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| **Development activities of a health promotion intervention for women with prior gestational diabetes mellitus and their families in the Face It program** |
| **Background/Objectives**Women with prior gestational diabetes mellitus (GDM) and their families face profound risks for subsequent pregnancy complications, and for developing type 2 diabetes after birth. Following the UK Medical Research Council’s (MRC) guidelines for the development and evaluation of complex interventions, the Face-it health promoting intervention was developed. With this study, we present the methodological development of the intervention activities on a theoretical and practical level.**Methods**A thorough needs assessment framework by Hawkins was applied to guide co-creation with families and health professionals. The process involved stages of 1) evidence review and stakeholder consultations, 2) co-production and 3) prototyping. During stage 1, the research group completed relevant literature reviews and explored barriers and facilitators in following healthy recommendations for women with prior GDM and healthcare professionals in delivering care. Stage 2 included workshops, interviews, focus group and meetings with women with prior GDM and their families and healthcare professionals to discuss understandings of GDM, risk associated with GDM and GDM care. In stage 3, the intervention material was tested through education of health visitors, delivery of activities and tailoring of application in an iterative process focused on co-creation with families and healthcare professionals.**Results**The result was a family-tailored, complex conversation tool allowing health visitors to target areas in the family everyday life where health promotion activities could be invited in. Further, a health technology platform was developed to support health behaviors divided into three periods within the first year after birth focused on mood, sleep and breastfeeding (3-5 months), to family food and movement (6-8 months) to family activities and long-term support (9-12 months).**Discussion**Using a co-creational three-staged intervention development framework ensured that the intervention activities were systematically supported by evidence, co-produced and tested. Thus, making sure that the intervention activities of the Face it project can be handled and implemented on the individual, family- and health system level by key stakeholders. This study allows for systematic and comprehensive needs assessment framework to be presented in their practical use, thus opening ‘the black boxes’ in intervention development methods.**Keywords**Intervention research, gestational diabetes mellitus, health promotion, diabetes prevention, family health |