



Active Mothers Postpartum: Rationale, Study Design and Participation

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Abstract

The Active Mothers Postpartum (AMP) study is a two-arm, randomized trial investigating whether the postpartum period is a "teachable moment" for promoting weight loss in overweight women.

We define a teachable moment as a period characterized by increased perceptions of vulnerability to health risks, concordant emotional responses (i.e., protective responses that reduce risk), and change in self-concept.

The intervention leverages naturally-occurring weight loss, lifestyle and role changes in the postpartum period to encourage increased physical activity and adoption of a healthy diet among overweight and obese women.

Three weeks after delivery, women are identified from medical records and screened for eligibility via telephone. Hospital delivery logs indicate that over half (58%) of women from participating clinics have a pre-pregnancy BMI ≥ 25, are ≥ 18, speak English, and are therefore eligible for inclusion. After telephone screening, the sample of eligible women to date (n=403) is: 44% Black, 45% < 30 years old, 38% primiparous, 48% obese (BMI ≥ 30). Overall, 74% of those eligible women have consented to participate. There was little difference in participation by weight status, parity, or race.

The postpartum period may be an opportune time for healthy lifestyle interventions. These preliminary data provide a profile of likely participants and suggest strategies for improving recruitment for this and other weight loss studies in the postpartum period.

Rationale

Pregnancy-related weight gain may contribute to long-term overweight among women.

- Obesity is associated with post-partum weight retention.
- Women who enter into pregnancy overweight are at increased risk of weight retention and, therefore, long-term obesity.
- Behavioral factors in postpartum have been shown to contribute to weight retention.

Postpartum period as a "teachable moment."

A teachable moment is a health event or life transition that:

- Increases perceptions of vulnerability to health risks,
- Prompts concordant emotional responses; and
- Impacts self concept.

This combination of events may offer a powerful motivational context for promoting behavior change. The postpartum period could prove to be a teachable moment for behavior change and subsequent weight loss. The timing of the AMP intervention intentionally begins shortly after the birth of the baby to capitalize on the naturally-occurring weight loss that is already taking place.

A multi-component intervention is key to behavior change.

- Less drastic lifestyle change can result in weight loss that is sustainable for the long run.
- This sustainable weight loss is more likely if both healthy diet and increased physical activity are encouraged.
- Behavior change is facilitated by feelings of confidence, which are enhanced when individuals have the necessary skills to make lifestyle changes.

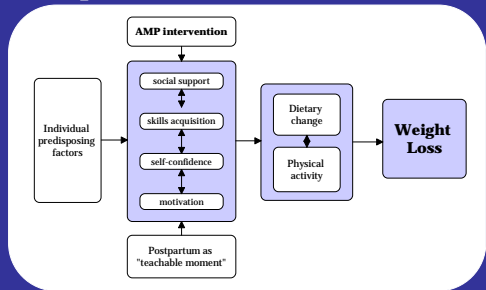
Healthy eating and physical activity intervention:

- Mom's Time Out classes teach specific skills to lower overall caloric intake (e.g., through reduction of sweetened beverages) and calories from fat.
- ActivMoms classes teach specific skills and encourage moderate exercise 30 minutes per day, 5 days per week.

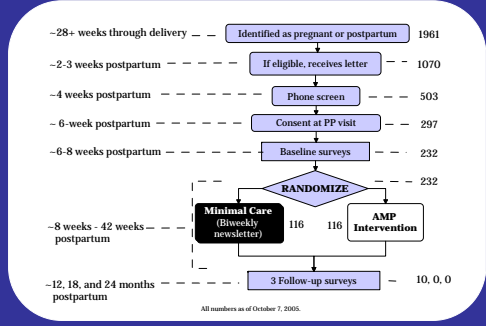
Individualized motivational interviewing:

- Ongoing support maintains confidence and skills needed to sustain behavior change.

Conceptual Model



Study Design



Acknowledgements

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AMP Intervention Components



• ActivMoms classes:

10 group classes involving mother and baby. Classes address aerobic and resistance training specific to the postpartum period.



• Mom's Time Out (MTO) classes:

8 nutrition-based classes include cooking demonstrations, didactic training, grocery store tours, food court trips, and recipes.



• Motivational Interviewing:

6 Sessions completed by trained counselor over the phone or in person.



• Sports stroller:

Given to women when babies are ~6 months old



• Pedometer and other tools to inspire healthy lifestyle changes

Characteristics of Participants (to date)

		Number Eligible	% of Eligible Consenting
Weight Status	Overweight	208	73%
	Obese	195	74%
Parity	Primiparous	155	75%
	Multiparous	248	76%
Race	Black	179	74%
	White	199	74%
	Other	25	64%
Age	< 30 years old	183	70%
	30+ years	220	76%
Proximity	Live in Durham	236	78%
	Live outside Durham	167	66%

All numbers as of October 7, 2005.

Wondering how you'll lose the weight after the baby comes?

If you are pregnant or recently delivered a baby, you could be eligible to take part in **Active Mothers Postpartum (AMP)**, a research study designed to promote weight loss in overweight women after childbirth.

All eligible women in the study receive:

- newsletters with tips for new moms
- phone surveys about your health and health habits

Some women in the study may be enrolled in a **FREE 9-month program that includes:**

- 10 **Mom's & Baby** exercise classes
- 8 **Nutrition** classes (with cooking demonstrations)
- individual counseling to help you meet your goals
- a pedometer and a jog stroller

If you are interested in this study, please call Rebecca Brouwer toll free - 1-866-681-0860

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