

Effect of Prenatal and Postnatal Intervention Strategies on Breast-feeding Outcomes in Women With Excessive Weight (Ready, Set, Nourish Study)

NCT06929091

Status	RECRUITING
Phase	Not Applicable
Sponsor	Arkansas Children's Hospital Research Institute
Enrollment	240 participants

Key Eligibility Criteria

Inclusion (8)

- Age 18 or older
- Less than 37 weeks of pregnant with singleton fetus
- Pre-pregnancy excessive weight (Body Mass Index ≥ 25 kg/m²)
- Interested in breastfeeding
- Willing to express colostrum from around 37 weeks of pregnancy if randomized to the prenatal intervention group
- ... and 3 more (see full listing online)

Exclusion (7)

- Pre-existing conditions (e.g. diabetes, hypertension, heart disease, thyroid disorders);
- Use of recreational drugs, tobacco, or 2 or more servings of alcohol per month
- Food allergies, intolerances, or preferences interfering with the meal plan
- Medical history including any contraindication to breastfeeding (medications or supplements incompatible with breastfeeding, substance use) Multiparous pregnancy
- History of breast surgery or radiation
- ... and 2 more (see full listing online)

Locations (2 total)

Arkansas Children's Nutrition Center, Little Rock, Arkansas, United States
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