

DESI-GDM

**A RESEARCH STUDY TO SEE IF HEALTH COACHING
CAN HELP YOU IMPROVE YOUR DIET DURING PREGNANCY**

1 in 3 pregnant women of South Asian ancestry
develop diabetes during pregnancy (gestational diabetes)
Healthy eating during pregnancy may help reduce your risk

Are you?

- * Of South Asian ancestry
- * 18-40 years old
- * At least 12 weeks pregnant
- * Trying to eat healthier
- * The owner of a smartphone

If you qualify:

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

***This research project is led by Dr. Russell de Souza, RD, McMaster University.
To take part in the study or for more information contact the study team at
289-775-1356 or DESI-GDM@PHRI.ca***



**Population Health
Research Institute**
HEALTH THROUGH KNOWLEDGE

This study has been reviewed by the Hamilton Integrated Research Ethics Board under project #10942

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