



“Working with caregivers and policy makers at a local, national and international level means that the work we’re doing can and will make a difference. This is the most important and fulfilling thing that I do.”



PROFESSOR PROFILE: MARGIE DAVENPORT

As an associate professor in the Faculty of Kinesiology, Sport, and Recreation, Margie Davenport has dedicated her life’s work to promote healthy pregnancies and to improve the lifelong health of women and their children. Her research focuses on the cardiovascular cardiometabolic health of pregnant women, and the relationship between exercise interventions to prevent pregnancy complications and reduce maternal/fetal chronic disease risk.

Recently, Margie chaired Guideline Consensus Panel and Guideline Steering Committee for the Society of Obstetrician and Gynecologists of Canada, and the Canadian Society of Exercise Physiology 2019 Canadian Guideline for Physical Activity throughout Pregnancy. She and her colleagues developed twelve systematic reviews examining the impact of prenatal exercise on pregnancy complications (preeclampsia, gestational diabetes), mental health, fetal development and labour and delivery outcomes of over 25,000 pregnancy studies from across the world to produce the final guideline.

The 2019 Canadian Guideline for Physical Activity throughout Pregnancy provides the first evidence-based guideline for pregnant women in the past 15 years, and has been endorsed by numerous Canadian and International organizations such as the College of Family Physicians of Canada, Canadian Academy of Sport and Exercise Medicine, and the Canadian Association of Midwives.

“Women are highly under-studied, and pregnancy even more so. As the mother of two young young daughters I’m working

to change this. The overriding goal of my research is to promote healthy pregnancies to improve the lifelong health of women and their children. This involves studies in my lab, but also getting new knowledge to pregnant women and their health care providers.”

Margie’s efforts in investigating cardiovascular health during pregnancy earned her the inaugural Heart & Stroke Foundation of Canada National New Investigator Award in Women’s Heart and Brain Health. The funding that comes along with this award has allowed Margie to not only pursue her research goals, but to recruit some of the best and brightest undergraduate, graduate and PhD students and post-doctoral fellows to her lab. Together they comprise the Program for Pregnancy and Postpartum Health. Margie’s students have made major contributions to the work done in their lab, with over 70 per cent of the papers published by Margie’s team listing at least one trainee as first or co-author.

Margie has made important strides in promoting and the health of pregnant women and improving lifelong healthy outcomes for women and children throughout her career. Her work not only has impact on the research landscape, but is making its way into the hands of clinicians and policy makers locally, nationally and internationally, where collectively Margie and colleagues are putting the health of women and children first.