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Impact of lifestyle choices on healthier pregnancy outcomes**Santosh Kumar Mishra**

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Healthy pregnancy outcomes (defined as safe delivery of a baby after a full-term pregnancy) are considered key in women's sexual and reproductive health. They envisage safe deliveries, including physical and mental well-being of both mother and baby. Pregnancy outcomes are closely linked with lifestyle choices among women. Lifestyle choices are choices women make about how to live and behave, according to their attitudes, tastes, and values. This work is aimed at presenting scientific discussion on linkages between lifestyle choices and pregnancy outcomes. Also, it briefly outlines treatment options in miscarriage situations. Secondary data (qualitative in nature) have been used. Data were collected from journal articles, books, book chapters, etc. Method of data analysis is descriptive.

Analysis of data in this work indicates that pregnancy is a transforming experience that causes significant physical, emotional, and lifestyle changes. Prenatal care is key in supporting a healthy pregnancy. Following lifestyle-linked interventions are key in healthier pregnancy outcomes:

- 1) Nutrition:** It plays a significant role in preserving maternal health and fetal development.
- 2) Staying Hydrated:** Staying hydrated during pregnancy is of utmost significance. It offers numerous health benefits, including improved digestion and increased energy levels.
- 3) Physical Activity:** Moderate exercise (including walking) during pregnancy has several physical and mental health benefits.
- 4) Sleep and Rest:** Since pregnancy significantly affects sleep

patterns (due to hormonal changes, physical discomfort, and frequent urination), adequate sleep and rest are important.

5) Alcohol and Smoking: Alcohol consumption and smoking during pregnancy involve health risks, including foetal alcohol syndrome, low birth weight, etc.

6) Avoiding Environmental Toxins: Women, during pregnancy, should avoid exposure pollutants, and second-hand smoke (inhalation of tobacco smoke by bystanders).

This abstract briefly concludes that making proactive lifestyle choices improves pregnancy outcomes. Also, this intervention lowers the risk of complications like gestational diabetes, high blood pressure, etc.

Biography

Santosh Kumar Mishra is a Researcher (Scholar) and retired professional from the Population Education Resource Centre, Department of Lifelong Learning & Extension, S.N.D.T. Women's University, Mumbai, India. Trained in demography under a Government of India Fellowship (1986–1987), he earned his Ph.D. from the University of Patna in 1999. He also holds a Post-Master's Diploma in Adult & Continuing Education, a Certificate in Hospital and Health Care Management, and a Diploma in Human Resource Development. His research interests span demography, sustainable development, health, and related fields. Dr. Mishra has an impressive academic record, having authored or co-authored 6 booklets, 4 books, 32 book chapters, 111 journal articles, 2 monographs, 7 research studies, and 126 conference papers (some with bursary support). He has received multiple recognitions, including the Certificate of Excellence in Reviewing (2017, 2018, 2021, 2022) and the Excellence of Research Award in 2021 for outstanding contribution to agriculture. He has served as Judge for 2025 and 2026 Edison Awards, and Global Undergraduate Awards 2025 Programme.