Tools 4 Teen Moms: An Intervention to Reduce Infant Obesity

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Purpose:
- to obtain evidence for efficacy, feasibility, acceptability, and satisfaction related to T4TM.

Problem Statement
- Rapid infant weight gain in the first 6 months of life is associated with an increased risk of obesity.
- Adolescent mothers’ feeding behaviors are related to infant weight gain in the first year of life. Compared to adult mothers, adolescent mothers are less knowledgeable and less skilled in infant feeding.
- Tools for Teen Moms (T4TM) is a social media-based educational intervention intended to improve knowledge and healthy infant feeding practices.

Design and Methodology
- This study is a 2 group randomized controlled trial with low income 14-19 year-old first time mothers of infants.
- Data is collected at three time points of infant age (4-8 weeks, 3 months old, 6 months old) using self-report and anthropometric measures.
- T4TM is a 6 week program including:
  - Daily text message reminders
  - Infant feeding website with daily challenge activities
  - Quizzes relating to the challenges
  - "Ask the Advice Nurse" feature, which sends a direct message to an RN
  - Additional resources about motherhood
  - Website activity and completion of daily challenges were tracked.
- Participant satisfaction was obtained via post-intervention surveys and phone interviews.

Participant Demographics (n=42)
- Participant age ranged from 14 to 19 with a mean of 17.5
- At baseline, 25 of the 42 participant were currently breastfeeding or had previously breastfed.

Highest Level of Completed Education:

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Preliminary Results

Website Usage: (n=27)
- 27 participants have completed the intervention.
  - Visited the website average 22 of 42 days.
  - Completed average 22 of 42 challenges.
  - Completed an average 2 of 4 quizzes.
- 18 participants accessed the website after their intervention was over.
- 17 participants viewed additional information during their intervention.

Post-Intervention Survey Responses: (n=27)
- 26 participants agreed that they found the website helpful.
- 24 participants agreed that they would recommend T4TM to a friend.
- 25 participants agreed that they learned a lot about infant feeding from T4TM.

Post-Intervention Phone Interview Responses (n=11)
- All participants interviewed responded that they liked the website overall, and that it was easy to find information.
- All participants interviewed indicated that they accessed the website through their phone. Several mentioned that it was mobile friendly.
- 9 participants indicated that they liked the quizzes, while 2 participants did not know quizzes were available.

Implications for Nursing Practice
- Preliminary evidence suggests use of text messaging and daily challenges as effective strategies to engage adolescent mothers in healthy infant feeding practices.
- T4TM has the potential to improve the knowledge and feeding behaviors of teen moms to reduce infant obesity risk.
- If feasible, this study will serve as a model for future nursing interventions on how social media can be used to augment teenage education via social media.

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