**Video Transcript**

**Rebecca Goldstein V1**

[Text: Premier’s Awards for Health and Medical Research 2021 - Victoria. Finalist: Health Services Researcher]

My name is Dr Rebecca Goldstein and I’m an endocrinologist and researcher at the Monash Centre for Health Research and Implementation at Monash University.

[Text: Why did you become a medical researcher?]

I’ve been interested in medical research since I was a junior doctor, particularly in the areas of women’s health, diabetes and pregnancy care.

[Text: What was your research project?]

So my PhD project evaluated the risks of excess weight gain in pregnancy for mums and for babies, and also implemented a healthy lifestyle in pregnancy study to improve outcomes for women and achieve a healthy lifestyle.

[Text: What were the outcomes of your project?]

I also developed, implemented and evaluated a healthy lifestyle in pregnancy service.

This pragmatic clinical study was developed alongside pregnancy care for women at a large Victorian hospital, and we assessed the outcomes for mother and baby and gestational weight gain, and also the experience of the staff working at the service and the women attending.

Overall we found high adherence rates and good attendance at the service.

Both women and staff had good motivation, a valued teamwork, and had good capacity to make change.

[Text: How could this project make a difference in people’s lives?]

Findings from the systematic review have been incorporated into national antenatal guidelines, and findings from our lifestyle program have been incorporated into international clinical trials.

[Victoria State Government. Authorised by the Victorian Government, Melbourne]