
MEDIA & PRESS

OGE AKINOLA

MEDIA KIT

Maternal Wellness Pioneer · Speaker · Author · Researcher

Shaping the conversations that will define the future of women's health

hello@ogeakinola.com · ogeakinola.com · linkedin.com/in/oge-akinola

At a Glance

The essentials, for a journalist in a hurry.

Name	Oge Akinola (Ogechik'nma Elizabeth Akinola)
Title	Maternal Wellness Pioneer, Speaker, Author, Researcher
Signature idea	The Pregnancy Before Pregnancy™, a prevention-first philosophy that maternal care must begin before conception
Innovation	Creator of the PRS Index™, a self-administered preconception readiness assessment built on nine pillars. US Provisional Patent pending.
Founder	The Mothers' Hub™, a prevention-focused maternal wellness movement
Author	Before You See Two Lines: Preparing Your Body, Heart, and Faith for the Journey to Motherhood
Research	Peer-reviewed, European Journal of Health Sciences (2025)
Education	Executive MBA, Imperial College Business School (London); MA Peace & Conflict Resolution, University of Bradford
Based in	Dallas–Fort Worth, Texas
Personal	Mother of four, woman of Christian faith
Contact	hello@ogeakinola.com

Press Bios

Approved and ready to use. No need to ask.

Short bio, 100 words

Oge Akinola is a maternal wellness pioneer, speaker, author, and founder of The Mothers' Hub. She is the creator of the PRS Index™, a preconception readiness intelligence platform built on nine pillars of whole-person health, currently US Provisional Patent pending, and a peer-reviewed researcher focused on non-clinical interventions in maternal wellness. A mother of four and woman of faith based in Dallas–Fort Worth, Texas, Oge brings over fifteen years of experience across public health, research, community development, and innovation. Her signature idea, The Pregnancy Before Pregnancy™, is reshaping how we think about when maternal care must begin.

Long bio, 250 words

Oge Akinola is a maternal wellness pioneer operating at the intersection of prevention, public health, research, innovation, faith, and community. She is the founder of The Mothers' Hub, a prevention-focused maternal wellness movement, and the creator of the PRS Index™, a self-administered preconception readiness intelligence platform built on nine pillars of whole-person health and currently US Provisional Patent pending. Her signature idea, The Pregnancy Before Pregnancy™, challenges decades of conventional thinking about when maternal care must begin.

Oge holds an Executive MBA from Imperial College Business School (London), an MA in Peace & Conflict Resolution from the University of Bradford, and professional certifications as an NASM Certified Personal Trainer with pre/postnatal and obesity specialisations. She is a peer-reviewed researcher with a publication in the European Journal of Health Sciences (2025). Earlier career experience includes public health and advocacy work at Save the Children UK and the London Borough of Hackney. She is a recipient of Government Recognition from the Abia State Government of Nigeria for maternal wellness and innovation.

Based in Dallas–Fort Worth, Texas, she is a mother of four, a woman of Christian faith, and co-creator of BodyPraise™, a faith-integrated fitness movement.

One-line descriptor

Oge Akinola is a maternal wellness pioneer and creator of the PRS Index™, working to shift maternal care from reaction to preparation.

The Story

Why this work matters, and why now.

Most maternal health conversations begin after a positive pregnancy test. Oge Akinola's argument is that this is already too late.

CDC data shows that 85.7% of pregnancy-related deaths are preventable, and that mental health conditions are now the leading underlying cause of pregnancy-related death. Yet almost every intervention, and almost every conversation, is built for the clinic and for women who are already pregnant.

The Pregnancy Before Pregnancy™ is Oge's answer: a prevention-first philosophy that a woman's body, mind, environment, support, and inner life all shape her pregnancy long before conception, and that she deserves support before crisis, not after it.

The PRS Index™ turns that philosophy into something measurable. It is a self-administered readiness assessment across nine pillars, designed deliberately for women outside clinical settings, including those underserved by conventional care. It is patent-filed and forms the foundation of Oge's planned doctoral research.

THE ANGLE FOR MEDIA

This is not another wellness message telling women to try harder. It is a structural argument that maternal healthcare begins its work at the wrong moment, and a proposal for what should exist instead.

