

Study: Stressing About Finances can be Harmful to a Baby's Health

A pregnant woman's worries about the new arrival may lead to a low-birth-weight baby

The Ohio State University Wexner Medical Center

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NEWS PACKAGE

SUGGESTED TEASE

ANCHOR LEAD

(PACKAGE START) -----

CG: Courtesy: The Ohio State University Wexner Medical Center
:00 - :02

Shots of Jacquie reading to kids

CG: Jacquie Susie
Mother of two

Shots of pregnant women getting sonogram

Shots of researchers / pregnancy exam

CG: Amanda Mitchell, PhD

COMING UP IN HEALTH NEWS, WORRYING ABOUT MONEY IS COMMON WITH A BABY ON THE WAY, BUT A NEW STUDY SHOWS THAT A PREGNANT WOMAN'S STRESS CAN ACTUALLY AFFECT THE HEALTH OF HER BABY.

ANY PARENT CAN TELL YOU THAT BABIES ARE EXPENSIVE, AND THAT EXPANDING YOUR FAMILY COMES WITH SOME FINANCIAL STRAIN.

BUT A NEW STUDY SHOWS THAT WORRYING ABOUT MONEY CAN ACTUALLY AFFECT THE BABY'S HEALTH.

CLARK POWELL HAS THE DETAILS ON THE CONNECTION BETWEEN PREGNANT WOMEN'S FINANCIAL STRESS AND POTENTIAL HEALTH ISSUES AT BIRTH.

(Nats - Sound) :02

JACQUIE SUSIE WAS OVERJOYED TO WELCOME HER SECOND CHILD, BUT KNEW HER EXPANDING FAMILY WOULD COME WITH SOME FINANCIAL CHALLENGES. :06

"Diapers, formula, strollers, car seats, wipes, clothing, all those things really add up, and they really, they can be quite stressful." :10

WHILE IT'S COMMON TO WORRY ABOUT FINANCES BEFORE YOUR BABY ARRIVES, A NEW STUDY SHOWS THAT STRESS MAY BE AFFECTING THE BABY'S HEALTH.

RESEARCHERS AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER ASKED PREGNANT WOMEN ABOUT DIFFERENT STRESSORS, AND NOTICED A LINK BETWEEN ANXIETY OVER PREGNANCY, FINANCIAL STRESS AND BABIES BORN WITH LOWER BIRTH WEIGHT. :18



"We looked at questions such as the amount of difficulty

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<p>Ohio State Wexner Medical Center</p> <p>Shots of researchers in office Graphic Respiratory & Digestive Issues Obesity Heart Disease</p>	<p><i>that they would perceive living on their annual household income or the amount of hardships that they might experience in the coming weeks related to medical or food or housing situations.” :14</i></p> <p>UNFORTUNATELY, LOW BIRTH WEIGHT CAN LEAD TO A LIFETIME OF HEALTH RISKS. INCLUDING RESPIRATORY AND DIGESTIVE ISSUES, OBESITY AND EVEN HEART DISEASE. RESEARCHERS EMPHASIZE THAT FINANCIAL STRAIN DOESN'T JUST DEPEND ON HOW MUCH MONEY YOU HAVE. THEY FOUND THAT THIS TYPE OF STRESS AFFECTED WOMEN AND BABIES ACROSS ALL INCOME LEVELS. :18</p>
<p>CG: Lisa Christian, PhD Ohio State Wexner Medical Center</p> <p>Graphic: Create a financial plan Reach out for help Find ways to cope Know concerns are normal</p>	<p><i>“What that means is that it wasn't just the income of the household that was driving this effect. It was actually the perception of your ability to meet your expenses.” :08</i></p> <p>EXPERTS SAY PREGNANT WOMEN WHO ARE FEELING OVERWHELMED SHOULD CREATE A FINANCIAL PLAN, REACH OUT TO FRIENDS AND FAMILY FOR HELP, AND FIND WAYS COPE LIKE EXERCISE OR SUPPORT GROUPS. AND KNOW THAT YOUR CONCERNS ARE PERFECTLY NORMAL. :13</p>
<p>Lisa Christian (CG'd earlier)</p> <p>Shot of Jaquie playing with kids Closeup of kids</p>	<p><i>“It's completely common and completely something that can be helped. :04</i></p> <p>JACQUIE AND HER HUSBAND LEARNED TO ADJUST THEIR BUDGET, AND SAY LIFE WITH THEIR TWO CHILDREN IS TRULY PRICELESS. :05</p>
<p>Jacquie Susie (CG'd earlier) 20:21:38 - 20:21:41</p> <p>Shots of Jacquie and kids</p> <p>(PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p><i>“Definitely, planning a family and having a family's the best decision I've ever made.” :03</i></p> <p>AT OHIO STATE WEXNER MEDICAL CENTER, THIS IS CLARK POWELL REPORTING.: 03</p> <hr/> <p>RESEARCHERS WILL CONTINUE TO EXPLORE EXACTLY HOW STRESS AFFECTS A PREGNANT WOMAN'S BODY AND HOW THAT IS BIOLOGICALLY TRANSFERRED TO HER BABY.</p>

