INPUTS

Slimming World

Midwife

Physical Activity

ACTIVITIES

Tailoring of advice/information
- Give dietary information
- Share tips
- Encourage goal setting, action planning and problem solving
- Support self efficacy
- Boost motivation
- Give information on physical activity
- Provide encouragement
- Provide professional support
- Encourage self regulation/self monitoring
- Give feedback and reinforcement
- Encourage peer support (including modelling)
- Give pregnancy specific diet and physical activity and general lifestyle advice
- Weight change monitoring
- Establish baseline and encourage physical activity
- Give safety advice
- Give pedometers and walking diary
- Give information on physical activity in pregnancy

BEHAVIOURS / OUTPUTS

Goal setting
- Action planning to achieve goals
- Improved skills and knowledge
- Increased motivation
- Increased self efficacy
- Established peer/social support (in group and externally)
- Increased self monitoring
- Increased behavioural self regulation (e.g. monitor progress in relation to goals)
- Increased problem solving
- Improved self esteem
- Eat more fruit and veg
- Eat more fibre
- Eat less fat
- Eat less sugar
- Do more physical activity
- Less time in sedentary behaviour
- Attend group
- Problem solve

OUTCOMES

Weight loss
- Moderated weight gain in pregnancy
- Habit formation
- Improved self-image/self esteem
- Increased problem solving and planning skills
- Improved health outcomes for Mum and baby (including breast feeding)
- General improvement in lifestyle factors
- Established social support networks

Theorised mediators that are being tested in the mediation analyses.