It sits at an unusual intersection: public health evidence, patented innovation, health equity, faith, and lived experience as a mother of four.

Expert Topics

Where Oge speaks with authority.

- The Pregnancy Before Pregnancy™, why maternal care must start before conception
- Non-clinical interventions in maternal health, the evidence and the gap
- The PRS Index™, innovation in preconception readiness
- Maternal mortality, health equity, and the prevention opportunity
- Women's wellness in the workplace
- Perimenopause and menopause, the transition nobody prepares women for
- Faith and wellness, why they are not in tension
- Prevention as the future of maternal healthcare

Suggested interview questions

Offered to save you time. Oge is happy to go anywhere the conversation leads.

1. What does “the pregnancy before pregnancy” actually mean, and why should anyone care before they are trying to conceive?
2. If 85.7% of pregnancy-related deaths are preventable, what are we getting wrong?
3. You argue maternal care starts too late. Too late compared to what?
4. What is the PRS Index, and why does it matter that it is self-administered rather than clinical?
5. Mental health is now the leading cause of pregnancy-related death. What does that tell us?
6. How do faith and evidence-based health science sit together in your work?
7. You are a mother of four. How much of this came from your own experience?
8. What would you change tomorrow if you could change one thing about maternal healthcare?

The Ecosystem

One idea, four expressions.

Oge's work is built as a single, connected architecture. The clearest way to describe it:

The Pregnancy Before Pregnancy™ is the philosophy. The PRS Index™ is the tool. The Mothers' Hub™ is the community. Before You See Two Lines is the guide.

Oge Akinola™	The voice
The Pregnancy Before Pregnancy™	The philosophy and movement. Prevention-first preparation before conception.
PRS Index™	The patent-filed readiness assessment. Nine scored pillars, self-administered.
Before You See Two Lines	The practical, faith-informed book for women preparing for motherhood.
The Mothers' Hub™	The community and support platform.

The nine PRS Index™ pillars

For accuracy in any published reference, the nine patent-filed pillars are:

1. Metabolic Health
2. Nutritional Sufficiency
3. Hormonal Regulation
4. Physical Strength & Body Composition
5. Sleep & Circadian Health
6. Emotional & Stress Resilience
7. Environmental Exposure & Safety
8. Practical Life Readiness & Social Support
9. Spiritual Readiness & Inner Peace

Credentials

Authority earned across several fields.

Academic and professional

- **Executive MBA** - Imperial College Business School, London (2022). Thesis: The Impact of Miscarriage in the Reconstruction of Women's Identity of Self.
- **MA, Peace & Conflict Resolution** - University of Bradford (2004)
- **BSc (Hons), Government & Public Administration** - Abia State University, Nigeria (2002)
- **NASM Certified Personal Trainer** - (2024), with Obesity & Diabetes (2023), Exercise Referral (2022), and Pre & Postnatal Fitness (2013) specialisations. Also a certified Change Management and PRINCE2 Practitioner (2008).
- **Peer-reviewed researcher** - Akinola, O. E. (2025). The Silent Crisis in Maternal Health: Why Preconception Care Deserves Greater Attention. *European Journal of Health Sciences*, 11(1), 24-31.
- **Global health policy** - Save the Children UK, Policy & Learning and Global Funding teams. Contributed to a £10 million proposal to the Children's Investment Fund Foundation for Prevention of Mother-to-Child Transmission and HIV treatment.
- **Grants and evaluation** - London Borough of Hackney. Managed a £500,000+ grants portfolio and evaluated 40+ funded community projects.
- **Certificate of Recognition** - Ministry of Health, Abia State, Nigeria (2024)
- **Best Health & Fitness Coach of the Year** - PKB Ministries, UK (2018)

