



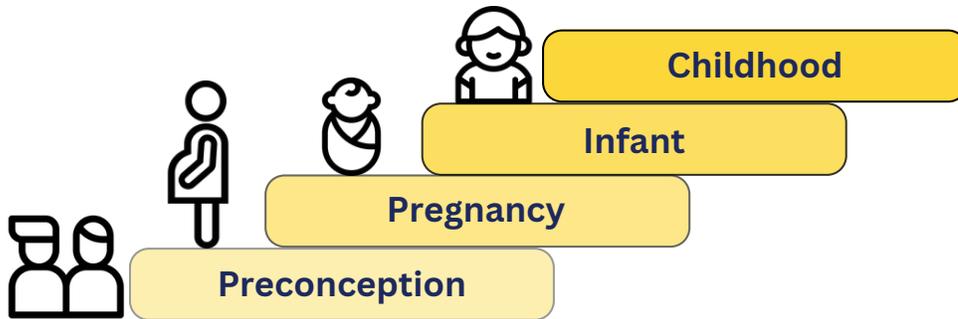
Healthy Life Trajectories Initiative



A global initiative to develop and test interventions that prevent obesity in children, and promote child development and parental health



4,500 - 6,400 women recruited at each of four sites



4-Phase Intervention

The Healthy Life Trajectories Initiative (HeLTI) is an international consortium formed in 2017 as a 10-year collaboration. HeLTI is partnered with WHO and involves >150 researchers around the world. It is funded jointly by:

- Canadian Institutes of Health Research
National Natural Science Foundation of China
Department of Biotechnology (India)
Medical Research Council (South Africa)

As of July 2025:

7,362 live births
22,390 women/couples enrolled

Initial \$50M CAD invested

1/4 million+ biospecimens collected

150+ Peer-Reviewed Publications

\$14M+ CAD additional research funds leveraged

Partnered with



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The incidence of non-communicable diseases (NCDs) continues to increase globally, bringing very high societal and economic costs. HeLTI aims to decrease the burden of NCDs. HeLTI trials are located in four distinct countries at different stages of economic transition. The HeLTI approach is based on established evidence that environmental factors interact with genes before and during conception, fetal life, infancy and early childhood, and that this modifies the trajectory of an individual's health later in life. HeLTI evaluates the effect of an integrated 4-phase intervention starting preconception, continuing through pregnancy into infancy and early childhood, on reducing childhood adiposity, improving early childhood development and reducing NCD risk (www.helti.org/).

INTERVENTIONS

- Multi-sectoral interventions are designed to:
- Promote parental physical and mental health starting before pregnancy
 - Improve nutrition
 - Enhance the home environment
 - Support exclusive breastfeeding
 - Promote nurturing parental care
- Effectiveness tested using a randomized trial design

OUTCOMES

- The **primary** outcome:
- Adiposity/overweight and obesity rates in the children at 5 years of age
- Other **key** outcomes in the children at 5 years:
- Cardiometabolic risk factors
 - Infant and child neurodevelopmental outcomes

Recognizing the context and specificities, including the diversity of lifestyle patterns across these populations, the four studies are designed to meet the respective needs of the local population but are prospectively harmonized through the development of common research measurements, data and biospecimen collection protocols to allow comparative evaluation.

In addition to a comprehensive set of measures to monitor maternal health and growth and development of children, biospecimens are collected longitudinally to support studies on the mechanistic science that drives healthy life trajectories.

HeLTI Principal Investigators:

HeLTI Canada

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HeLTI China (SHeLTI)

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