Interviewer: The essence of this Interview is to find out your perspective on offering healthy eating advice to pregnant Africans and it is assumed that you have offered care in pregnancy for pregnant Africans before you know just general care. Ermmmm its just perspective. So nothing is right or wrong. There's no right or wrong answer. I don't have any right or wrong answer. I'm just trying to explore people's perspective. So you just need to talk, you know, and how do you offer healthy eating advice to pregnant women.

Response: Ermmm so i do quite a lot of booking appointments. So the initial appointment round about nine weeks. And and I ask every woman if they have already read anything about healthy eating advice on the NHS website or anything and um Some of them, especially if it's their second or third baby already know and I asked them what they know and I ask them if you want me to cover anything and then I kind of just do a quick run through the NHS guidelines and um also our trust, has got an app and on there are lots of links to sort of your guide to healthy eating in pregnancy so I Remind them that that's there for them to access because obviously that appointment, There's a lot of information that they're getting. And it's hard to retain everything um Yeah, so I just I guess run through the list of NHS advices on the NHS website.

Interviewer: So, Have you ever offered healthy eating advice to pregnant Africans.

Response: Yep. Um,

Interviewer: yeah you wanted to say something.

Response: I was just gonna say that. I don't think I specifically change anything, I think I give the same advice.

Interviewer: So is it That means it's not different from other types of advice that you gave is just the same generic

Response: Yeah. unless anyone has any specific questions but yeah

Interviewer: So what form does this advice take? Is it leaflets, apps or brochures or spoken works

Response: Yes, mainly spoken and but then I also refer them to their app which has a link to the NHS leaflet PDF version on it

Interviewer: Which trust are you? Epsom or St Helier?

Response: St Helier

Interviewer: Have you seen a copy of the eat well guide.

Response: Yeah, I think that's, I think, There's so many of them, I think that's the one that's on the app. I'm not sure.

Interviewer: and the pregnancy healthy eating guidelines.

Response: Yeah, that one. Yeah, yeah.

Interviewer: do you consider that appropriate to all cultures.

Response: I think it's probably more geared towards sort of I think it's probably more geared towards sort of like a traditional British diet but um obviously i think its just in English, i'm not sure there's any other language that its offered in

Interviewer: It's just in English

Response: On the app, I think. Yeah

Interviewer: Okay. Um, so I'm going to also ask some questions about stuff that have come up during the course of other interviews to kind of explore what you think about them. Do you talk about any mention of amount of weight to put on in pregnancy?

Response: No

Interviewer: Okay. Literature also says that African women book late for antenatal. Is that true

Response: umm, I haven't noticed the difference With it within cultures umm I can, I can only think of One African woman that was a late booker, but she was a teenager and had other social Problems there um Yeah, I haven't personally noticed a difference in a lot of late bookers there.

Interviewer: So do you think it's about context because some of this literature is in the United States. So do you think that the fact that probably the NHS is kind of free would make women to book earlier maybe in America, where you have to pay for your Health care or something.

Response: Yeah, perhaps, perhaps if if money is a bit of a barrier, then People might put it off for a bit longer um Yeah.

Interviewer: so have there been specific African women that have asked for specific dietary advice from you?

Response: um do you mean like in regards to specific food or something. Yeah, yeah. I can't, I can't think of any. I can't, I can't think of any examples when ive been asked for Specific foods. Sorry.

Interviewer: No, I said that there's no right or wrong answer. It's just to know what is going on, you know, and so some people have said that. The women, African women basically look receptive, so they say yes, yes, yes. But the thing is that probably they probably do not go back and do those things, you know. So what's your thoughts about that.

Response: I've had, I dont know. Sometimes you do speak to someone and they are not nodding a lot and you think they are going to completely disregard everything I'm saying but I haven't really noticed that more so for any particular ethnicity or anything Sorry.

Interviewer: And then Some people also talked about them not being very open about things.

Response: In regards to eating

Interviewer: About anything they're not just very open about anything.

Response: I dont know that sounds like a massive generalization. Ermmmm Know, I don't Think in particular agree with that.

Interviewer: And then some people have said that it's It's mostly middle class Caucasian women that actually ask questions and know what they want. Do you think so?

Response: Yeah, I agree with that. There, I think there is a demographic who are a bit more demanding and know have done research and know what they want and aren't afraid to say what they want. Yeah, middle class. White women in their 30s tend to They make the appointments, go go on a bit longer.

Interviewer: Okay, so is language barrier when talking to African women.

Response: well not really, most of the translators, we use are for Bangladesh people from Bangladesh, Pakistan and yeah

Interviewer: Okay, so take me through a generic advice offered to pregnant Africans or pregnant women, basically.

