

Cardiometabolic health after adverse pregnancy outcomes

Key findings

Participants (n=15)

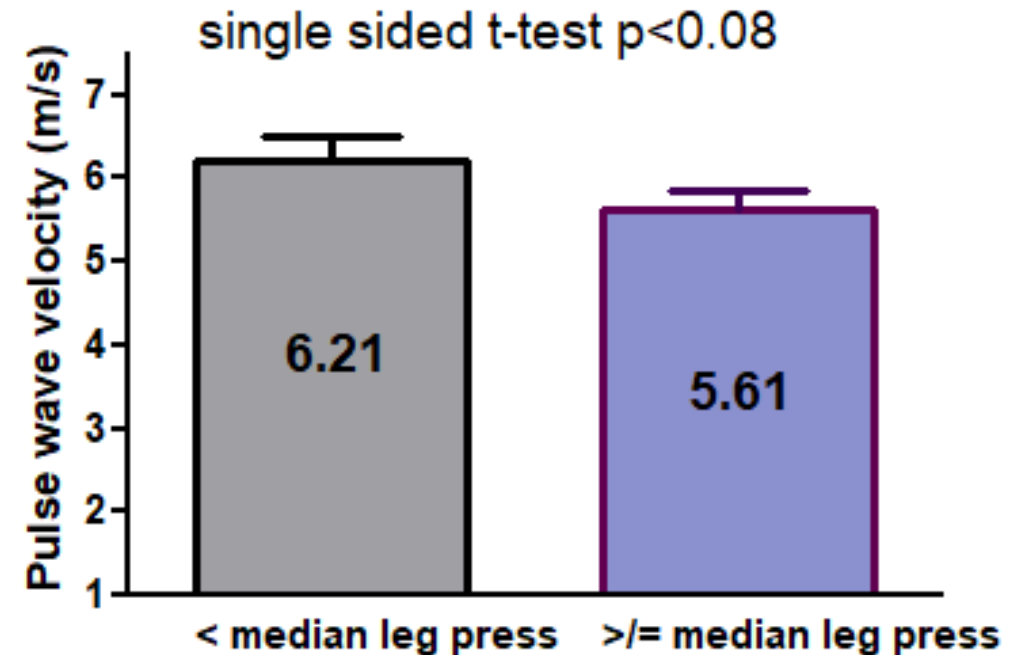
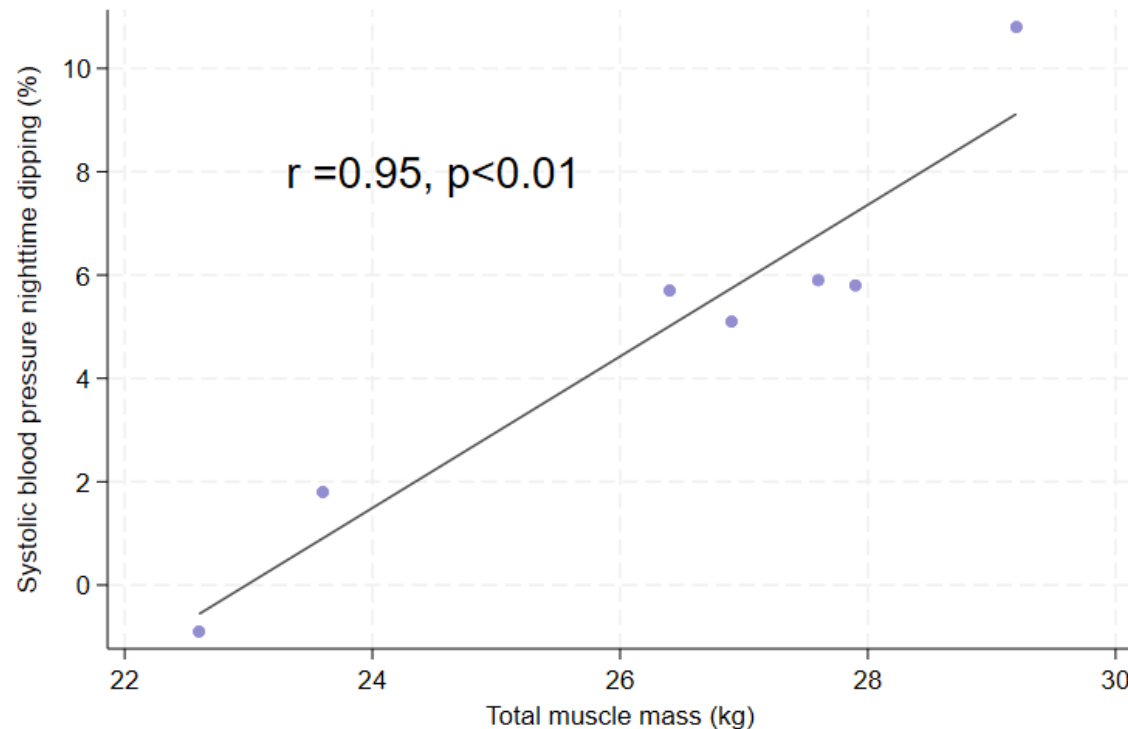
	Mean	95% CI
Age (yrs)	36	32 - 40
Current Smoker (%)	7	-
Education $\geq$ BS degree (%)	73	-
Married (%)	90	-
APO type (%)		
HDP (incl preeclampsia)	67	-
GDM	47	-
Preterm birth	27	-
SBP (mmHg)	118	110 - 126
DBP (mmHg)	72	66 - 78

Table Legend.

