

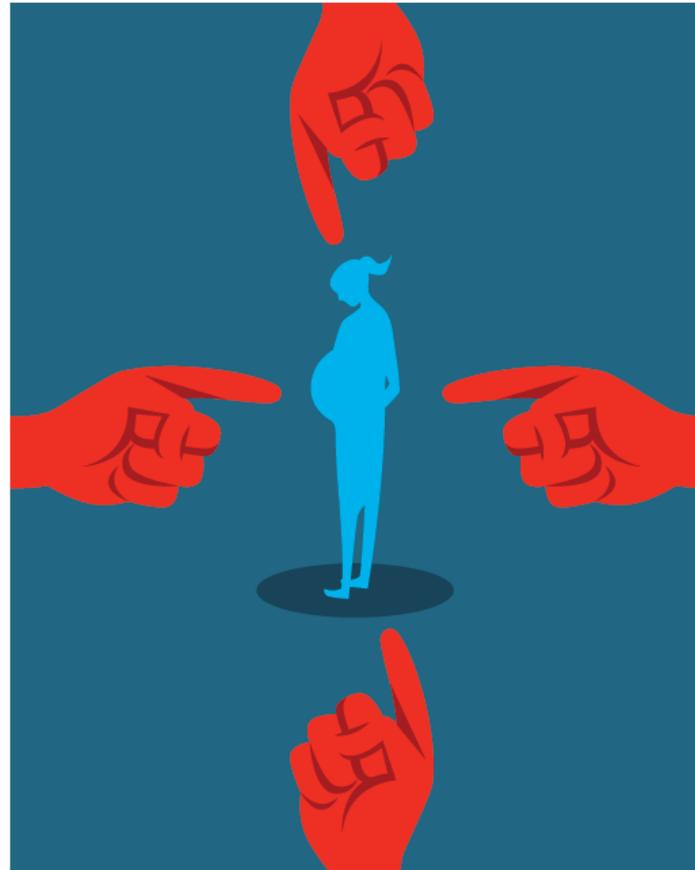
# Summary

- Clear link between maternal and childhood health – particularly obesity
- Excess pregnancy weight gain amplifies the adverse outcomes on the women and children
- Excess gestational weight gain is driven mainly by an increase in energy intake, but also a reduction in physical activity
- Interventions relying on smartphones, limit clinic/patient burden and may provide a scalable solution to this significant public health issue



# A final thought..

Paternal Roles  
'DAD'?



132 | NATURE | VOL 512 | 14 AUGUST 2014

Societal Roles  
'Policy Changes'  
Maternity leave  
Breast feeding

Don't blame  
the mothers

# Acknowledgements

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R00HD060762

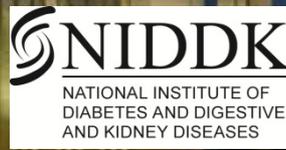
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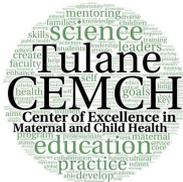
Irene and CB Pennington Foundation

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# Q & A Session

## Great Expectations: the importance of optimal maternal metabolic health during gestation



A recording of this webinar will be made available at:

<https://mchtulane.wordpress.com>

<http://bit.ly/TulanePRCwebinars>

<https://www.apha.org/events-and-meetings/webinars>