

**Department of Nutritional Sciences
COLLEGE OF ALLIED HEALTH SCIENCES**

**SUMMER RESEARCH OPPORTUNITIES
FOR UNDERGRADUATE WOMEN**

APPLICATION DEADLINE: March 1, 2011

The Department of Nutritional Sciences is pleased to offer the following research project for the summer of 2011. Interested students are urged to contact the faculty member(s) directing the project that most interests them. By contacting the faculty member, you can discover more about the project, learn what your responsibilities will be and, if possible, develop a timetable for the twelve-week research period.

PROJECT TITLE: Lifestyle Interventions in Obese Pregnant Women

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Project Description

Obesity becomes most problematic for women during the childbearing years where the incidence is highest and the impact is marked on maternal and fetal outcomes in the short term and chronic disease in the long-term. Disparities in the prevalence of obesity occur among childbearing women, with those who are from a minority background or lower socioeconomic status, disproportionately affected. Consequently, more low-income enter pregnancy overweight, gain more than the recommended amount of weight during pregnancy, and fail to return to their pre-pregnant body weight. Preventing excess gestational weight gain could have a major impact on the health of women and their children. The WISE scholar will gain experience in quantitative and qualitative methods related to gestational weight gain in obese pregnant women. First, the scholar will have an opportunity to develop hypotheses from a project that has collected data on obese pregnant women and their infants to add information to the field of intrauterine transmission of chronic diseases. Second, they will participate and analyze data from community focus groups being conducted to inform an intervention for optimizing gestational weight gain.