

<b>Title of Intervention</b>	<b>Lifestyle intervention on dietary habits, physical activity, and gestational weight gain in obese pregnant women.</b>	
<b>Intervention Strategies</b>	Group Education	
<b>Purpose</b>	'Determine whether a lifestyle intervention based on a brochure or on active education can improve dietary habits, increase physical activity, and reduce gestational weight gain in obese pregnant women.'	
<b>Populations</b>	Obese white women consecutively attending a prenatal clinic before 15 wk of gestation.	
<b>Settings</b>	Clinic based	
<b>Partners</b>	Not mentioned	
<b>Intervention Description</b>	<p>In the combination treatment group educational sessions by a nutritionist were conducted. 'A maximum of 5 women were brought together in these 1 hour sessions, which were scheduled at 15, 20, and 32 wk of pregnancy. The sessions provided subjects with recommendations on a balanced healthy diet, based on the official National Dietary Recommendations. The dietary intervention aimed at limiting the intake of energy-dense foods (e.g., fast food and sweets) by substituting them with healthier alternatives (e.g., fruit), increasing low-fat dairy products, increasing whole-wheat grains, and reducing saturated fatty acids. More general topics such as energy balance, body composition, nutrition facts labels, and how to increase physical activity were discussed. Techniques of behavioral modification were used to give the women insight into controlling periods of emotional eating, preventing binge eating sessions, etc.'</p> <p>The alternative treatment group received a brochure during the first prenatal consult. The brochure contained advice on nutrition and on physical activity and tips to limit pregnancy-related weight gain.</p>	
<b>Theory</b>	Not mentioned	
<b>Resources required</b>	<b>Staff/Volunteers:</b>	Nutritionist
	<b>Training:</b>	Not mentioned
	<b>Technology:</b>	None
	<b>Space:</b>	Not mentioned
	<b>Budget:</b>	Not mentioned

	<b>Intervention:</b>	Brochures
	<b>Evaluation</b>	Calibrated balance, 7 day dietary records, Baecke questionnaire, and tests performed during routine prenatal care and antenatal care.
<b>Evaluation</b>	<b>Design:</b>	Randomized controlled trial
	<b>Methods and Measures:</b>	"Participants were randomly assigned into 3 groups: a group that received nutritional advice from a brochure, a group that received the brochure and lifestyle education by a nutritionist, and a control group. Nutritional habits were evaluated every trimester through 7 day food records. Physical activity was evaluated with the Baecke questionnaire."
<b>Outcomes</b>	<b>Short term impact:</b>	"Fat intake, specifically saturated fat intake, decreased and protein intake increased from the first to the third trimester in the passive and active groups compared with an opposite change in the control group."
	<b>Long term impact:</b>	Not measured
<b>Maintenance</b>	Nutritionist and nutrition sessions, resupply of brochures.	
<b>Lessons Learned</b>	'Patients who had dropped out of the active group reported that the 3 additional visits and the completion of the 7-day dietary records were too time-consuming, even though the group and individual sessions in the active group had been scheduled in combination with prenatal visits.'	
	Previous studies indicate that rate of weight loss is correlated with amount of time spent. Previous studies showing weight loss were time intensive include either weekly sessions or 10 sessions during the prenatal period for the intervention.	
<b>Citation(s)</b>	Guilinck, Isabelle, Devlieger, Roland, Mullie, Patrick, and Vansant, Greet. (2010). Effect of lifestyle intervention on dietary habits, physical activity, and gestational weight gain in obese pregnant women: a randomized controlled trial. American Journal of Clinical Nutrition. Vol. 91, No. 2, 373-380	