Chime

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Comparing Three Multi-Component Nutrition and Exercise Interventions To Address Maternal Postpartum Weight Retention

CHIME aims to reduce maternal weight retention at 12 months postpartum to ultimately prevent maternal morbidity and chronic disease.

CHIME is **c**omparing **h**ealth **i**nterventions for **m**aternal **e**quity.

CHIME is a community-research partnership to promote healthy maternal nutrition, physical activity, and weight during and after pregnancy.

Led by a partnership of medical and community-based organizations, we aim to help mothers achieve health goals for themselves and their infants. CHIME is funded by the Patient-Centered Outcomes Research Institute (PCORI).

CHIME Team and Participant Population

795 pregnant women living in New York City participating through 12 months postpartum

8 clinical sites at **3** academic medical centers

3 community-based organizations

6 patient and community members serving on the Community and Patient Committee

4 research institutions

CHIME Clinical and Community Health Sites



CHIME Interventions

CHIME participants are randomized into one of three groups:

1. **Enhanced Usual Care**: Routine clinical care with clinician-based lifestyle counseling, in addition to social needs screening and community referrals. *All participants in all three arms receive enhanced usual care.*
2. **Participant Self-Management**: Self-selected social needs support (groceries, physical activity, transportation) with health behavior change support via text messaging.
3. **Community-Based Active Intervention**: Social and perinatal services navigation and health coaching delivered by a community health worker. Community-based nutrition counseling and physical activity sessions.

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Why is CHIME important?



- Excess weight during and after pregnancy increases the risk for chronic disease both for mother and child. About 1 in 2 U.S. women have overweight or obesity at 12 months postpartum.
- People without regular access to healthy foods, transportation or healthcare are more prone to unhealthy weight.
- Black and Hispanic/Latina women experience high rates of excess weight and related chronic disease, including high blood pressure, diabetes and heart disease. They also experience high rates of maternal morbidity.

CHIME will identify effective ways to support nutrition, exercise and other supports during and after pregnancy to improve maternal health outcomes, and how to best implement these services.

Expected Outcomes

✓ *Improved Maternal-Infant Health*
- Reduce maternal chronic disease and improve infant nutrition and growth

✓ *Systems-Level Improvements*
- Accelerate implementation of effective clinical and community resources, including food as medicine and health-related social needs interventions

✓ *Professional Development*
- Enhance training in effective delivery of health behavior counseling and resource navigation
- Expand the number of researchers trained to conduct patient-centered comparative clinical effectiveness research

✓ *Strengthen Multi-Sector Maternal-Infant Health Networks*
- Facilitate collaborative multi-sector partnerships

> "The first year of a child, your life is that child. Your kid needs you so much during that first year, so if you could get help with something as little as going to a doctor's appointment, or getting food shopping done to you, that will help so much. With me, I'm a single mom. I take care of my kid by myself."

Partners

- Columbia University Irving Medical Center
- NewYork-Presbyterian-Queens
- New York University Langone Health
- Northern Manhattan Perinatal Partnership
- Public Health Solutions
- Stanford University
- Tulane University
- West Side Campaign Against Hunger

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