

Research study to test a mobile app to help moms lose weight after delivery



The University of Colorado is looking for moms to participate in a research study

Primary Investigator: Jacinda Nicklas, MD, MPH, MA COMIRB#: 14-1173

Study Description

This research study will test a mobile application to learn more about how to best deliver information about diet and physical activity for postpartum women at elevated risk for diabetes and heart disease

You may qualify for this study if you:

- Are between 18-45 years old
- Are in your third trimester of pregnancy or have given birth in the last 24 weeks
- Have access to and be willing to use a wi-fi enabled iPhone or iPod (5 or higher)
- Have a history of one or more of the following complications in your most recent pregnancy:
 - Gestational diabetes mellitus (GDM)
 - Preeclampsia
 - Gestational hypertension
 - Pre-term delivery (32-37) weeks
 - Small for gestational age (<10th percentile)

Qualified participants will be rewarded with a Fitbit Zip for participating in the study.

If you are interested or would like more information please contact

Study research coordinator: Danielle Cook – Danielle.Cook@ucdenver.edu

Primary Investigator: Jacinda M. Nicklas, MD, MPH, MA – Jacinda.Nicklas@ucdenver.edu

COMIRB#:14-1173