

PREGGIO: Pregnancy and Glycaemic Index Outcomes Study

In February 2010 the Antenatal Dietician at Wollongong Hospital started recruitment for the PREGGIO STUDY. It is expected that the initial data collection will take between 1 to 2 years.

Investigators

| Researcher | Position | Contact Number |
|-------------------------------|---|----------------|
| Professor Robert Moses | Principal Investigator, Clinical Trials and Research Unit Illawarra Diabetes Service | Ph: 42311900 |
| Shelly Charters | Antenatal Research Dietitian, APD Wollongong Hospital Shelly.Charters@SESI.AHS.HEALTH.NSW.GOV.AU | Ph: 42534273 |
| Jane Cleary | Senior Paediatric Dietitian , APD Wollongong Hospital | Ph: 42534547 |
| Professor Jennie Brand-Miller | Professor of Human Nutrition University of Sydney | Ph: 9351 2222 |
| Professor Linda Tapsell | Director Smart Foods Centre, APD University of Wollongong | Ph: 4221 3466 |
| Professor Peter Petocz | Associate Professor Statistics Macquarie University | Ph: 9850 7111 |

In this study we hope to see if Low GI dietary advice can be given to a large group of pregnant women. We also hope to see the effect of a Low GI diet on birth outcomes including the birth weight of the baby and the development of GDM.

The dietician will approach the women to participate when they first present at the antenatal clinic i.e. midwife visit. Participants will be assigned to either the "Healthy Eating in Pregnancy Group" which will be given general healthy eating advice; or the 'Low GI Group', which will be given additional information about Low GI foods.

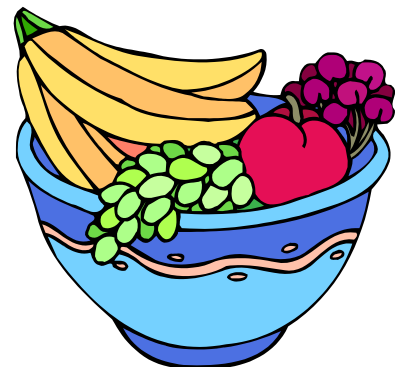
The inclusion and exclusion criteria are as follows:

Inclusion Criteria

- <20 weeks gestation
- Singleton pregnancy
- Age ≥ 18 years
- Ability to read and understand a consent form
- Ability to comply with the visits and advice

Exclusion Criteria

- ≥ 20 weeks gestation
- Multiple pregnancies
- Diabetes or previous gestational diabetes
- Undertaking a fad diet or requiring special dietary needs e.g. coeliac disease
- Inability to comply with visits and advice
- Any serious medical condition, in the opinion of the Investigator
- Medical condition/medications likely to affect body weight
- Non-English speaking background



What will be required of the women:

- Complete 2 x 3day food records.
- Attend an initial appointment (<20 weeks gestation) with the Dietitian where they will be weighed and given education about healthy eating in pregnancy.
- Attend 1+ appointments with the Dietitian throughout their pregnancy to discuss how they are going with their eating.
- Attend a final visit (37+ weeks) with the Dietitian to be weighed again and to discuss how they went.
- Will be contacted 1 year after the study to be weighed again, discuss their current diet and to have their child weighed.

Most visits will try and be scheduled around their routine appointments at the clinic. This study will not affect their routine antenatal care.

How you can help us

If you have any questions about the study or if any patient would like to find out more about the study they can contact Shelly the dietician for more information.

