



**QUEEN'S
UNIVERSITY
BELFAST**



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**Cross-border
Healthcare Intervention Trials
in Ireland Network**

Healthy Habits in Pregnancy and Beyond (HHIPBe)

More than half of pregnant women are considered to have overweight or obesity by the time they come for their first main antenatal appointment.

This research will look at whether it is possible to give NI and ROI women who are considered to have overweight or obesity at the start of pregnancy, a brief intervention to develop positive food and activity habits and gain a healthy amount of weight during pregnancy.

The focus will be on forming healthy habits to benefit pregnant women and their babies in the short and longer-term through the development of lifelong healthy eating and activity habits.

The CHITIN project has received €8.84m from the EU's INTERREG VA Programme, which is managed by the Special EU Programmes Body (SEUPB).



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