Lifestyle Interventions Limit Gestational Weight Gain in Women with Overweight or Obesity: LIFE-Moms Prospective Meta-Analysis

Maternal obesity during the pregnancy is concerning given the risks it represents both for the mother and future child’s health. Consequently, women with overweight or obesity are an important group to target for lifestyle interventions. Lifestyle Interventions for Expectant Moms (LIFE-Moms) is a consortium of seven independent but collaborative clinical trials that aimed to evaluate the efficacy of diverse lifestyle intervention programmes designed to ameliorate excess gestational weight gain compared with standard care. This study aimed to evaluate the effects of varied lifestyle intervention programmes designed to ameliorate excess gestational weight gain in pregnant women with overweight or obesity compared with standard care, including effects on pregnancy outcomes.

The study found that the percentage of women with excess gestational weight gain was 1.6 kg less for women in the intervention group compared to those in the standard care group. The study also found that 20.6% women in the intervention group were below the IOM-recommended weight guidelines, compared to 14.2% of women receiving standard care.