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Influencia del programa materno-infantil sobre la salud de la embarazada y el lactante en el  
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### Abstract

Introduction: primary healthcare includes the systematic, methodical follow-up of pregnant women and newborns. Objectives: characterize the nutritional status of pregnant women and their infants, maternal and child factors influencing infant growth, and the application of the maternal and child health program by family doctors and nurses. Methods: an observational longitudinal study was conducted to characterize the nutritional status of pregnant women and their infants cared for by family doctors from recruitment to the first year of life, and the possible factors affecting their development. Results: the group was composed of 55 pregnant women and their infants. Age range was 18-35 years, and 94.5% had a high educational level. 56.3% of the mothers had nutritional disorders or chronic diseases. Body mass index at the start of pregnancy was normal in 63%, whereas weight gain until the end of pregnancy was adequate in 56%. 89% of the deliveries occurred after 37 weeks of pregnancy. Birth weight was adequate except for 3 children: one by excess: 4 800 g (41 weeks) of an obese mother, and two by defect: 1 970 g (36 weeks) of an obese hypertensive mother and 2 450 g (36 weeks) from a twin pregnancy. Conclusions: weight gain and weaning are adequate. Prematurity was a common factor in the two low weight cases. The program has had excellent results.

### Keywords

maternal and child program, low weight, weight gain, infant, pregnant woman, prematurity.