

# **Midwives reducing obesity for better pregnancy outcomes in Mongolia.**

Japanese Midwives Association(JMA)  
with Mongolian Midwives and Feldsher's Association

# Midwives reducing obesity for better pregnancy

This is a Summary of the progress of the project in this 2015.



ICM Asian Pacific Regional Conference 2015- Twinning Symposium

① Visited to Mongolia for project : 24<sup>th</sup> – 30<sup>th</sup> September 2015

### **Core Values**

1. Mutual trust
2. Sharing Responsibility
3. Commitment
4. Autonomy

### **Goal**

① The Mongolian Midwives Association will be strong well organized, and independent.

Policy, Strategic planning Skills, development of the board members

Leadership training for the board

② Improve Antenatal Care, midwives knowledge & skills, training, how to prevent obesity & promote healthy eating during pregnancy

Conduct survey (women, midwives knowledge)

Obtain evidence based guidelines for healthy eating during pregnancy and disseminate to all midwives and women

Dietary guideline

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These are pictures at the meeting of JMA members viting Mongoria



② Mongolian Midwives at the APRC Japan in July 2015.

Twinning Workshop on 20<sup>th</sup> July 2015



② Mongolian Midwives at the APRC Japan in July 2015.

Twining Symposium on 22<sup>nd</sup> July 2015