Response: Okay at their booking appointment, Yeah, yeah. So, it asked if they've read anything about healthy eating and then I'd say generally the NHS recommends that you keep you keep active and you eat a Healthy but varied diet. Make sure you're getting lots of fruit and vegetables at least five portions a day and try to cut down on the sugary processed foods ermmm There's some foods that the NHS recommends that you completely avoid in pregnancy, like the soft cheeses and certain fish like sharks swordfish and Milan and no raw sea shellfish and i haven't done one in ages. I'm on maternity leave at the moment. So I'm trying to think and eggs that have got lion stamps, you can eat them raw or runny. But if they don't have a lion stamp then make sure they're well cooked and Make sure you're getting The protein. Proteins. So if you don't eat meat, then Things like pulses beans, Nuts. NHS recommends that you don't drink any alcohol during pregnancy and Yeah, I guess, I guess the only maybe thing with African women. So our trust ermmm people are referred for a glucose tolerance test, if they meet a certain criteria and ethnicity is is one of the criteria. So, and Usually African women would be referred for glucose tolerance tests at 28 weeks of pregnancy and I discuss that with them ermmm and explain why because there's a higher incidence in in people of certain ethnicities and explain what that is and kind of Encourage them to keep their sugar down ermmm Chocolate and fizzy drinks and things

Interviewer: I have, I have interviewed a couple of women So far, and They have been asked that. During I think one of the appointments. They have been told that their iron levels are low and that they should increase their intake of spinach. And the women went like I don't even eat spinach, you know, so I don't know what they mean by i should increase my level of my intake of spinach or something so What I get is that even though the advice have been given to them, it's not relevant to them. They feel it's not relevant to them so they don't take it in. And some of them go to you know research about other options. You know that are available in the culture and they Use those options. You know, so if probably I'm looking at a scenario whereby probably a woman is asked to take spinach and she knows she doesn't take spinach and she hasn't told the midwife that she doesn't take spinach. So it probably means that she's not engaging with the advice or she's not Saying what she really Thinks and asked a question during one of these interviews, if we think that it's about the culture. So probably African women come from a culture that do not really question things a lot or do we think that they just want to get it over with, you know.

Response: Yeah, I think maybe, In some part, perhaps the midwife, they should have Kind of Check if that is applicable to the woman. So usually, I'd say to someone, do you eat red meat because that's a good way of getting lots of vitamin D or do you eat spinach, for example, and But before just telling someone to increase their spinach. i don't know

Interviewer: It's about the approach, it's Yeah. But do you Have time to ask all those questions in one appointment.

Response: We don't have a lot of time, but it takes just as much time to say do you eat spinach, you should increase it, than just increase your spinach. I don't know.

Interviewer: Yeah, yeah, i understand what you mean. So what do you think are the barriers to offering healthy eating advice.

Response: Well, time constraints, obviously, as just mentioned, and it is quite generic i guess i feel like i read off a script of the same thing when I do booking appointments ermmmm Yeah. Some people just say, oh, yeah, I already know. I don't think you don't need to go through it. I already know, but perhaps what they know is maybe 10 years old advice. For for some women language barrier definitely is a problem. The appointments when you have translators are definitely more time consuming. Try to condense the information, a bit more ermmmm Yeah. And obviously, I mean, for a lot of women. their finances are going to dictate how much of the advice they can actually follow if they don't have the resources to eat five different portions of fresh fruit, vegetables a day they're gonna they're not going to be able to impact all they can afford is some toast and jam.

Interviewer: Yeah, okay. That brings us back to the Health healthy eating guidelines. Do you think that it's appropriate to all social context income level, Education level. And various environment. Do you think that that advice is appropriate to all social context.

Response: I mean obviously the the advice is for everyone. And it's presumably research best advice ermmmm So my did well everyone, everyone could follow it, but Yeah, obviously some, some women aren't going to be able to say But I Guess when I've, I've Given healthy eating advice I've kind of said the same advice, thinking that knowing that that woman probably isn't in a position to Afford these things there are women who are living in temporary accommodation. They're still waiting for their first benefit payment and things and they are telling me how hard that aspect is But I'm giving them healthy advice that they're going to be cooking all of these fresh meals that are varied and obviously that's not that's not going to happen ermmmm But yeah, I've never had anyone said to me. I can't afford that. But obviously, it probably is the case, sometimes

Interviewer: So do you feel like Some of this women, African women have a lack of knowledge of risk and consequences of probably gestational diabetes or overweight or unhealthy eating in pregnancy. Do you think that they have a lack of knowledge of the risk and consequences.

Response: I think a lot of women doing check Don't think they do any less safe than anyone else. And I think a lot of women aren't aware of the risks and Obviously we mentioned to the demographic that do do the research and are aware, aware of every risk of what they are going into. But them aside, I think. but the rest women arent that aware of the risks and consequences.

Interviewer: the women that you talk to, do you feel that they are more They're more you know that they would obey their mothers more than they would obey a midwife. This has to do with the matriarch system in the African setting more

Response: Sometimes

Interviewer: so tell me an example

Response: but I see that more postnatally than in pregnancy. Yeah, with regards to kind of. How many layers The baby has on in the cot. How many and What are they doing with feeding and things I've had, I've had a lot of conversations about safe sleep or about feeding and I gave the advice and then oh but my, my mom or my mother in law are saying the opposite and I haven't. I don't think I've had it much in pregnancy. Or at least they havent told me that someone's giving them contradictory advice in pregnancy. But yeah postnatally, definitely.

Interviewer: Do you know about the old wive’s tale in pregnancy.

Response: What, what's that

Interviewer: Like things, you're not supposed to eat . I'm not supposed to eat dates in pregnancy because it makes the child do this. And some cultures have them. Okay, so no woman has asked you about that before.

Response: Yeah.

Interviewer: So, do you have any other thing to say?

Response: Sorry, sorry. I feel like I didn't get the information we wanted

Interviewer: No, no, no, no. I did get the information that I wanted That is relevant to the studies, not that I wanted