APO: adverse pregnancy outcome; **HDP:** hypertensive disorder of pregnancy; **GDM:** gestational diabetes; **SBP:** systolic blood pressure; **DBP:** diastolic blood pressure

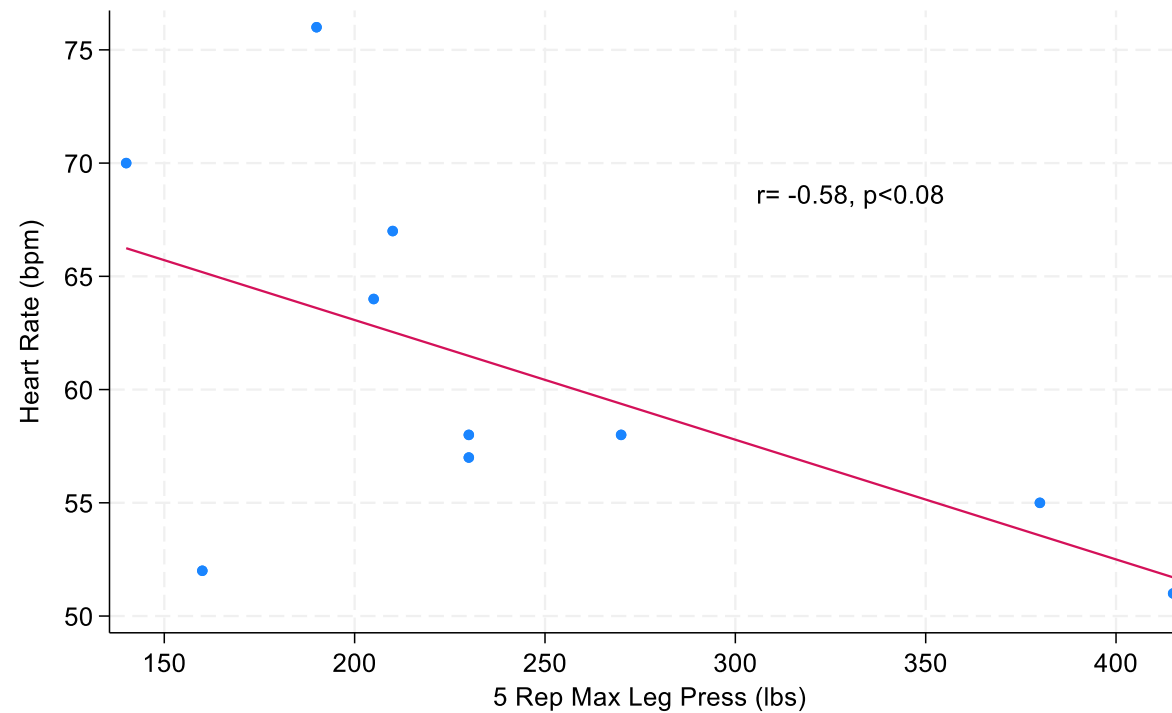
Muscle Matters

- Having more total body muscle mass was related to a bigger reduction in blood pressure at night.
- Arterial stiffness was 0.6 m/s lower (better) in those with above median lower body strength.