Innovation and thought leadership

- **Creator** - the PRS Index™, US Provisional Patent pending
- **Founder & CEO** - The Mothers' Hub™ (2023 to present)
- **Author** - Before You See Two Lines, plus four books: Preparing Your Body for Pregnancy: A Faith-Based Approach; A Mother's Guide to Reversing Your Child's Diabetes; Roadmap to Staying Healthy During Pregnancy; Healthy & Active.
- **Co-founder** - BodyPraise™ and Afro Praise HIIT, a faith- and culture-rooted fitness movement with over one million YouTube views
- **Advisory & memberships** - Perinatal Community Alignment Advisory Board, Help Me Grow (USA). Member of HIMSS, Postpartum Support International, and Healthy Mom Healthy Baby.
- **Earlier** - Founder of Bump N Chic Ltd (2014-2022), the practitioner foundation from which the PRS framework grew; Director of Productions at Virtuous Entertainment TV Network, leading 14 producers across 30 channels.
- **Planned doctoral research** - developing the PRS Index as a self-administered preconception readiness tool for underserved women

As featured in

On maternal health, the PRS Index™, and The Mothers' Hub:

- **Vanguard (Nigeria)** - "How the PRS Index will transform women's health in Nigeria"
- **First for Women** - "Innovating Motherhood: The Global Mission Behind The Mothers' Hub"
- **Digital Journal** - "Redefining maternal health: the global mission of The Mothers' Hub"
- **London Daily News** - "Meet the woman helping women to heal from the inside-out"
- **Authority Magazine** - "Women in Wellness: Oge Akinola on the Five Lifestyle Tweaks"

- **March8** - “Oge Akinola, taking action and advocating maternal wellness”
- **TopMBA** - “My EMBA experience as an entrepreneur and mum of four”
- **U2B** - “This CEO is using her EMBA to empower women and mothers in the UK”

On BodyPraise™ and Afro Praise HIIT:

BellaNaija, TMZ Naija, Sound Doctrine, Heartsong Live, and 7GospelTracks covered the launch of the Afro Praise HIIT workout, a faith- and culture-rooted fitness movement that has since passed one million YouTube views.

Bylined articles: “From Crisis to Prevention: Nigeria's Path Forward in Maternal Health” (Vanguard); wellness columns in Admire Magazine (including a front-page feature) and Divine Purpose Magazine.

Selected speaking

- **Invest in Women, Accelerate Progress** - Storytellers, Nigeria (2025)
- **Unlock the Power of Self-Care and Self-Love** - Herbal Goodness, USA (2024)
- **Phases of Motherhood** - Global Change Agent Academy, USA (2024)
- **Embracing Motherhood in the C-Suite** - Women in Tech, Global/USA (2022)
- **Knowing Your 'Why' for a Healthier You** - City Church, Lagos, Nigeria (2021)
- **Managing Health in Uncertain Times** - Navigating Uncertain Times, South Africa (2020)
- **The Waiting Room: For Every Woman Waiting for the Fruit of the Womb** - PKB Ministries, UK (2019)

Additional engagements across the UK, US, Nigeria, and South Africa available on request.

Practical Details

Everything else you might need.

Availability	Broadcast interviews, podcast appearances, print and digital media, expert commentary, panel discussions, healthcare journalism
Formats	In person, remote, live, or pre-recorded
Response time	Within 48 hours
Booking an interview	hello@ogeakinola.com, or book a slot directly at cal.com/oge-akinola
Headshots	High-resolution images available on request and from the media page at ogeakinola.com
Correct usage	The Pregnancy Before Pregnancy™, PRS Index™, and The Mothers' Hub™ carry the ™ symbol. The book title, Before You See Two Lines, does not.
Name	Oge Akinola. Pronounced OH-gay ah-kin-OH-la.

A NOTE ON ACCURACY

The PRS Index™ is patent-filed (US Provisional Patent pending) and built on nine scored pillars. Please refer to it as a preconception readiness assessment rather than a diagnostic or clinical tool. Oge is a researcher and wellness professional, not a clinician. Her work is prevention and education focused and does not constitute medical advice.

Contact

Let's talk.

FOR MEDIA ENQUIRIES

hello@ogeakinola.com

Book an interview slot: cal.com/oge-akinola

ogeakinola.com · linkedin.com/in/oge-akinola

OGÉ AKINOLA

Helping Women Thrive Through Every Season of Womanhood™

Also part of the ecosystem: The Mothers' Hub™ (themothershub.com) · PRS Index™ (prsindex.com)