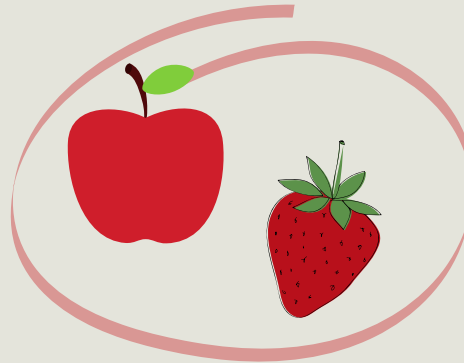


## Research Team

Led by Dr. Russell de Souza, RD, ScD  
McMaster University  
Department of Health Research  
Methods, Evidence and Impact



## Contact Us

Phone: (289) 755-1356  
Email: [DESI-GDM@PHRI.ca](mailto:DESI-GDM@PHRI.ca)

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

Version 2.0 2021-December-14



A culturally-tailored  
personalized  
nutrition  
intervention in  
South Asian women  
at risk of Gestational  
Diabetes Mellitus

## WHO WE ARE

An interdisciplinary  
research team at  
McMaster University  
and Hamilton Health  
Sciences

# Purpose of DESI-GDM

## WHY IS THIS RESEARCH BEING DONE?

- Some women without diabetes develop high blood sugar level during pregnancy, this condition is called "gestational diabetes" (GDM)
- Pregnant South Asian individuals develop GDM 2x as often as white individuals
- Diet changes during pregnancy may improve blood sugar levels
- We think seeing a nutrition coach during pregnancy can help improve diet - but, are unsure if this will have a large impact on blood sugar levels



# Participation

## VISITS

Attend two visits at our study clinic

- Baseline Visit
  - 3-4 months gestation
  - 1 - 1.5 hours
- Follow-up Visit
  - 6-7 months gestation
  - 2 hours

**You will be compensated with a \$25 gift card for baseline and follow-up visit**



## SAMPLE COLLECTION

- Baseline Visit
  - Fasting blood sample
  - Fasting urine sample
- Follow-up Visit
  - Fasting blood sample
  - Fasting urine sample
  - Glucose testing
  - Additional blood samples for long-term storage (optional)



# The Intervention

**IF YOU ARE RANDOMLY SELECTED, YOU WILL BE ASKED TO...**

- Meet with a Health Coach to develop goals and a plan to achieve them
- Follow-up with your Health Coach every 2 weeks
- Install 2 applications on your mobile device
- Wear a Fitbit for up to 16 weeks
- Agree to receive up to 5 text messages a week related to and exercise