



bump2babyandme.org



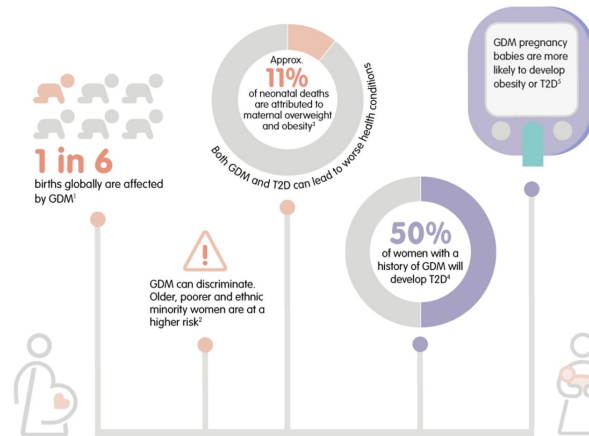
@bump2babyandme

This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 847984.

The project also acknowledges funding from the National Health and Medical Research Council, grant #GNT1194234.



Project Background



For ^{1,2,3,4,5} see bump2baby.org/policy/

Around one in eight pregnant women will experience gestational diabetes (GDM). Approximately half of women with a history of GDM go on to develop type 2 diabetes (T2D) within five to ten years after delivery, and compared to women who haven't had GDM, women who have are almost ten times more likely to develop T2D⁶. Their children are more likely to have type 2 diabetes or obesity later in life.

Currently health systems around the world do not have sufficient resources to manage the numbers of women at high risk of developing GDM to support them to reduce their lifestyle-related risks.

⁶<https://doi.org/10.1136/bmj.m1361>

About the Project

The Bump2Baby and Me project is a five-year study on weight management during and after pregnancy. The main focus of the study is to test an innovative healthcare intervention. This includes risk screening and a health coaching app with real health coach, to provide a low resource system of care for appropriate weight management and improved outcomes for both mother and baby. The approach aims to reach more women, at the right time, and reduce healthcare service burden.

Coordinated by University College Dublin in Ireland, the project involves an international consortium of partners:



The project team brings together expertise from implementation science, lifestyle change, health psychology, mHealth technology, health economics and health service delivery.

What will the project do?

To test Bump2Baby and Me the project team is running a randomised-controlled trial. The trial will collect a wide variety of information on the health of mothers and babies involved but also how the project fitted within maternity services, how much it cost and what the women thought about the intervention. This is critical information if Bump2Baby and Me is going to be able to be rolled out more widely.

The trial will be implemented in four clinical sites: Ireland, UK, Spain and Australia. After women are identified as at risk of GDM within routine care, women interested in participating will then be randomly assigned to either usual care within their hospital or usual care plus the Bump2Baby and Me app and health coach.

Integrating the app and health coaching with usual health care will provide women with joined up care. Each woman will benefit from support both during pregnancy and for 12 months postpartum, at a time when her primary focus is her baby.

What it means for women?



Bump2Baby and Me is different to the other apps currently around because it is a one-stop-shop that will be complementary to the usual healthcare a woman receives and provides only evidence-based information that they can rely on.



The app will link each woman up with her own personal health coach who will provide personalised, trusted advice and support, tailoring the information so that they only receive the right amount at exactly the right time.



The app and coach will offer advice on nutrition, exercise, sleep, as well as feeding and active play for baby.



The trial sites are:

- National Maternity Hospital, Dublin;
- Southmead Hospital, Bristol;
- Granada University Hospitals, Granada;
- Monash Health, Melbourne.

Women at risk of developing GDM will be participating in the trial.

If you are interested in following the progress of the trial, please sign up to the project newsletter bump2babyandme.org/contact/

Contact Details

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