A Randomized Trial on the Effects of Perinatal Education of Overweight Pregnant Women to Prevent Childhood Overweight: the ETOIG study.

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OBJECTIVE

We aimed to evaluate whether perinatal education of overweight pregnant women would reduce childhood overweight.

BACKGROUND

Early-life risk factors of childhood obesity include maternal obesity; smoking, diabetes and high weight gain during pregnancy for the mother; short duration of breastfeeding and poor quality of early feeding in the infants. Perinatal life thus may be a good period for primary prevention.

METHOD

Four French centers included before 20 weeks of gestation, 268 pregnant women who were overweight before pregnancy. They were randomized into either a control group (routine care including at least one dietary consultation) or an interventional group.

The intervention was based on patient therapeutic education with 2 individual (DIET) and 4 collective sessions (S1-S4) which aimed to educate the future mother for infant and maternal nutritional aspects, without weight objectives.

RESULTS

Events during pregnancy were similar in both groups, including incident gestational diabetes mellitus, maternal gestational weight gain and birth weight.

Primary endpoint

The primary objective was postnatal excess weight gain from birth to two years (weight SD 2 yrs – weight SD birth + 0.67) which is associated with obesity in childhood.

Secondary endpoints

Children’s feeding habits didn’t significantly differ between both groups

Overweight was less likely to occur in the interventional group

CONCLUSION

An intervention based on patient collective therapeutic education for overweight pregnant women, starting at more than three months of gestation, has no effect on postnatal excess weight gain but seems to prevent overweight in mothers and children two years after delivery.

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