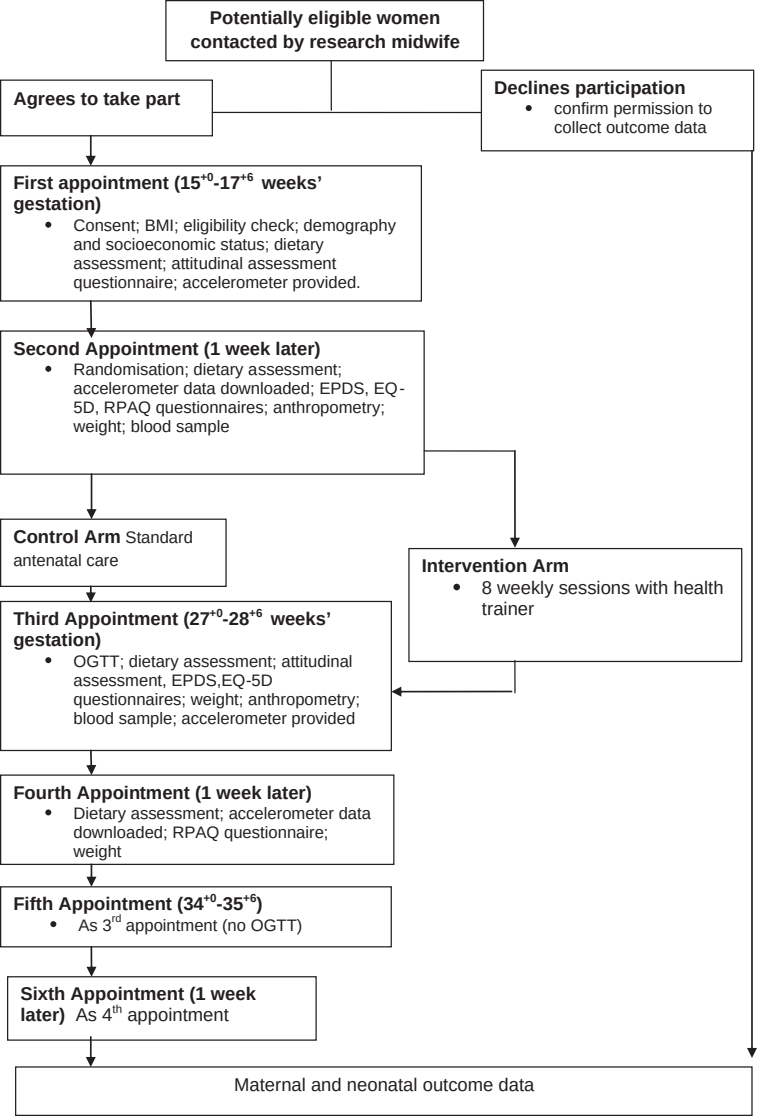
Potentially eligible women contacted by research midwife
Agrees to take part
Declines participation
• confirm permission to collect outcome data
First appointment (15+0-17+6 weeks' gestation)
• Consent; BMI; eligibility check; demography and socioeconomic status; dietary assessment; attitudinal assessment questionnaire; accelerometer provided.
Second Appointment (1 week later)
• Randomisation; dietary assessment; accelerometer data downloaded; EPDS, EQ-5D, RPAQ questionnaires; anthropometry; weight; blood sample
Control Arm Standard antenatal care
Intervention Arm
• 8 weekly sessions with health trainer
Third Appointment (27+0-28+6 weeks' gestation)
• OGTT; dietary assessment; attitudinal assessment, EPDS,EQ-5D questionnaires; weight; anthropometry; blood sample; accelerometer provided
Fourth Appointment (1 week later)
• Dietary assessment; accelerometer data downloaded; RPAQ questionnaire; weight
Fifth Appointment (34+0-35+6)
• As 3rd appointment (no OGTT)
Sixth Appointment (1 week later) As 4th appointment
Maternal and neonatal outcome data