

Nutritional Nesting- *NESTRITION*

The First Pregnancy Home Food Environment as a Window to Prevent Obesity and NCDs

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Aims

1. Assess home food environment Knowledge, Attitudes and Practices in first-pregnancy couples.
2. Evaluate parenthood transition as a 'window of opportunity' for environmental optimization.
3. Compare cross-cultural (Israel-UK) approaches.

Results

- **Motivation vs. Barriers** - High health motivation was evident-yet dietary change was constrained by physical and emotional barriers.
- **Partners as Anchors:** Partners functioned as key relational anchors, shaping and sustaining the PHFE.
- **Food Accessibility:** Across cultures, men identified limited in-home access to healthy food as a primary obstacle.
- **Cultural Determinants:** Israelis emphasized dyadic alignment, whereas British counterparts identified anticipatory planning to secure healthy home food environments.
- **Nestrition Framework** - We propose Nestrition (Nutritional Nesting): A framework integrating nutrition with intentional preparation of the Physical Home Food Environment (PHFE) to support family health during the transition to parenthood.

COMPARISON 4 POPULATION GROUPS:

First pregnancy as an opportunity to improve the PHFE:

UK-W	IL-W
UK-P	IL-P

The importance of mutual prenatal relationships & decisions.

UK-W	IL-W
UK-P	IL-P

Difficulties in the home food environment during pregnancy.

UK-W	IL-W
UK-P	IL-P

Insufficient guidance concerning the home food environment during pregnancy.

UK-W	IL-W
UK-P	IL-P

Challenges in ACCESSIBILITY of healthy foods at home.

UK-W	IL-W
UK-P	IL-P

Planning the PHFE

UK-W	IL-W
UK-P	IL-P

*UK-W (Women, United Kingdom) *IL-W (Women, Israel)
*UK-P (Partners, United Kingdom) *IL-P (Partners, Israel).

Methods

A mixed-methods study followed 60 first-time couples in Israel and the UK from pregnancy to postpartum, using in-depth interviews and questionnaires at two time points. This was supplemented by a cross-sectional survey of 210 expectant parents.

Key Insights

From Advice to Action

"Nestrition" reorients prenatal care from prescriptive dietary lists to empowering women to restructure their PHFE, making healthy choices the default at home.

Agency as the Catalyst:

Environmental strategies provide a practical pathway for low-SES households to overcome structural barriers, fostering long-term family resilience and reducing health inequities

Equity through Feasibility:

While partners serve as essential supportive "anchors," partners proactive agency is the primary driver of health optimization and environmental restructuring.

"PREPARE THE KITCHEN, NOT JUST THE NURSERY"



Conclusion

This study positions 'Nestrition' during first pregnancy as a strategic policy window for early obesity and NCDs prevention. Findings reveal an 'Inverse Carer Law' - high parental motivation restricted by a lack of systemic institutional guidance. Integrating practical home environment intervention into prenatal healthcare pathways offers a scalable, equitable framework to advance public health.