

Early healthy eating intervention in pregnancy helps obese women

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(HealthDay)—A healthy eating (HE) intervention is associated with lower gestational weight gain (GWG) and fasting glucose than a physical activity (PA) intervention, according to a study published online June 25 in *Diabetes Care*.

In a multicenter randomized trial, David Simmons, M.D., from Addenbrookes Hospital in Cambridge, U.K., and colleagues compared the impact of three lifestyle interventions on [gestational diabetes mellitus](#) (GDM) risk. One hundred fifty pregnant women ([body mass index](#), ≥ 29 kg/m²) without GDM were randomized to HE, PA, or HE + PA. Women received five face-to-face and four optional telephone-coaching sessions.

The researchers found that 32 percent of the trial participants developed GDM by 35 to 37 weeks, and 20 percent achieved GWG of less than 5 kg. Compared with those in the PA group, women in the HE group had less GWG (-2.6 kg; $P = 0.03$) and lower fasting glucose (-0.3 mmol/L; $P = 0.01$) at 24 to 28 weeks. Differences were not significant for the HE + PA group versus other groups.

"Although a larger trial is still clearly needed, these pilot findings are promising and support the use of early HE interventions in obese [pregnant women](#)," the authors write.

One author disclosed financial ties to Novo Nordisk.

More information: [Abstract](#)
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