

## **Abstract**

*Background.* Studies of the last decades showed the impact of maternal lifestyle-related risk factors (LRRF) on newborn health: Besides nicotine and alcohol use, stress, lack of physical activity and malnutrition during pregnancy and lactation lead to possible developmental impairments of children. To reduce the impact of maternal LRRF health education (HE) in maternity care is of great importance. Up until now, it has not been used efficiently.

*Methods.* A research design with qualitative open-ended interviews with gynecologists and midwives (HCP) was chosen to explore how HE on LRRF currently takes place. HCP from different of inpatient care settings as well as outpatient care settings in rural, urban and socially deprived areas were included. Interviews were tape-recorded and transcribed verbatim.

*Results.* In total 21 interviews with 22 participants (N=22) were conducted between September and November 2019. Most HCP reported that they address LRRF primarily, when indicated by in the medical history or by the individual needs of women. The practice of HE further depended on setting, time frame and at which time the women consult the HCP. Patient clientele, unsuitable general conditions and unclear area of competence were intervening conditions which influence the execution of HE.

*Conclusions.* The study results have shown that the interviewed HCP did not use a central concept for HE about LRRF in maternity care. Furthermore, they described that HE could already took place before pregnancy. They mentioned the possibility of strengthening HE through support from other health organizations.

*Keywords.* Health education, Lifestyle, Maternity care; Pregnancy, Risk factors, Health