

CPSP Nutrition Steps to Take Guidelines BMI and Interventions

	UNDERWEIGHT <18.5	NORMAL 18.5 – 24.9	OVERWEIGHT 25 - 29.9	OBESE ≥ 30
	<p><i>(Prepregnant weight is below normal for height.)</i></p> <p>Underweight pregnant women have a greater chance of:</p> <ul style="list-style-type: none"> • Preterm birth • A small unhealthy baby • A baby at risk for obesity and chronic diseases later in life <p>*Recommended weight gain: 28 to 40 pounds</p>	<p><i>(Prepregnant weight is normal for height.)</i></p> <p>Normal weight pregnant women have a greater chance of:</p> <ul style="list-style-type: none"> • Giving birth at term (37 weeks or more) and having a baby with a healthy birth weight • Delivering vaginally, with fewer complications • Returning to pre-pregnancy weight postpartum <p>*Recommended weight gain: 25 to 35 pounds</p>	<p><i>(Prepregnant weight is over normal for height.)</i></p> <p>Overweight women have a greater chance of having:</p> <ul style="list-style-type: none"> • A baby who weighs more than 9 pounds • More problems with delivery and higher risk for cesarean delivery • Health problems like gestational diabetes and pregnancy-related hypertension <p>*Recommended weight gain: 15 to 25 pounds</p>	<p><i>(Prepregnant weight is obese for height.)</i></p> <p>Obese women have a greater chance of having:</p> <ul style="list-style-type: none"> • A baby who weighs more than 9 pounds • More problems with delivery • Higher risk for cesarean delivery and birth defects • Postpartum weight retention and obesity related diseases in the future <p>*Recommended weight gain: 11 to 20 pounds</p>
Steps To Take	<ul style="list-style-type: none"> • Stress the importance of regular meals and snacks and eating healthy foods when she is hungry. • Explain how to follow <i>MyPlate for Moms</i>. • Recommend a weight gain of at least 4 pounds or more each month (1 to 1.3 pounds per week). • Explain the importance of gaining 28 to 40 pounds during pregnancy. 	<ul style="list-style-type: none"> • Provide advice to relieve discomforts of pregnancy if any are present. • Explain how to follow <i>MyPlate for Moms</i>. • Advise her to eat regular meals and snacks. • Recommend gaining about 3 to 4 pounds per month after her 16th week (about 1 pound a week). • Offer educational materials that illustrate pregnancy weight gain components. 	<ul style="list-style-type: none"> • Explain how to follow <i>MyPlate for Moms</i>. Help her understand the recommended number of servings of food groups and portion sizes. • Recommend regular meals and snacks and listening to her body for eating and stopping cues. • Recommend a weight gain of about 2 to 2.5 pounds per month after the 16th week. • Explain the importance of gaining 15 to 25 pounds during pregnancy. 	<ul style="list-style-type: none"> • Explain how to follow <i>MyPlate for Moms</i>. Help her understand the recommended number of servings of food groups and portion sizes. • Stress importance of regular meals and snacks. • Recommend a weight gain of about 2 pounds per month after the 16th week. • Explain the importance of gaining 11 to 20 pounds during pregnancy.
Follow-Up	<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 the nutrition handout: <i>Tips to Gain Weight</i>. • Check to see if enrolled in WIC and is able to obtain healthy food. 	<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, <u>Low Weight Gain</u> and the nutrition handout: <i>Tips to Gain Weight</i>. • If weight gain is too high, discuss, <u>High Weight Gain</u> and the nutrition handout: <i>Tips to 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, <u>Low Weight Gain</u> and the nutrition handout: <i>Tips to Gain Weight</i>. • If weight gain is too high, discuss, <u>High Weight Gain</u> and the nutrition handout: <i>Tips to 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, <u>Low Weight Gain</u> and the nutrition handout: <i>Tips to Gain Weight</i>. • If weight gain is too high, discuss, <u>High Weight Gain</u> and the nutrition handout: <i>Tips to Slow Weight Gain</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.

