We call this the "miracle question."

7. If you could design the perfect program to help you return to your pre-pregnancy weight, what would it look like?

- Groups
- One-on-one contact in person
- Phone – calls, text messages
- Computer/internet
- TV/video

8. If the program were to be implemented, what are some other factors that would make you want to attend (other than your desire)?

- Childcare
- Food
- Convenient location