

# Healthy for my Baby- RCT of a Lifestyle Intervention for Overweight Women in Preconception

NCT04242069

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Université de Sherbrooke
<b>Enrollment</b>	68 participants

## Key Eligibility Criteria

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### Inclusion (3)

- Women and their partner who wish to conceive within 12 months of trial inclusion
- Woman's body mass index  $\leq 25$  kg/m<sup>2</sup>
- Access to a smart phone

### Exclusion (11)

- Insufficient knowledge of French or English
- Anticipated move to another region
- Personal history of infertility
- Type 1 or 2 diabetes mellitus
- Prior bariatric surgery

... and 6 more (see full listing online)

## Locations (2 total)

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Centre de recherche du CHU de Québec Université Laval, Québec, Quebec, Canada  
Centre de recherche du CHUS, Sherbrooke, Quebec, Canada