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Pathways to Health

Pathways to Health is a Patient-Centered Outcomes Research Institute funded project involving home visiting programs across the United States. The **purpose** of Pathways is to determine if a "Food is Medicine" approach can help prevent gestational diabetes from progressing to type 2 diabetes in families receiving home visitation. Home visiting programs across the country are participating in Pathways in partnership with researchers at Cal Poly University, Northwestern University, and Brown University Health.

The researchers leading Pathways have been partnering with home visiting and other perinatal health programs for over two decades. Pathways will build on this prior work and include a randomized controlled trial (RCT) to determine if providing healthy meals to women in home visiting with gestational diabetes helps to lower the chance of developing type 2 diabetes after giving birth. All clients who enroll in Pathways will receive lifestyle change information for diabetes prevention through 12 months postpartum. Clients randomized to receive healthy meals will receive free medically tailored meals for up to 10 months and a monthly grocery box for 6 months. Clients are compensated for their participation in the trial.

Who is asked to participate in the randomized trial?

- Women who are pregnant and <13 weeks postpartum who are enrolled in home visiting
- Women with a gestational diabetes diagnosis & not using medically tailored meals
- Women \geq 18 years of age and English or Spanish speaking

How are home visiting agencies involved?

- Home visiting staff offer clients who meet eligibility criteria the opportunity to participate in the trial
- Home visiting staff participate in a 90-minute virtual training and provide lifestyle change information for diabetes prevention for clients through 12 months postpartum.
- Home visiting staff do **not** complete research informed consent with the clients, manage delivery of the meals/grocery boxes, nor conduct research assessments with families. These tasks will be done by research staff.

For more information please contact:

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