

## Baby Steps Mobile Web Application



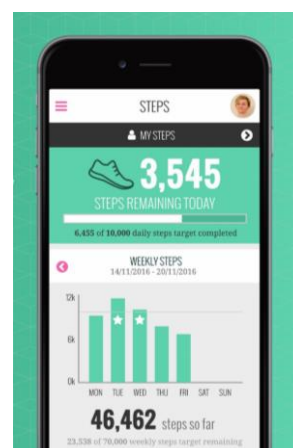
Participants are given a secure login to the application when they attend the first of the two group education sessions. The application can be accessed from a smart phone or tablet and when they register they are given the opportunity to form a group with the women they attended the session with. They are also given a wrist worn activity monitor that can connect to the website using a human application programming interface.

The application has five parts:

### Steps

This has three sections

- Steps – this section keeps a record of the number of steps they have done and provides bar charts and graphs of daily and weekly values.
- Challenges – the participant can set themselves daily targets and they are informed what percentage of their target they reach or how often they reach the target
- Achievements – motivational and congratulatory messages are sent



### Booster Sessions

These are released monthly for 9 months and cover the following topics

- Month 1 – A Balanced Diet
- Month 2 – Calories in vs calories out
- Month 3 – Health Snacks and Drinks
- Month 4 – Get standing
- Month 5 – Keeping up your activity
- Month 6 – Reducing stress
- Month 7 – Healthy living for a health hear
- Month 8 – Importance of Strength Training
- Month 9 - Graduation

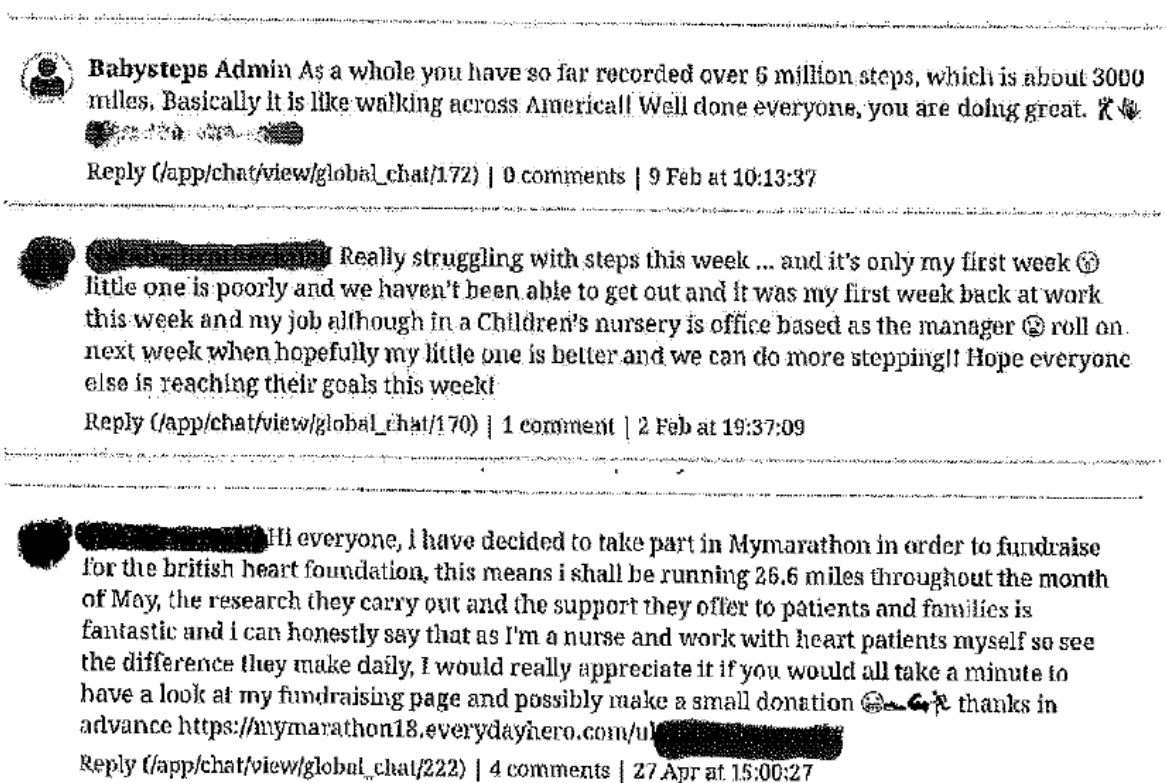
The booster sessions contain a number of resources including

- Animations or interviews. These are 4 to 5 minutes long and are accompanied by a narration with the option of having a written transcript.
- Interactive games and multiple choice quizzes
- Short presentations by researchers and health care professionals



## Chat line

Participants are able to chat globally with everyone who has registered with the application and on a group basis with the women who attended the group programme with them



## Health Trackers

These sections can be used by the participant to record information on themselves and in this way monitor their health and lifestyle. The information they record is either lifestyle information (body weight and shape, healthy eating and smoking) or information they obtain after visiting the GP or practice nurse (HbA1c or cholesterol levels). The health trackers can be used to monitor changes and make action plans

## Educational reading

This contains background information on the following topics

- What does 'at risk of type 2 diabetes' mean?
- Healthy food choices
- Become more active
- Reducing your weight

The sections are written for the lay reader and include tables, diagrams and images.



Finally there are two filmed testimonials from women who have had gestational diabetes women and a number of short presentations from various researchers and health care professionals. These are 2 to 3 minutes long and cover the following topics

- What is gestational diabetes?
- Type 2 diabetes
- Diet
- Goal setting
- Reducing sedentary behaviour
- Relapse