Abstract

Introduction: an educational intervention strategy was presented to promote health in pregnant women. The research work was undertaken in six people’s councils of Ranchuelo municipality in Villa Clara province in which 32 facilitators participated and a quasi-experimental design was used. Objectives: to contribute to improve the pregnant women’s health from Ranchuelo municipality. Methods: the sample was made up of 160 pregnant women divided into two 80-women groups, one was the intervention group and the other was the comparison group. The analysis of maternal/child problems at basic working group level was made as well as the educational diagnosis with pregnant women was performed, which made the structuring of the intervention strategy in seven stages possible. Results: the coordination and interaction of the participating sectors and organizations was successful. The pregnant women in the intervention group became active subjects in caring their health, which was reflected in the reduction of the number of women suffering preventable diseases during pregnancy in this group, that is, 19 women (23.8 %) against 41 (51.3 %) in the comparison group. Besides, less low birthweight babies were born, more women exclusively breastfed their children till the 4 th month of life and a better ratio of weight to size of children in their first six months of life were observed in the intervention group. Conclusions: educational intervention was effective since the proposed objectives were fulfilled

Keywords

Health promotion, educational intervention, evaluation, pregnant women