



Survey for Healthcare Providers  
**Study: 5As of Healthy Pregnancy Weight Gain**

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This survey is intended to help identify needs, gaps and opportunities in health service delivery systems that could be harnessed to promote optimal dietary intake and appropriate weight management strategies in pregnant and postpartum women. We want to get a better understanding of the kinds of support health care providers need and of the process of care related to gestational weight gain to identify any barriers and challenges you may experience and about what may help and support you to help women achieve healthy weights during pregnancy consistent with recommendations. We would also like to assess the strengths and limitations of the 5As of Healthy Pregnancy Weight Gain™, learn about the types of resources available to you and what, if any, resources you would like to support you in helping women manage their weight during and after pregnancy.

This information will help to inform the development of universal strategies that promote healthy dietary intake and appropriate weight management in pregnancy and postpartum. Your participation is completely voluntary. This survey will take approximately 20 minutes to complete (10 minutes to complete the survey and 10 minutes to review the 5As for Healthy Pregnancy Weight Gain™ resources). Completing this survey implies your consent to participate.

All of the information that you provide will be held **strictly confidential**. Results will be presented in an aggregate format and may be used in future publications related to this project. At the end of the survey, you will be asked for your email address if you would like to participate in a follow up study in approximately six months. It is completely voluntary to provide your contact information and participate in the follow up study. Your contact information will be held securely and **only** used to contact you for the follow up study. All data will be stored electronically and kept in locked offices at the University of Alberta, Edmonton, Alberta. The data will be kept for a minimum of 5 years after publication, after which it will be destroyed.

This study may or may not have any direct benefits for you. The results of this study will help to inform the development of universal strategies that promote healthy dietary intake and appropriate weight management in pregnancy and postpartum. It is not expected that



completing this survey will harm you in any way. If you have any questions or concerns, please contact Hara Nikolopoulos, Program Manager, at 780-492-6164 or by email at [hara@ualberta.ca](mailto:hara@ualberta.ca).

If you have any concerns about any part of the study, please contact the University of Alberta Research Ethics Office at 780-492-2615.