

TAKE CARE
OF
YOU AND YOUR BABY

- Keep your prenatal appointments
- Exercise regularly by walking briskly at least 15-20 minutes each day
- Get 6 - 8 hours of sleep each night
- Take a prenatal vitamin as prescribed by your obstetrician
- Avoid alcohol, nicotine and toxins in certain foods, including mercury and dangerous bacteria
- Wear comfortable non-restricting shoes
- Have recommended vaccinations during pregnancy, like flu and DTaP

Prevention of Obesity in Military Communities (POMC)

IF YOU FIT THESE CRITERIA,
YOU CAN HELP US TO UNDERSTAND THE
WEIGHT GAIN OF PREGNANT MOTHERS
AND INFANTS

- Aged 18-35 years old
- Eligible for prenatal care within the Military Health System
- No planned surgeries
- Not currently participating in a weight management program
- No medical conditions that would make your pregnancy high-risk
- Receive medical care at Naval Hospital Camp Lejeune
- Proficient in the English language

FOR MORE INFORMATION PLEASE CALL

BREE BROWN (910) 450-3137 OR

EMILY EDWARDS (910) 449-2625

(1) Lu et al. (2001). The effect of increasing prevalence of maternal obesity on perinatal morbidity. *American Journal of Obstetrics and Gynecology*, 185(4), 845-9; (2) Rasmussen et al. *Weight Gain During Pregnancy: Reexamining the Guidelines*. Washington, D.C.: The National Academies Press; 2009; (3) Whitaker (2004). Predicting preschooler obesity at birth: the role of maternal obesity in early pregnancy. *Pediatrics*, 114(1), e29-36; (4) Reilly (2006). Obesity in childhood and adolescence: evidence based clinical and public health perspectives. *Postgrad Medical Journal*, 82(969), 429-437; (5) Paul et al. (2011). Preventing obesity during infancy: a pilot study. *Obesity (Silver Spring, MD)*, 19(2), 353-61

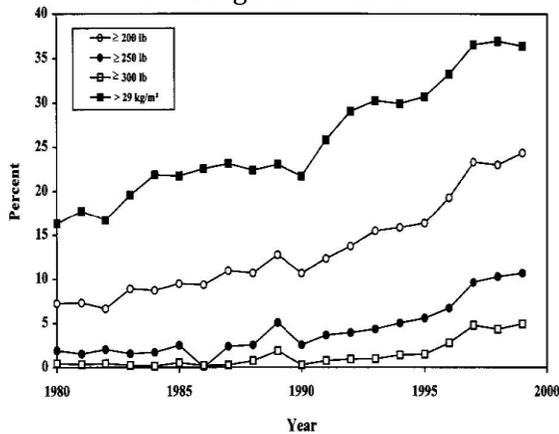


Studying the impact of
nutritional counseling on
healthy weight gain in
mothers and their babies,
starting in pregnancy.

Researchers at the Uniformed Services University, in collaboration with the Military Primary Care Research Network, are conducting a community-based intervention to promote strategies that decrease obesity in military communities, and by extension, the American population.

WHY IS THIS STUDY IMPORTANT?

Rising Trend in Body Mass Index for Pregnant Women ¹



DID YOU KNOW?

2 out of 3 women gain more than the recommended amount of weight in their pregnancy (25-30 lbs starting at a normal weight) ²

Obesity before and during pregnancy more than doubles the risk that a child will become obese by the time they're 4 years old ³

Obesity is the most common childhood disease ⁴

Breastfeeding has been found to reduce the risk for excess childhood weight gain⁵

The Uniformed Services University and Military Primary Care Research Network are conducting a study to examine if a 7-session counseling intervention, focusing on diet and exercise during routine prenatal and well-child care visits, will change weight gain in both pregnancy and early infancy.

THE STUDY

120 Pregnant Women from the Family Medicine and OB Clinics are needed for the study.

Healthy-weight, low-risk pregnant women will be selected for this study.

Women will be required to complete surveys throughout the study.

Participants will be randomly placed into one of two groups - the control group or the counseling group.

The counseled group will have 7 sessions of counseling: 3 during pregnancy and at 4 well-child appointments.

Additional counseling is designed to help put words into actions to stay physically fit and eat healthy.

All participants will receive routine prenatal and well-child care appointments.

These counseling sessions are flexible and scheduled at your convenience.



THE COUNSELING GROUP WILL RECEIVE:

- 1) *Consistent Family-Centered Care* from a counselor within the Military Primary Care Research Network (MPCRN)
- 2) *Specific Prenatal Counseling* that goes above and beyond routine counseling
- 3) *Help to Self-Identify* workable solutions for healthy eating and physical activity.
- 4) *Counseling After Delivery* that discusses infant nutrition, physical activity, and maternal wellness.

We appreciate your consideration for participating in this exciting new study!