

## Australia leads world-first clinical trial on benefits of losing weight prior to pregnancy

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### Charles Perkins Centre is leading the PreBabe study



The University of Sydney, Australia is leading the world's largest clinical trial exploring how losing weight prior to pregnancy can improve the long-term health of mothers and babies.

The PreBabe clinical trial is looking for 2,200 women to take part over the next three years, building on promising data from a recent pilot study.

Participating women will be offered a free 10-week weight loss program as part of the trial under COVID-19 safe conditions.

PreBabe will test two different approaches to losing weight prior to pregnancy to see which has the best short- and long-term results for women and their babies.

“Our aim is to assist women to lose weight and build healthier lifestyles in a supportive environment within a clinical setting. This will provide metabolic health benefits and they may be more likely to fall pregnant”, Professor Adrienne Gordon from the University of Sydney Faculty of Medicine and Health said.

The trial is a partnership with five maternity hospitals: Royal Prince Alfred Hospital, the Royal Hospital for Women, Nepean Hospital, Westmead Hospital, and John Hunter Hospital.