

2014 P&F Recipients: Project Summaries

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William John Heerman, M.D. MPH

Instructor in Pediatrics

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Gestational weight gain is an established marker for both maternal and child health. Excess maternal weight gain during pregnancy is associated with insulin resistance and can produce infants who develop into children with a higher risk for insulin resistance, hypertension, and obesity in later life. Healthy lifestyle interventions targeted as early as preconception and throughout the prenatal period could therefore affect obesity prevention and lifelong health. While it is challenging to reach women preconception, it is critical that we do so given that pre-pregnancy BMI is the single best predictor of weight gain during pregnancy. This study will develop a prospective cohort of women who become pregnant during the study period of an ongoing, pragmatic randomized controlled trial that tests the efficacy of a community-based behavioral intervention to prevent pediatric obesity.

Want to know more about Dr. Heerman?

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Lindsay S. Mayberry, Ph.D., MS

Research Instructor in Medicine

Despite accumulating evidence that family support is associated with better management of type 2 diabetes mellitus among adults, interventions targeting family support have been inconsistent in improving adult patients' outcomes. Interventions to date have predominately focused on delivering content to patients' family members, which is often costly and challenging. Dr. Mayberry has spent the last 2 years conducting formative work with a low-income, racially diverse patient population to understand the role of diabetes-specific family behaviors in adult patients' adherence and glycemic control, and patients' preferences for family involvement in their diabetes management. She will leverage these findings to develop family-focused intervention content to be delivered to the individual patient and evaluate the efficacy of this approach in changing patient-reported family behaviors and patients' self-efficacy for adherence, adherence to self-care, and glycemic control.

Want to know more about Dr. Mayberry?

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