

Analytic Framework: Exercise Programs to Prevent Gestational Hypertension

Exercise Programs

- Moderate intensity exercise regimens
 - Supervised aerobic exercise classes
 - Monitored walking sessions

Potential Effect Modifiers

- Client characteristics (BMI, SES, race/ethnicity)
- Intervention characteristics (exercise format, frequency)
- Settings: health system facilities; community settings

Gestational Hypertensive Disorders

Reduced or no change in incidence of preeclampsia

Reduced incidence of gestational hypertension

Reduced incidence of gestational diabetes

Additional Benefit

- Fewer women requiring additional evaluation and follow-up for gestational hypertensive disorders

Improved Pregnancy Outcomes

(maternal, fetal)

Pregnant Women

- No contraindications to physical activity
- Enrolled early in pregnancy

- Improved
 - Aerobic fitness
 - Glycemic control
 - Weight management

Increased incidence of appropriate weight gain in pregnancy

Additional Benefits

- Improved pregnancy-associated quality of life and satisfaction with care
- Increased social support for participants

Potential Harms

- Exercise-related injuries

Perceived Harms

- Concerns about adverse birth outcomes (preterm labor, lower birth weight)