

14/67 Weight management after pregnancy

Research Question(s)

- What are the effective* and cost-effective interventions for weight management after pregnancy?
- **Population:** Women up to 2 years after giving birth. Particular groups of women may be studied such as those from disadvantaged, low income or minority ethnic groups.
- **Intervention (non-NHS):** Interventions for weight management. Consideration should be given to intervention timing, duration, delivery format, engagement and sustainability. Differential effectiveness is relevant, such as pre-intervention BMI, and for women with other risk health behaviours, such as smoking.
- **Comparator:** Non-provision or usual practice or other interventions of known effectiveness
- **Outcomes:** Measures of healthy weight and measures of infant feeding. Other outcomes might include measures of physical activity, diet, behaviour change, and wellbeing. Researchers to specify and justify
- **Duration of follow up:** Researchers to specify and justify. Researchers should also indicate how long term impact might be assessed.
- **Impact on inequalities:** Research should consider the impact of the intervention on health inequalities.
- **Design:** Primary research.
- **Setting:** Researchers to specify and justify
- **Public engagement:** Proposals should incorporate a mechanism for public involvement.

*'Effectiveness' in this context relates not only to the size of the effect, but it also takes into account any harmful/negative side effects.

Background to commissioning brief:

Excessive gestational weight gain and/or postpartum weight retention can significantly increase the risk of future obesity and may be cumulative over successive pregnancies. There is uncertainty about effective and appropriate weight management interventions for women after pregnancy, for women who are breastfeeding, and the effect of interventions on different groups of women.

Remit of Call:

All proposals submitted under this call must fall within the remit of the Public Health Research programme. Please go to www.nets.nihr.ac.uk/programmes/phr/remit for details.

General Notes:

The PHR programme evaluates public health interventions, providing new knowledge on the benefits, costs, acceptability and wider impacts of non-NHS interventions intended to improve the health of the public and reduce inequalities in health. The scope of the programme is multi-disciplinary and broad, covering a range of interventions that improve public health delivered in a non-NHS setting.

Notes to Applicants

The NIHR Public Health Research programme is funded by the NIHR, with contributions from the CSO in Scotland, NISCHR in Wales, and HSC R&D, Public Health Agency, Northern Ireland. Researchers in England, Scotland, Wales and Northern Ireland are eligible to apply for funding under this programme.

Applicants are recommended to seek advice from suitable methodological support services, at an appropriate stage in the development of their research idea and application. It is advisable to make contact at an early a stage as possible to allow sufficient time for discussion and a considered response.

The NIHR Research Design Service

(<http://www.nihr.ac.uk/research/Pages/ResearchDesignService.aspx>) can advise on appropriate NIHR programme choice, and developing and designing high quality research grant applications.

Clinical Trials Units are regarded as an important component of many trial applications however, they are not essential for all types of studies to the PHR programme. The CTUs can advise and participate throughout the process from initial idea development through to project delivery and reporting. NIHR CTU Support Funding (http://www.netscc.ac.uk/supporting_research/CTUs) provides information on units receiving funding from the NIHR to collaborate on research applications to NIHR programmes and funded projects. In addition, the UKCRC CTU Network (<http://www.ukcrc-ctu.org.uk>) provides a searchable information resource on all registered units in the UK, and lists key interest areas and contact information.

Transparency agenda

In line with the government's transparency agenda, any contract resulting from this tender may be published in its entirety to the general public. Further information on the transparency agenda is at:

<http://transparency.number10.gov.uk/>

http://www.ogc.gov.uk/policy_and_standards_framework_transparency.asp

<http://www.contractsfinder.businesslink.gov.uk/>