GeliS Gesund leben in der Schwangerschaft
(Healthy living in pregnancy)

a lifestyle intervention study in 10 Bavarian regions
Objectives of the GeliS-Study

- Evaluation of the efficacy of a lifestyle intervention program focusing on diet, physical activity and weight monitoring during pregnancy. Study aims include avoidance/reduction of
  - Excessive gestational weight gain
  - Pregnancy and obstetric complications
  - Risk of maternal and offspring obesity

- The lifestyle intervention program is adapted to the German health care system to allow an immediate implementation after successful evaluation
Background - Fetal Programming

Maternal Malnutrition → Excessive GWG → Gestational Diabetes → Risk of Obesity and Diabetes → Macrosomia, Obstetric Complications → Fetal Overfeeding

Modified from aid infodienst Ernährung, Landwirtschaft, Verbraucherschutz e. V.
Gestational weight gain in Germany

BERGMANN et al. 2007; Results from the KiGGS-Study
GeliS Gesund leben in der Schwangerschaft/
Healthy living in pregnancy

- Multi-centre cluster-randomized controlled trial
- 2500 pregnant women (1250 in each region → intervention and control)

Primary outcome:
  - proportion of pregnant women showing excessive gestational weight gain

Secondary outcomes:
  - pregnancy and obstetric complications, e.g. incidence of GDM
  - weight retention in the mothers
  - health and weight development of the offspring

Data collection
  - maternity cards, questionnaires, child‘s data report, birth records, oral glucose tolerance test for Gestational Diabetes etc.

- 5-year follow-up is planned
Participating regions

Germany

Interventionregion
14.10.2014: 696 participants

Controlregion
14.10.2014: 662 participants

Expert Centres for Nutrition of the Bavarian State Ministry for Food, Agriculture and Forestry
Competence Centre for Nutrition, Freising (KErn) and Technische Universität München
GeliS · The intervention

- 4 individual counselling sessions (30-45 minutes)
  - 3 sessions during pregnancy,
    1 after delivery
  - given by trained counsellors
  - standardized materials and procedures
Physical activity in pregnancy

- Health benefits of physical activity
- Kinds of physical activity
  - everyday activity, free-time activity, sports activity
- Recommendations
  - duration and intensity
- Advisable types of sports
- Motivational help
- supporting actions
  - use of pedometer, lists with additional offers for pregnant women
Physical activity - Right from the start!

- First few months of life
  - carrying the baby → „flying baby position“
  - caress, massage
  - room for free movement
  - change positions (prone position)

- 2nd half of the 1st year of life
  - incentives for movement
  - safe environment
  - spend a lot of time outdoors
Principal Investigator

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THANK YOU VERY MUCH FOR YOUR ATTENTION!