

**NIPHRN invites you to an online seminar on
Wednesday 11th December 2024, 1.00 to 2.00 pm**

“Acceptable and scalable support for weight management after pregnancy - lessons for intervention and evaluation design”

Professor Michelle McKinley, Centre for Public Health, School of Medicine, Dentistry & Biomedical Sciences, Queen's University Belfast

Michelle (BSc (Hons), PhD) is a Professor of Nutrition at the Centre for Public Health, School of Medicine, Dentistry and Biomedical Sciences, Queen's University Belfast. Her research investigates the ability of dietary interventions to modify nutritional status and risk of chronic disease, particularly diabetes and cardiovascular disease, as well as developing bespoke approaches to encouraging and supporting diet and health behaviour change and weight management throughout the life course.



Women have an increased risk of weight gain during the childbearing years. There is a need for acceptable and scalable approaches to weight management after pregnancy but trials in this field have had many shortcomings, including being plagued by poor engagement and high drop-out rates. This talk will cover some key aspects of intervention and evaluation design which are essential for bridging the gap between research and practice.

[Register at this link](#)

For any queries email: info@niphnr.org.uk