



Population Health  
Research Institute  
HEALTH THROUGH KNOWLEDGE

# are you: Of South Asian Ancestry 18-40 years old? At least 12 weeks pregnant?

DESI-GDM is a research study that is determining the effectiveness of health coaching to improve diet during pregnancy.

You can receive personalized dietary advice from a health coach through text messages and/or calls during your pregnancy.

For further details, and if interested, please scan the QR code above, or contact the study team at

**289-775-1356 or DESI-GDM.ON@phri.ca**



<https://redcap.link/desi-gdm>

