ISRCTN16655955 https://doi.org/10.1186/ISRCTN16655955

Food, Pregnancy and Me: Exploring food insecurity in pregnancy in the UK

Submission date
06/11/2024

Recruitment status
No longer recruiting

Registration date
07/11/2024

Overall study status
Completed

Last Edited
12/10/2026

Condition category
Pregnancy and Childbirth

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[_] Results
[_] Individual participant data
[X] Record updated in last year

Plain English summary of protocol

Background and study aims
In the UK, we don't have much information about what food is eaten and how it is accessed during pregnancy. We would like to find out more about the food you eat, how you access food, any barriers you face in accessing food, and your health and wellbeing during your pregnancy. This information will help us to better understand whether pregnant women and people need more support to access the food and nutrients they need.

Who can participate?
Women who are pregnant and in their third trimester (29-40 weeks' gestation) may be invited to take part if they receive care at either Queen Elizabeth Hospital Gateshead or University Hospital Coventry and Warwickshire.

What does the study involve?
The first part of the study involves completing a questionnaire, either on paper or online. There are many things that affect what we eat and how we access food, lots of which are not in our control. For this research to find out what will help pregnant women and people who are struggling in the future, it is important that you answer the questionnaire honestly. We would like around 600 people to complete the questionnaire. To say thank you for your time, we will provide £20 supermarket gift vouchers.

We would also like to talk to around 40 people (20 each from Coventry and Gateshead maternity units) in more detail about their experiences accessing food during pregnancy. This is called a research interview. Participants in these interviews will receive an additional £25 voucher as a thank you for your time. When you complete your questionnaire for part one of this research, you will be asked if you are happy to be contacted about the interview.

What are the possible benefits and risks of participating?
There is no immediate benefit to you if you take part. However, you will receive a £20 voucher to thank you for taking the time to complete and return the questionnaire. You will need to complete the whole questionnaire to receive the voucher. If you miss any questions, the research team may contact you directly using the contact details you provide on the questionnaire, if you give permission for us to do so. There may be benefits to future pregnant

people if this research helps to find out what support pregnant people need to access food. There are no anticipated risks to taking part in this study.

Where is the study run from?
Newcastle University, University of Birmingham & Lancaster University (UK)

When is the study starting and how long is it expected to run for?
January 2023 to October 2025

Who is funding the study?
This study has been funded by the National Institute for Health and Social Care Research, School for Public Health Research (UK)

Who is the main contact?
Professor Nicola Heslehurst, FPandMe@newcastle.ac.uk

Contact information

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Principal investigator

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Additional identifiers

Integrated Research Application System (IRAS)
326070

Central Portfolio Management System (CPMS)
60504

Study information

Scientific Title
Food, Pregnancy and Me: Exploring food insecurity in pregnancy in the UK to inform future public health intervention needs

Acronym
FP&Me

Study objectives
This study aims to explore the prevalence, experiences and health impact of FI in pregnancy in England to develop strategic recommendations for intervention strategies.

Ethics approval required
Ethics approval required

Ethics approval(s)

Approved 04/04/2024, Newcastle & North Tyneside 1 Research Ethics Committee (2nd Floor, 2 Redman Place, Stratford, E20 1JQ, United Kingdom; +44 2071048384; newcastlenorthtyneside1.rec@hra.nhs.uk), ref: 24/NE/0027

Primary study design
Observational

Study design
Multi-centre observational cohort study and qualitative interview study

Study type(s)
Other

Health condition(s) or problem(s) studied
Food insecurity during pregnancy

Interventions
Questionnaires exploring diet quality, food security, mental health, and other health behaviours will be distributed to all women and pregnant people in their third trimester in two NHS Trusts in England

Intervention Type
Other

Primary outcome(s)
1. Maternal antenatal depression measured using the Edinburgh Postnatal Depression Scale in the third trimester of pregnancy
2. Infant preterm delivery (less than 37 weeks gestation) will be obtained from routine maternity records after delivery
3. An understanding of the experiences and support needs of food insecure pregnant people collected during interviews in the third trimester or after delivery

Key secondary outcome(s)
1. Maternal outcomes measured during pregnancy and delivery: gestational diabetes, preeclampsia, pregnancy induced hypertension, mode of delivery, induction, length of stay in maternity unit, maternal diet/nutrition measured using an adapted version of the Brief Diet Quality Assessment Tool
2. Child outcomes measured at birth and in the neonatal period: birthweight, large- and small-for gestational age, breastfeeding initiated/at discharge from maternity services, admission to special care baby units (and length of stay), Apgar score

Completion date
31/10/2025

Eligibility

Key inclusion criteria
Current key inclusion criteria as of 15/10/2025:

1. Pregnant women and people
2. Age 16 years and above
3. In their third trimester of a viable pregnancy (28-40 weeks gestation)
4. Registered for maternity services at Queen Elizabeth Hospital Gateshead or University Hospital Coventry

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Previous key inclusion criteria:

1. Women and pregnant people
2. Age 16 years and above
3. Pregnant and in their third trimester of a viable pregnancy (28-40 weeks gestation)
4. Registered for maternity services at Queen Elizabeth Hospital Gateshead or University Hospital Coventry

Participant type(s)
Patient, Population, Service user

Healthy volunteers allowed
No

Age group
Mixed

Lower age limit
16 Years

Upper age limit
60 Years

Sex
Female

Total final enrolment
610

Key exclusion criteria
1. Under 16 years of age
2. Non-residents of the UK
3. Pregnant but less than 38 weeks gestation
4. Post-partum
5. Receiving care by maternity services other than those based at Queen Elizabeth Hospital Gateshead or University Hospital Coventry

Date of first enrolment
08/07/2024

Date of final enrolment
31/05/2025

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Gateshead Hospitals NHS Trust
Queen Elizabeth Hospital
Sherriff Hill
Gateshead
England
NE9 6SX

Study participating centre
University Hospitals Coventry and Warwickshire NHS Trust
University Hospital
Clifford Bridge Road
Coventry
England
CV2 2DX

Sponsor information

Organisation
Newcastle University

ROR
https://ror.org/01kj2bm70

Funder(s)

Funder type
Government

Funder Name
School for Public Health Research

Alternative Name(s)

NIHR School for Public Health Research, NIHR SPHR, SPHR

Funding Body Type
Government organisation

Funding Body Subtype
Local government

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Data sharing statement to be made available at a later date

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol article		07/05/2025	08/05/2025	Yes	No
Participant information sheet			07/11/2024	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes