**How can we best use opportunities provided by routine maternity care to engage women in improving their diets and health?**

1,2Wendy Lawrence, 1,2Christina Vogel, 1,2Sofia Strömmer, 1Taylor Morris, 3Bethan Treadgold, 1Daniella Watson, 1Kate Hart, 1Karen McGill, 1Julia Hammond, 1,2Nicholas C Harvey, 1,2,4Cyrus Cooper, 1,2Hazel Inskip, 1,2Janis Baird, 1,2Mary Barker

1MRC Lifecourse Epidemiology Unit, University of Southampton, UK

2NIHR Southampton Biomedical Research Centre, University of Southampton and University Hospital Southampton NHS Foundation Trust, UK

3School of Primary Care and Population Sciences, University of Southampton, UK

4NIHR Oxford Biomedical Research Centre, University of Oxford, UK

cv@mrc.soton.ac.uk; ss3@mrc.soton.ac.uk; tr2g14@soton.ac.uk; B.M.Treadgold@soton.ac.uk; daniellawatson94@gmail.com; E.K.Hart@soton.ac.uk, jfh@mrc.soton.ac.uk; km@mrc.soton.ac.uk; nch@mrc.soton.ac.uk; cc@mrc.soton.ac.uk; hmi@mrc.soton.ac.uk; jb@mrc.soton.ac.uk; meb@mrc.soton.ac.uk

Corresponding author:

Wendy Lawrence, MRC Lifecourse Epidemiology Unit, University of Southampton, Southampton General Hospital, Southampton SO16 6YD. Tel: +44 (0)23 8077 7624 Email: wtl@mrc.soton.ac.uk

**Declarations**

**Ethics approval and consent to participate**

The SPRING trial received ethical approval from the NRES Committee South Central - Hampshire B (13/SC/0409) and is conducted according to the Declaration of Helsinki.

SPRING Trial Registration:

Version #1.11 DATE 11/07/2018

Eudract: 2013-002854-66

ISRCTN: ISRCTN07227232

**Consent for publication N/A**

**Availability of data and material**

The datasets used and/or analysed during the current study are available from the corresponding author on reasonable request.

All data generated or analysed during this study are included in this published article [and its supplementary information files].

**Competing interests**

The authors declare that they have no competing interests

**Funding**

JB, MB, NCH and TM have received funding from Danone Nutricia Early Life Nutrition. Members of HI’s team have received funding from Nestec and Abbott Nutrition. CC reports personal fees, consultancy, lecture fees, and honoraria from Alliance for Better Bone Health, Amgen, Eli Lilly, GlaxoSmithKline, Medtronic, Merck, Novartis, Pfizer, Roche, Servier, and Takeda, outside the submitted work. NCH reports personal fees, consultancy, lecture fees, and honoraria from Alliance for Better Bone Health, AMGen, MSD, Eli Lilly, Servier, Shire, Consilient Healthcare, and Internis Pharma, outside the submitted work. WL reports consultancy and lecture fees from Danone Nutricia, outside the submitted work.

**Authors' contributions**

All authors took part in the design of the study. WTL and MB drafted the manuscript with input from all authors. The data were collected by WL, TM, DW, SS, KH, KM and JH, and analysed by SS, TM, BT and CV led by WL. CC is Chief Investigator; MB, NCH and JB are Principal Investigators and together they have overall responsibility for the SPRING trial. HI is the statistician on SPRING, and CV leads the trial process evaluation. JH, KH and KM are research midwives/nurses on the trial. All authors approved the final manuscript for publication.

**Acknowledgements**

We thank the mothers who gave us their time, the SPRING team for their assistance with the study, and Carol Chapman and Ilse Bloom for running the focus group with the midwives/nurses.

**Key words:** brief intervention; diet; Healthy Conversation Skills; routine maternity care; physical activity; pregnancy