SOCIAL MEDIA

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	<p>It's common for expecting moms to worry about how their new addition will affect their family's budget, but a new study by The Ohio State University Wexner Medical Center finds that a pregnant woman's financial stress can actually affect the health of her baby. http://bit.ly/2ot6YxD</p>
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EXTRA BITES

<p>CG: Amanda Mitchell, PhD Ohio State Wexner Medical Center</p>	<p>Mitchell says relieving stress reduces the risk to the baby: <i>"We know that if we can start to address or intervene on the fears and the worries that someone might have about pregnancy that that will then reduce the effects that financial stress can have on an infant's birth weight."</i> :11</p> <p>Mitchell says future research will explore the biology of stress: <i>"We know that inflammation itself, research has shown that's linked to delivering a baby earlier or pre-term so inflammation will be a key pathway to understand the link between greater financial strain and birth weight in future studies."</i> :15</p> <p>Mitchell explains the health implications of low birth weight: <i>We know that delivering a baby of lower birth weight is associated with poor adult health outcomes like obesity risk, cardiovascular disease. We also know it's associated with poor cognitive functioning or achievement, so I think that those are important to consider as well."</i> :16</p>
<p>CG: Lisa Christian, PhD Ohio State Wexner Medical Center</p>	<p>Christian says financial strain is common for pregnant women: <i>"It of course is a financial strain --potentially, for a lot of families to prepare for buying a new crib and new supplies and preparing for diapers and potentially child care."</i> :13</p> <p>Christian states the goal of the study: <i>"In this study, we were interested in looking at how financial strain affects a woman's psychological health including the distress she's feeling and depressive symptoms she might be feeling and how that could impact the birth outcomes, particularly the birth weight of the baby."</i> :14</p> <p>Christian says it's important to find ways to cope with stress: <i>"It's important to reach out to your partner, to your family and friends and if that's not sufficient then to find other sources of coping, whether that'd be counseling, exercise, finding other ways, support groups."</i> :14</p>
<p>CG: Lisa Christian, PhD Ohio State Wexner Medical Center</p>	<p>Jacque says new parents should have a financial plan: <i>"While we were financially stable and continued to be after that, I would say a lot of planning should be involved, and those are things that I don't think you could prepare anybody for."</i> :09</p>

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<p>CG: Jacquie Susie Mother of two</p>	<p>Jacquie says she had to take unpaid leave while pregnant: <i>"I had to actually take off a couple weeks for home rest. I did kind of get off my feet. I had a very stressful job and was always on my feet, and really didn't take it easy on myself, so they sent me home for a couple weeks, and because I was saving up time for after having a baby, I had to take two weeks unpaid."</i> :16</p> <p>Jacquie says there are lots of expenses before the baby arrives: <i>"Just getting the nursery ready, getting even your own home ready. Some people, depending on their situation, they may have to move. They may have to upgrade and increase their mortgage or their rent."</i> :09</p>
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References

¹*Financial strain and birth weight: the mediating role of psychological distress*, **Archives of Women's Mental Health, February, 2017, Volume 20, Issue 1**. Online:
<https://link.springer.com/article/10.1007/s00737-016-0696-3>.

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