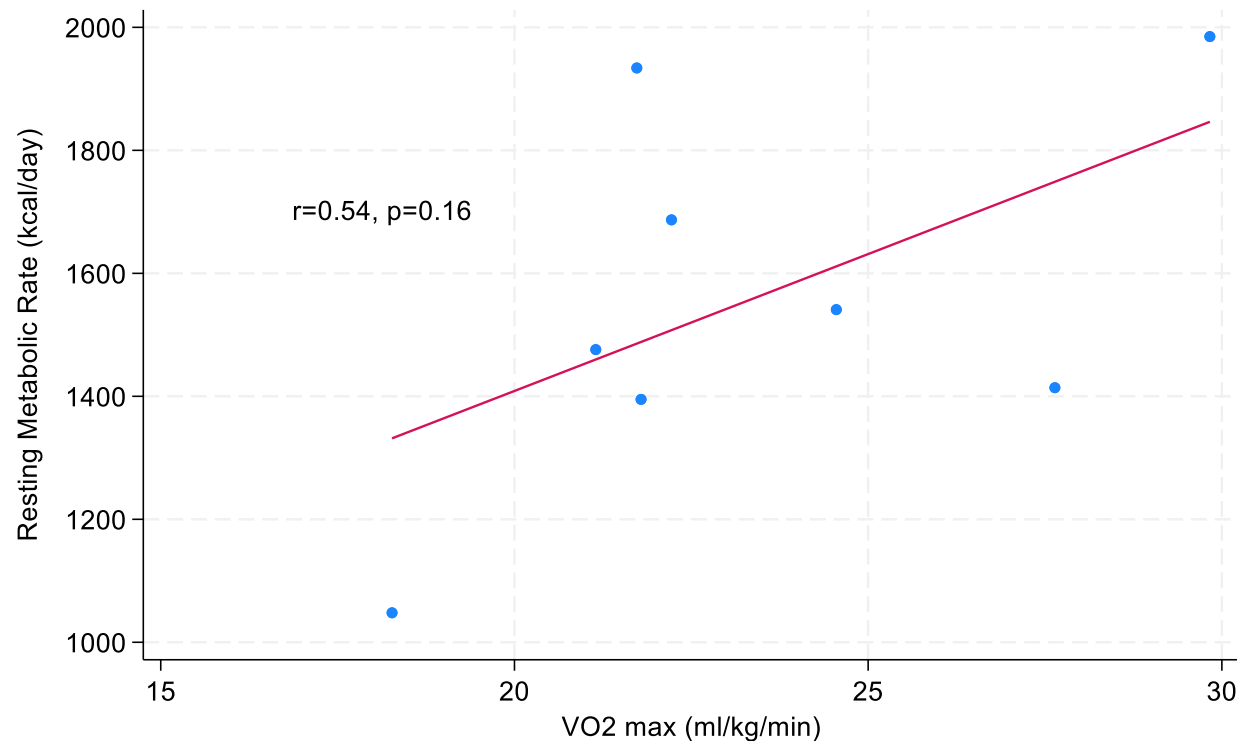
Muscle Matters

- Greater lower body strength was modestly linked to lower heart rate



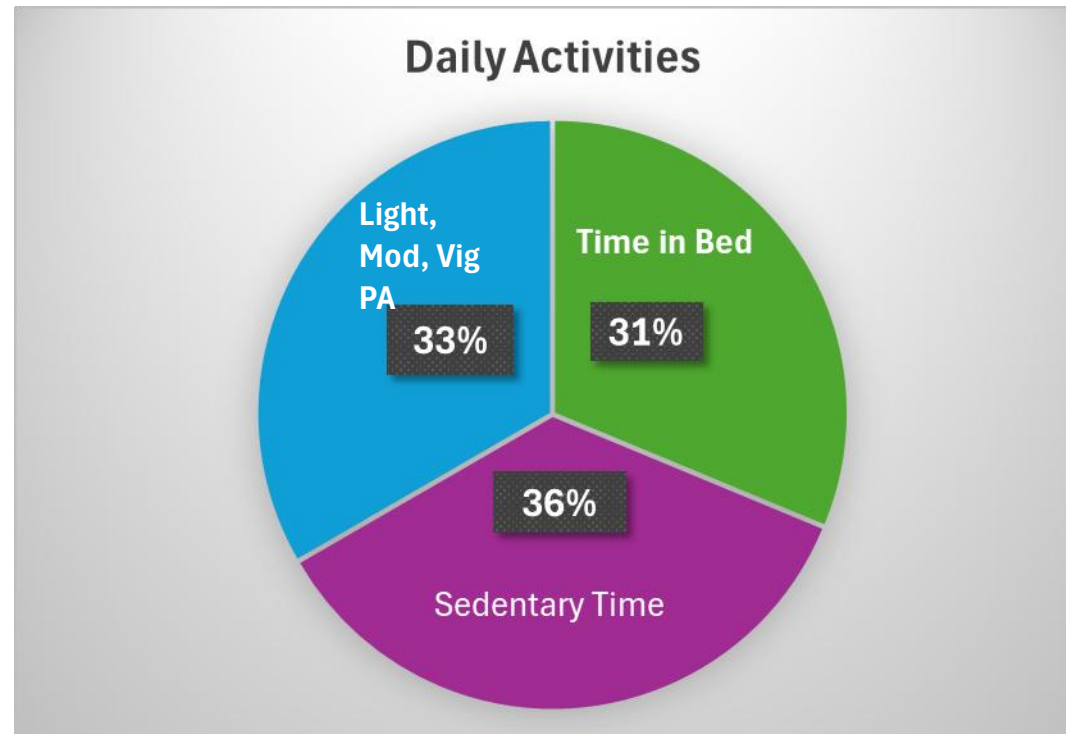
Fitness and metabolic rate

- Higher cardiorespiratory fitness (treadmill test) was modestly-moderately related to higher resting metabolic rate



Activity Behaviors

- Average steps/day = 6,691 (range: 3,097 – 14,908)



Participant feedback about study logistics

- Of 15 screen-eligible people, 10 came in for the visit
- Reasons why participants **would** want to come in for a research study visit:
 - To get payment (100%)
 - To do something that could help myself and other postpartum people (100%)
 - To get health information about myself (100%)
 - To contribute to helping with research/increasing health knowledge (90%)
- Reasons why participants **would NOT** come in for a research study visit:
 - No childcare or eldercare (70%)
 - Too far from my home (60%)

Thank you to our participants!