

A BETTER
START

E Tīpue Rea

Preventing weight related problems in children

The Fish Oil in Pregnancy Trial

A Better Start is funded by the Ministry
of Business, Innovation and Employment

Host Institution



LIGGINS
INSTITUTE



The Problem

Children born to mothers who carry more weight while they are pregnant are more likely to develop:

- Weight problems
- Diabetes, high blood pressure, high cholesterol

Alterations in mum's metabolism change the environment of the unborn baby

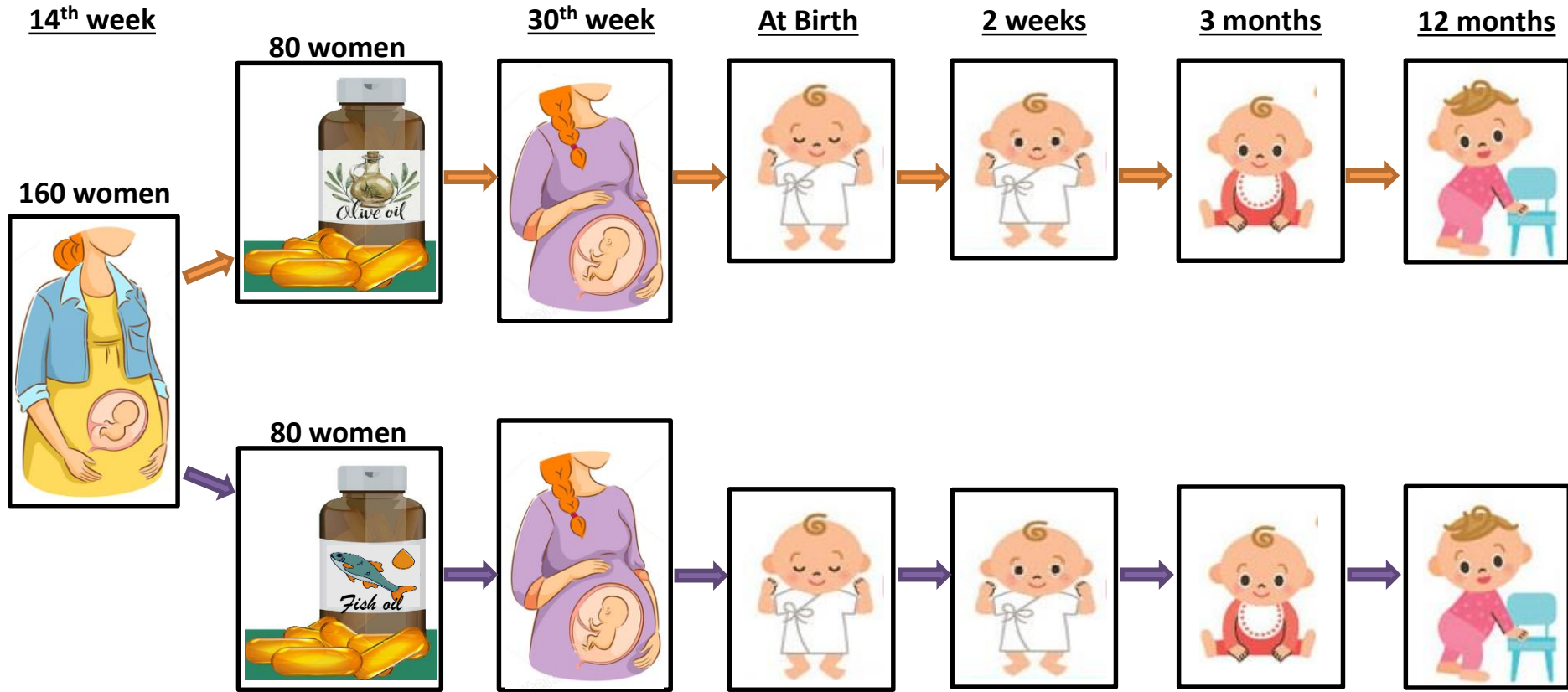
The New Idea

The omega-3 fats in fish oil, improve metabolism

Fish oil treatment of women who carry more weight while they are pregnant might help to protect their children

This is a simple, relatively short treatment, that could have lifelong benefits for the children

The Fish Oil in Pregnancy Trial



Currently recruiting

- Women who are pregnant
 - Aged 18-40
 - BMI \geq 30
 - Non smoker
 - Have not had diabetes before

- Aiming to recruit a high proportion of Maori and Pacific women (1/3 M, 1/3 P, 1/3 Other)