

Living in a Walkable Neighborhood Lowers Risk of Excessive Weight Gain during Pregnancy

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Abstract: This study examines the relationship between neighborhood walkability and excessive weight gain during pregnancy. The research indicates that living in a walkable neighborhood is associated with a lower risk of excessive weight gain during pregnancy. The study was conducted using a population-based design and included data from a large, representative sample of pregnant women. The results show that women living in walkable neighborhoods were less likely to gain excessive weight during pregnancy compared to those living in non-walkable neighborhoods. This finding has important implications for public health and clinical practice, as it suggests that improving neighborhood walkability could be a strategy to reduce the risk of excessive weight gain during pregnancy.

Introduction: Excessive weight gain during pregnancy is a common public health problem that is associated with a number of adverse outcomes for both the mother and the fetus. The risk of excessive weight gain during pregnancy is higher for women living in non-walkable neighborhoods, which may be due to a number of factors, including limited access to walking paths and public transportation. This study aims to investigate the relationship between neighborhood walkability and excessive weight gain during pregnancy.

Methods: This study used a population-based design and included data from a large, representative sample of pregnant women. The study was conducted using a cross-sectional design and included data from a large, representative sample of pregnant women. The results show that women living in walkable neighborhoods were less likely to gain excessive weight during pregnancy compared to those living in non-walkable neighborhoods. This finding has important implications for public health and clinical practice, as it suggests that improving neighborhood walkability could be a strategy to reduce the risk of excessive weight gain during pregnancy.

Results: The results of this study show that women living in walkable neighborhoods were less likely to gain excessive weight during pregnancy compared to those living in non-walkable neighborhoods. This finding has important implications for public health and clinical practice, as it suggests that improving neighborhood walkability could be a strategy to reduce the risk of excessive weight gain during pregnancy.

Conclusion: This study provides evidence that living in a walkable neighborhood is associated with a lower risk of excessive weight gain during pregnancy. This finding has important implications for public health and clinical practice, as it suggests that improving neighborhood walkability could be a strategy to reduce the risk of excessive weight gain during pregnancy. Further research is needed to explore the mechanisms underlying this relationship and to evaluate the effectiveness of interventions aimed at improving neighborhood walkability.

Keywords: pregnancy, weight gain, walkability, neighborhood, public health

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