



PENNINGTON
BIOMEDICAL
RESEARCH CENTER
— LSU



Great Expectations: The importance of optimal maternal metabolic health during gestation

Donna H. Ryan, MD
Leanne Redman PhD

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SmartMoms[®] is software package developed at:

Pennington Biomedical Research Center, Baton Rouge, LA

Corby Martin, Ph.D. – Behavioral Psychologist

Leanne Redman, Ph.D – Clinical Physiologist

Montclair State University, Montclair, NJ

Diana Thomas, Ph.D. – Applied Mathematician

- Registered trademark US patent office
- *SmartMoms*[®] is available for use in research through licensing and/or collaboration agreement

Donna H. Ryan, MD has multiple financial relationships with commercial entities that

- provide weight loss counseling (*Real Appeal*),
- make or develop devices (*Scientific Intake, BAROnova*),
- or make or develop medications for chronic weight management (*Orexigen, Eisai, Novo Nordisk*).

Learning Objectives

At the end of the presentation, attendees will be able to discuss:

1. The **prevalence of obesity** and of **excessive weight gain during pregnancy** and their impact on **maternal outcomes** (gestational diabetes, caesarian rates, maternal complications) and **child health** (infant size at birth, obesity and diabetes rates in childhood and adulthood);
2. The **current recommendations for optimal weight gain during pregnancy**; and
3. The **evidence for safety and efficacy** of weight-directed interventions to prevent excess weight gain during pregnancy.

Moms can impact future generations in 3 ways!



Pregravid Health
Status
+
Weight gain during
pregnancy
+
Gatekeepers of
nutrition for children
=
Life long effects on
women and children