

PROJECT DETAILS

Project Title:

NOURISH Pregnancy: Implementing co-designed supports to reduce Gestational Diabetes and excess gestational weight gain: A hybrid type 1 design.

Project Summary:

This randomised controlled trial will evaluate whether an evidence-informed, midwife-led dietary intervention improves pregnancy nutrition outcomes compared with usual care. The RCT will compare a Midwife-Led Specific Diet, and Usual Care on folate status, diet quality, gestational weight gain, and Gestational Diabetes reduction, alongside key implementation metrics. The program includes a three-phase hybrid effectiveness implementation design to co-design, pilot, and refine a multi-component package comprising midwife-delivered dietary education, digital supports, and Nourish Community Kitchen sessions. A linked preconception arm will examine GLP-1-supported weight optimisation during pregnancy.

Preferred Applicant Skillset:

The preferred applicant will demonstrate substantial research experience, including roles in relevant clinical, academic, or community settings. They will show evidence of meaningful involvement in generating research outputs, with a clear articulation of their individual contribution to each work. High-quality outputs, such as peer-reviewed publications, reports, or practice innovations, should reflect methodological rigour. The applicant will also demonstrate an appropriate quantity of research outputs relative to career stage, highlighting consistent productivity, developing expertise, and a trajectory of growing influence in their field. The applicant holds a Master's level qualification in research, or an equivalent post-bachelor credential, demonstrating advanced capability in research design and scholarly inquiry.

Internship Opportunity:

We will work with Industry partners to investigate an internship.

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