

CPSP Steps to Take Guidelines BMI and Interventions

	UNDERWEIGHT <19.8	NORMAL 19.8–26.0	OVERWEIGHT 26.1 - 29.0	OBESE > 29.0
	<ul style="list-style-type: none"> • (Prepregnant weight is below normal for height.) • Possible results: greater chance of having a: <ul style="list-style-type: none"> • Preterm birth. • Small unhealthy baby. <p>* Recommended weight gain: 28 to 40 pounds</p>	<p>(Prepregnant weight is normal for height.)</p> <p>Possible results: greater chance of</p> <ul style="list-style-type: none"> • Giving birth at term (37 weeks or more). • Having a healthy baby weighing more than 5.5 pounds. <p>* Recommended weight gain: 25 to 35 pounds</p>	<p>(Prepregnant weight is over normal for height.)</p> <p>Possible results: greater chance of having</p> <ul style="list-style-type: none"> • A baby who weighs more than 9 pounds • More problems with delivery. <p>* Recommended weight gain: 15 to 25 pounds</p>	<p>(Prepregnant weight is obese for height.)</p> <p>Possible results: greater chance of having</p> <ul style="list-style-type: none"> • A baby who weighs more than 9 pounds. • More problems with delivery. <p>* Recommended weight gain: 15 pounds or less.</p>
Steps To Take	<ul style="list-style-type: none"> • Provide advice to relieve discomforts of pregnancy if any are present. • Explain how to follow the <i>Daily Food Guide for Pregnancy</i>. Emphasize extra servings from each group. • Stress the importance of regular meals and snacks. • Recommend a weight gain of at least 4 pounds or more each month. • Explain the importance of gaining 28 to 40 pounds. 	<ul style="list-style-type: none"> • Provide advice to relieve discomforts of pregnancy if any are present. • Explain how to follow the <i>Daily Food Guide for Pregnancy</i>. • Advise her to eat regular meals and snacks. • Recommend gaining about 3 to 4 pounds per month after her 16th week. • Explain the importance of gaining 25 to 35 pounds 	<ul style="list-style-type: none"> • Provide advice to relieve discomforts of pregnancy if any are present • Explain how to follow the <i>Daily Food Guide for Pregnancy</i>. Highlight the low-fat choices from each of the groups. • Recommend regular meals and snacks. • Recommend a weight gain of about 2 to 3 pounds per month after the 16th week. • Explain importance of gaining 15 to 25 pounds. 	<ul style="list-style-type: none"> • Provide advice to relieve discomforts of pregnancy if any are present. • Explain how to follow the <i>Daily Food Guide for Pregnancy</i>. Emphasize use of low-fat choices and portion size control. • Stress importance of regular meals and snacks. • Recommend a weight gain of 2 ½ pounds per month after the 16th week. • Explain the importance of gaining 15 pounds or more.
Follow-Up	<ul style="list-style-type: none"> • Check weight gain and rate of gain at each prenatal visit. Plot on Weight Gain Grid. • If weight gain is too low, discuss the handout, <i>Tips to Gain Weight</i>. 	<ul style="list-style-type: none"> • Check weight gain and rate of gain at each prenatal visit. Plot on <i>Weight Gain Grid</i>. • If weight gain is too low, discuss, <i>Low Weight Gain</i> and the Nutrition handout <i>Tips to Gain Weight</i>. • If weight gain is too high, discuss, <i>High Weight Gain</i> and the Nutrition handout, <i>You Can Slow Weight Gain</i>. 	<ul style="list-style-type: none"> • Check weight gain and rate of gain at each prenatal visit. Plot on <i>Weight Gain Grid</i>. • If weight gain is too low, discuss <i>Low Weight Gain</i> and the Nutrition handout <i>Tips to Gain Weight</i>. • If weight gain is too high, discuss <i>High Weight Gain</i> and the Nutrition handout, <i>You can slow weight gain</i>. 	<ul style="list-style-type: none"> • Check weight gain and rate of gain at each prenatal visit. Plot on Weight Gain Grid. • If weight gain is too low, discuss <i>Low Weight Gain</i> and the Nutrition handout <i>Tips to Gain Weight</i>. • If weight gain is too high, discuss Height Weight Gain and the Nutrition handout: <i>You can slow gain weight</i>.
Referral	<p>Refer to health care provider and registered dietitian if:</p> <ul style="list-style-type: none"> • Weight loss of more than 4 pounds in the first 12 weeks of pregnancy. • No weight gain by 16 weeks. • Weight gain is less than 14 pounds at 24 weeks. • Gain of less than 3 pounds in any single month after 14 weeks. 	<p>Refer to health care provider and registered dietitian if:</p> <ul style="list-style-type: none"> • Weight loss of more than 5 pounds in the first 12 weeks of pregnancy. • No weight gain by 16 weeks. • Weight gain is less than 12 pounds at 24 weeks. • Gain of more than 6.5 pounds in any month. • Gain of less than 2 pounds in any single month after 14 weeks. 	<p>Refer to health care provider and registered dietitian if:</p> <ul style="list-style-type: none"> • Weight loss of more than 5 pounds in the first 12 weeks of pregnancy. • No weight gain by 20 weeks. • Weight gain is less than 8 pounds at 26 weeks. • Gain of less than 2 pounds in single month after 14 weeks. • Gain of more than 6.5 pounds in any month 	<p>Refer to health care provider and registered dietitian if:</p> <ul style="list-style-type: none"> • Weight loss of more than 8 pounds in the first 12 weeks of pregnancy. • No weight gain by 20 weeks. • Gain of more than 6.5 pounds in any single month after 14 weeks. • Gain of less than 1 pound in any single month after 14 weeks.

* Current research suggests that the optimal gestational weight gain might be **lower** than the Institute of Medicine (IOM) recommendations for all maternal BMI categories, especially among **obese women**.



Classification of Overweight and Obesity and Associated Disease Risk

CLASSIFICATION	BMI (kg/m ²)	OBESITY CLASS	DISEASE RISK	
			Waist circumference #35 inches	Waist circumference \$ 35 inches
Underweight	< 18.5		---	---
Normal	18.5 – 24.9		---	---
Overweight	25.0 – 29.9		Increased	High
Obesity	30.0 – 34.9	I	High	Very High
	35.0 – 39.9	II	Very High	Very High
Extreme Obesity	≥ 40.0	III	Extremely High	Extremely High

Lower Calorie Meal Plan for Weight Loss

Nutrient	Recommended Intake
Calories	500-1000 kcal/d reduction from usual intake
Total fat	30% or less of total calories
Trans fat	1% of total calories
Saturated fat	7-10% of total calories
Monounsaturated fat	Up to 15% of total calories
Protein	15% of total calories
Carbohydrates, complex, from variety of vegetables, fruits, & whole grains	55% of total calories