

Jumpstart on Health Trial

What is this study about?

Researchers at the University of Toronto are conducting an exciting study to look at new ways of improving the health of new mothers after a first pregnancy.

Am I eligible?

You may be eligible to participate in this study if:

- ✓ You are 18 years or older
- ✓ You had your first baby between 2 and 12 months ago
- ✓ You have telephone and email access
- ✓ You live in or near Chatham Kent



What do I have to do?

If you are eligible and agree to participate, you will be asked to complete an initial questionnaire. After that, you will be placed into a study group and you may receive additional contact with a public health nurse via telephone or in person to discuss your health. At 1 and 3 months after you enroll in the study, you will complete a final questionnaire. **You will receive a \$10 gift certificate at the end of the study to thank you for your time.** Participation in this study is completely voluntary and will not affect any other postpartum services you may be receiving.

What are the benefits of participating?

By participating in this study, you will help us determine how best to support new mothers after the birth of their first baby and assist them in becoming as healthy as possible for their next pregnancy if they choose to have another baby. You may also become more healthy yourself.

I am interested! Who do I contact?

If you are interested in participating in this study, you can speak to your local public health unit at **Shelley Charbonneau, RN 519.352.7270 x 2903, or shelleyc@chatham-kent.ca**, or you can contact the University of Toronto study office directly at 416-208-4885 or wiresearch@utsc.utoronto.ca.