



WEIGHT GAIN AND OBESITY IN PREGNANCY

Approximately 20% of pregnant women meet the criteria for obesity and this continues to increase. We want you to have a healthy pregnancy with an uncomplicated delivery of a healthy newborn. To help reach this goal, we are committed to helping you stay in the target weight gain range for your pregnancy.

Please use the link below to calculate your pre-pregnancy BMI: _____

https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html

RECOMMENDED WEIGHT GAIN BASED ON PRE-PREGNANCY BMI

- Underweight (BMI <18.5) - Total weight gain range: 28-40 lbs.
- Normal weight (BMI 18.5 - 24.9) - Total weight gain range: 25-35 lbs.
- Overweight (BMI 25.0 - 29.9) - Total weight gain range: 15-25 lbs.
- Obese (BMI > 30) - Total weight gain range: 11-20 lbs.

WHAT ARE THE RISKS OF GAINING MORE WEIGHT THAN RECOMMENDED?

- Gaining more weight than is recommended increases your risk for pre-eclampsia, cesarean delivery, complicated vaginal delivery, and large for gestational age baby.
- Babies whose birth weight is greater than the 90th percentile have an increased risk of childhood obesity.

WHAT ARE THE RISKS OF OBESITY IN PREGNANCY?

- A BMI > 30 increases your risk of pregestational diabetes. Diabetes in pregnancy carries the same risks as excessive weight gain in pregnancy. Because of this increased risk, your provider will recommend screening for diabetes early in your pregnancy (15 weeks gestation) along with the routine screening for gestational diabetes done around 28 weeks gestation.

WHAT ADDITIONAL RECOMMENDATIONS WILL I HAVE RELATED TO OBESITY IN PREGNANCY?

- Low-dose aspirin may be prescribed starting at 12 weeks gestation to help prevent the onset of pre-eclampsia.
- You may have additional surveillance starting some time in your 3rd trimester to monitor the health of your baby. This may include additional appointments, ultrasounds, and fetal monitoring:
 - Pre-pregnancy BMI > 35: Weekly testing starting at 37 weeks gestation
 - Pre-pregnancy BMI > 40: Weekly testing starting at 34 weeks gestation

WHAT CAN I DO TO HELP STAY IN MY TARGET WEIGHT GAIN RANGE?

- Eat a well-balanced diet which includes 2-4 servings of fruit, 4-5 servings of vegetables, 6-11 servings of whole grain foods, and 3 servings of protein each day. This will help provide the nutrition and calories you and your baby need.
- Try to limit your intake of processed foods, fatty or high-calorie foods and sugary drinks like juice and soda.
- 30 minutes a day of moderate exercise is recommended. This can include walking, or playing active games with your children.