Recruitment Update

SPAN
Study of Pregnancy & Neonatal Health

SPAN by the Numbers: Our Growing Community

It's been an incredible journey so far! Here is a look at the amazing families who make up SPAN.

- **Pregnant Participants: 1,273** women have joined us.
- **Supportive Partners: 468** male partners are sharing their research journey.
- **The SPAN Babies:** We've welcomed **1,071** babies into the world so far!

  The Split: We have an **even split** of baby boys and girls.

  Average Arrival: Most of our SPAN newborns arrived on time, with the average at **38 weeks**.

  Average Birth Weight: Our littlest participants are averaging a healthy **6 lbs, 14 oz**.

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NIH *Eunice Kennedy Shriver* National Institute of Child Health and Human Development

The first study results are in!

The TIMing of dElivery (TIME) randomized clinical trial has ended and the first set of results are in.

- 139 women with diagnosed gestational diabetes were randomized (like flipping a coin) to a 3-day window between 37 and 39 weeks to deliver their babies.
- Of those who were randomized, about half delivered in the assigned window.
- Over a third delivered before the assigned window because of medical reasons or because they went into labor early.

We **did not** find any differences in the health and wellbeing of babies or mothers based on the delivery time period they were assigned. However, because only a small number of people participated, we may not have been able to detect small differences.

The first study results are in! (cont.)

What This Means

- We found no “best” time between 37 and 39 weeks to deliver a pregnancy that is complicated by gestational diabetes.
- Women who have gestational diabetes should work with their doctors to choose when to deliver their babies.
- BUT, we could not recruit enough women into TIME to fully answer the question.

What’s Next?

Next, we will compare the outcomes of women who were not randomly assigned to those who were.



From the Study Team

This newsletter focuses on the TIME Trial and we especially want to thank the families that trusted us to be randomly assigned to a delivery time period. Studies like TIME are the best way to know what works best for mothers and babies.

The TIME Trial collected detailed information that will help us answer additional questions about pregnancies complicated by gestational diabetes.

Thank you!
SPAN Study Team



Front: Drs. Fasil Tekola-Ayele, Katherine Grantz & Edwina Yeung
Back: Drs. Kunal Kathuria & Diane Putnick