

10-14 weeks' gestation: Research midwife identifies eligible women by GP/midwife referral letters, USS, EPAU, ANC, Fetal Medicine

14 weeks' gestation: Research midwife approaches eligible women-verbal and written explanation of study given, permission sought to proceed

14-15 weeks' gestation: Research midwife makes telephone/ email contact to answer queries and obtain verbal consent

DECLINED
Routine ANC.
BMI, ethnicity, age & pregnancy outcome recorded (if agreed)

Baseline/Randomisation visit:
15⁺⁰ - 18⁺⁶ weeks' gestation
Eligibility confirmed; written informed consent obtained. **RANDOMISATION**, demography, maternal history, maternal family history, current pregnancy health. Questionnaires: dietary assessment (FFQ), binge eating, EQ-5D, IPAQ, EPDS. Anthropometry
Samples : blood & urine

CONSENT NOT GIVEN
Routine ANC.
BMI, ethnicity, age & pregnancy outcome recorded (if agreed)

CONTROL
Routine ANC

28 week visit:
27⁺⁰ - 28⁺⁶ weeks'
Consent confirmed
Current pregnancy health
Questionnaires FFQ, EQ-5D, EPDS, binge eating & IPAQ.
Anthropometry
Samples OGTT, Blood & urine.
Fetal USS

INTERVENTION
Appointment with Health Trainer followed by 8 weekly sessions

Session - week 1
Session - week 2
Session - week 3
Session - week 4
Session - week 5
Session - week 6
Session - week 7
Session - week 8

Any time during study:
FATHER consented for demography, DNA, anthropometry

36 week visit:
34⁺⁰ - 36⁺⁰ weeks'
Consent confirmed, current pregnancy health. Questionnaires: FFQ, EQ-5D, binge eating, EPDS, IPAQ.
Anthropometry, Samples: blood & urine

Pregnancy, Delivery and Neonatal Data:
Maternal late pregnancy, delivery data newborn data, neonatal anthropometry, cord blood sample, maternal postnatal and neonatal discharge information

6 month Follow-Up
Mother: Registration- contact details, eligibility, consent. - demography, smoking, general health, Anthropometry.
Samples. blood & urine
Questionnaires: FFQ, EPDS, TFEQ-18, Binge eating, IPAQ, IBQR
Child- eligibility, hospital admissions, medications & supplements. Anthropometry.
Questionnaires: BEBQ, feeding & growth, early care/education; sleep and activity