

PREVENTION

A HEALTHY START IN LIFE

MOVEMENT, HEALTHY WEIGHT AND WELL-BEING

– a digital learning course for overweight pregnant women

Purpose:

- The project supports pregnant women with overweight through a digital intervention aimed at reducing stigma and promoting healthier lifestyle habits during pregnancy.

Intervention:

- A digital course was developed and tested on 103 pregnant women, offering guidance on nutrition, sleep, and exercise, with a chat function for real-time support and personalized advice.

Outcomes:

- Positive feedback: Women valued the professional information and chat support.
- Increased knowledge: Improved understanding of managing weight during pregnancy.
- Engagement decline: Usage dropped toward the end of pregnancy, indicating the need for integration with care programs.

Next steps:

- The project has secured additional funding for expansion, including a PhD study to further integrate the course into pregnancy care across the Capital Region of Denmark and Region Zealand.

PARTNERS INVOLVED

- Center of Clinical Research and Prevention
- Raketfilm (FELT)
- Emento
- North Zealand Hospital

