

UQ researcher offers post-pregnancy dietary workshops

25 September 2012

For women wanting to lose unwanted kilos after pregnancy, University of Queensland researcher Ann Peacock will be running free diet workshops at the Mater Hospital as part of her PhD.

The WENDY study (Walking Exercise and Nutrition to reduce Diabetes Risk for You) will look at diet and exercise solutions for women with babies between six months and two years diagnosed with Gestational Diabetes (GDM) during pregnancy.

During the six month study, participants receive group diet and exercise sessions from Mater dieticians to develop, implement and evaluate the impact of cost-effective healthy eating and exercise plans.

According to Ms Peacock, of the [School of Nursing and Midwifery](#), the occurrence of GDM amongst Australian Women is increasing at an alarming rate.

" The prevalence of Gestational Diabetes in Australian women is approximately 5 to 8 per cent " , Ms Peacock said.

" It is further estimated that up to one third of all women who are diagnosed with Gestational Diabetes during pregnancy will go on to develop Type 2 Diabetes Mellitus (T2DM)," she said.

" Research to determine strategies to delay or prevent the development of or progression to T2DM is vital, particularly in population groups that are at higher risk, such as women who have had GDM.

" Currently, support for women who develop GDM is limited.

" The WENDY study will look at ways to help women through diet and exercise to reduce the risk of developing Type 2 Diabetes after a previous diagnosis of GDM."

The study is currently looking for participants. If you would like to participate in the study or would like further information please contact Ann Peacock at wendy.project@mmri.mater.org.au or phone 3163 2874 or 0478 310 931

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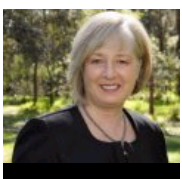
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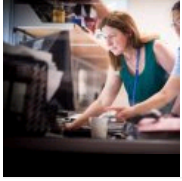
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