

THE STUDY

Recruitment: 12 - 17⁶ weeks'

- Baseline data, BP, weight, height, lifestyle questionnaires.
- Daily probiotic/ placebo capsule until birth.

Women randomised to nutritional intervention: x 4 dietary education visits with community health worker before 26-28 weeks and text messages until birth.

Women randomised to best practice nutrition advice: receive MoH nutrition and pregnancy weight gain physical activity pamphlets.

Participants see the research midwife at:

28-30 and 36 weeks

Questions about health, measure weight and blood pressure and repeat nutrition and exercise questionnaires.

At 32 and 36 weeks participants will be offered a growth scan, at no cost.

Within 48hrs of birth and 4-6 months postpartum

Data collection re study outcomes & measurements for mother and baby.

THE RESEARCH TEAM

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Questions? Please contact one of the above researchers or research midwives.

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Research midwives

Cecile O'Driscoll 021 811 211

Sarah Va'afusuaga: 021 82 4071

Community health workers

Kristine Day 021 598 515

Mele Fakaosilea 021 499 285



HEALTHY MUMS AND BABIES STUDY (HUMBA)

Information for
Healthcare Providers



OVERVIEW

The HUMBA study was initiated in response to the Counties Manukau Health (CMH) external review of maternity in 2012.

WHY IS HUMBA IMPORTANT?

The obesity epidemic is affecting people of all ages in CMH.

Obesity in pregnancy is associated with many complications for mother & baby.

Obesity cannot be reversed during pregnancy.

Recent research suggests that improved diet and limiting pregnancy weight gain can improve outcomes for both mother and baby e.g. reduced gestational diabetes and fetal macrosomia.

Dietary education accompanied by text messages and/or the use of probiotic capsules have potential to improve short and long-term health for mothers and babies. These interventions are being trialed in HUMBA.

RECRUITMENT

Starting: April 2015

Please offer women in your care the opportunity to participate in HUMBA!

Eligible:

Maternal BMI \geq 30

Gestation < 18 weeks

Singleton pregnancy

No diabetes, bariatric surgery, severe hyperemesis, taking probiotics or other medication which may affect appetite.

Consenting eligible women will be randomised to one of 4 study groups:

Nutrition Intervention + probiotic	Nutrition Intervention + placebo
Best practice nutrition advice + probiotic	Best practice nutrition advice + placebo

* Best practice Nutrition advice will receive “Eating for healthy pregnant women” and “Healthy weight gain during pregnancy” pamphlets.

This is a double blind study for the probiotic / placebo.

HOW CAN YOU HELP?

We all want to improve health outcomes of mothers and babies in CMH.

We ask that you briefly explain the study, give a pamphlet to eligible women, and ask if they would talk with a HUMBA researcher about the study.

If the woman agrees to discuss the study further, please notify our research midwives ASAP.

Contact numbers:

Cecile O’Driscoll 021 811 211
Sarah Va’afusuaga 021 82 4071

or email: humba@auckland.ac.nz

The research midwife or community health worker will contact the woman and if she agrees, make an appointment to explain the study in more detail and obtain her consent.

The woman will then be recruited into the study as per study protocol, and randomised into one of the 4 groups.