

Lifestyle Quick Reference Table for Providers

Topic	Why It Matters	What to Assess	Priority Preconception Actions	When to Refer
Micronutrients	Nutrient deficiencies can affect early fetal development before pregnancy recognition	Folic acid use, iron status, vitamin D risk, diet quality	Recommend folic acid before conception; screen for iron deficiency; assess vitamin D risk; provide dietary advice	Dietitian if nutritional risk or deficiency
Diet Quality	Balanced nutrition supports fertility, placental development, and fetal growth	Dietary patterns, food access, nutrition knowledge	Encourage a balanced diet rich in whole foods; support healthy eating patterns	Dietitian for nutrition counselling
Weight and Metabolic Health	Both high and low BMI are associated with infertility and pregnancy complications	BMI, metabolic risk factors, diet and activity patterns	Assess metabolic health; encourage gradual lifestyle improvements; screen for diabetes risk	Primary care / Dietitian
Physical Activity	Physical activity improves cardiometabolic health and may support fertility	Activity levels, sedentary behaviour	Encourage regular physical activity and reduced sedentary time	Exercise specialist if needed
Sleep and Stress	Poor sleep and chronic stress affect metabolic and reproductive health	Sleep patterns, stress levels, mental wellbeing	Encourage sleep hygiene and stress management strategies	Mental health support if indicated
Eating Disorders	Disordered eating can affect fertility, nutrition, and pregnancy health	Eating behaviours, weight concerns, restrictive patterns	Screen sensitively; support early referral	Mental health / Specialist services
Age and Fertility	Fertility declines with age and pregnancy risks increase	Age, fertility concerns, reproductive goals	Provide anticipatory counselling about reproductive timelines	Fertility specialist if concerns
Genetic Risk	Chromosomal abnormalities increase with maternal age	Age-related genetic risk	Discuss reproductive options and genetic screening	Genetics counselling

Clinical Pearl

Small improvements in nutrition, physical activity, sleep, and metabolic health before pregnancy can improve fertility and pregnancy outcomes.

Quick Clinical Prompts

During routine visits:

- Ask about reproductive goals
- Review folic acid supplementation
- Assess diet and lifestyle behaviours
- Evaluate metabolic health
- Discuss age-related fertility considerations
- Screen for food insecurity or barriers to healthy lifestyle