

# Supportive Strategies for Nutrition, Weight concerns, and Hyperemesis Gravidarum in the Perinatal Period

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**February 17, 2026**

12:00 - 1:00 pm CT

Virtual Meeting



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Presenting from Baylor College of Medicine

If you have CME/CEU questions, please email [Edu-Services@ttuhsc.edu](mailto:Edu-Services@ttuhsc.edu) for assistance.

## Overview

Maternal and child mental health are closely linked, especially during the perinatal period. One in five new Texas mothers may experience mental health conditions such as depression, and mental health challenges are one of the leading causes of preventable maternal mortality within the first year of giving birth. The state-funded [Perinatal Psychiatry Access Network \(PeriPAN\)](#) offers free perinatal psychiatry consultation and education to health clinicians who interact with new mothers and mothers to be.

Join us for free webinars on Perinatal Mental Health. Participants can expect engaging discussions on evidence-based practice and care. Texas Tech University Health Sciences Center and the PeriPAN program are pleased to provide free CME credits for participants.

## Learning Objectives

- Explore evidence based interventions to address the intersection of mental health symptoms and nutrition.
- Discuss disordered eating, body image, and weight expectations in the perinatal period.
- Review correlation of Hyperemesis Gravidarum and mental health symptoms.
- Recommendations on how to discuss weight and nutrition with perinatal patients.