

**Personalized  
weight management  
during pregnancy**



*Expecting*  
**SUCCESS**

**How much weight should I gain during pregnancy?**

**Can I control how much weight I gain?**

**What foods can I eat to improve the health of my baby?**



## Where can I go for help?

If you would like to learn how to manage weight gain during pregnancy, you may be interested in “Expecting Success,” a research study offered by Pennington Biomedical Research Center and Woman’s Hospital.



## The Expecting Success Program

The program is part of a national research study called LIFE-Moms (Lifestyle interventions in expectant moms) to learn how doctors can better help women control weight gain during pregnancy. By participating, you can not only help you and your new baby, but future mothers and babies across Louisiana and even the country!

The study program will last up to 22 months and includes a weight management program for pregnancy personalized for you.

To begin, you will complete a screening visit and we will measure your height, weight and blood pressure. You will also answer questions about your health and lifestyle. This visit determines your eligibility.

You will be randomly placed in one of three programs to help you manage your weight during pregnancy:

- **Physician directed program:** receive advice from your physician
- **SmartMoms – Clinic program:** personalized weight management advice from a lifestyle counselor in individual and group sessions
- **SmartMoms – Phone program:** personalized weight management advice from a lifestyle counselor through your smartphone

During the program, you will have three study visits during your pregnancy and three study visits after your baby is born. We will ask you to monitor your diet and physical activity levels and we will measure your blood sugar levels and ask questions about your health and well-being. With each of your visits after delivery, we will also perform a wellness visit with your baby.

All study visits will take place at the Expecting Success headquarters at Woman's. The program and procedures are performed at no cost to you and you will have access to your results. We will make every effort to coordinate your study visits with your regular OB appointments with your primary care doctor.

## **Do I Qualify?**

We are looking for 306 women who are:

- **Pregnant in the first trimester (week one through week 11, or about three months)**
- **18 to 40 years old**
- **Nonsmoking**
- **Overweight or obese**
- **Planning to deliver baby at Woman's**
- **Able to read, speak and understand English**
- **Living within the Baton Rouge area for the next two years**

All of your information will be kept private and will be seen by no one outside the study team.

If you are interested in enrolling in this research study, please contact us:

Phone: **225-215-7980**

Website: **[moms.pbrc.edu](https://moms.pbrc.edu)**

Email: **[moms@pbrc.edu](mailto:moms@pbrc.edu)**



Offered through a partnership between Pennington Biomedical Research Center and Woman's Hospital

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