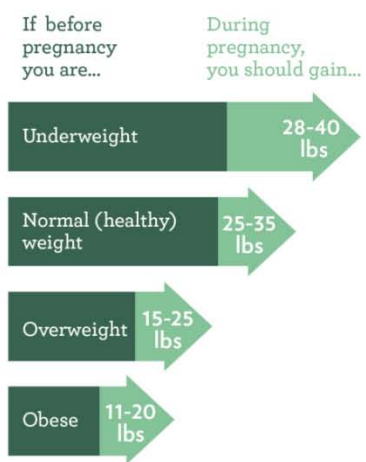


How Much Weight Should You Gain When You're Pregnant?

Guidelines on
Weight Gain & Pregnancy
INSTITUTE OF MEDICINE AND
NATIONAL RESEARCH COUNCIL
OF THE NATIONAL ACADEMIES



The best way to begin pregnancy is at a healthy weight. But no matter how much you weigh before becoming pregnant, how much weight you gain during pregnancy is important!

For more information about healthy weight gain during pregnancy, check out the IOM's free informative booklets for women and their health care providers at www.iom.edu/healthypregnancy.

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iom.edu/healthypregnancy
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#WhatToGain



Today's Big Ideas

(hint: it's more than just optimizing GWG)

Today's big ideas

- “Before, between and beyond”
 - Connects preconceptual, prenatal and postnatal care to post-reproductive care
 - Preconceptual care is especially difficult because of so many unplanned pregnancies
 - One place where we must “dig deeper”
 - Postpartum care is only minimally developed but important for subsequent pregnancies
 - More attention to public-health approach for women to conceive at a healthy weight
 - Better GWG surveillance is essential

Today's big ideas

- Change the structure of prenatal care
 - Start earlier, see women more frequently early in pregnancy because “we are building a new human being”
 - Team-based plan for prenatal care; visits with appropriate providers
 - See your MD stickers on pregnancy test kits!
 - Information on GWG on pregnancy test kits, prenatal vitamins, the bathroom scale; food labels
 - Early excessive weight gain is difficult to reverse

Today's big ideas

- Must motivate women to gain within the guidelines—and engage in other desired wellness behaviors
 - “What are your reproductive goals?”
 - Motivational **interviewing** of women supported by adequate **training** of interviewers
 - Incremental, achievable goals; frequent follow-up
 - Women want to self-educate
 - With reimbursement for services!

Today's big ideas

- Change the structure of care of women of reproductive care
 - Patient-centered medical home—why not a patient-center **health** home for women that begins after pediatric care ends?
 - Create a new “standard of care” for MCH, including obstetrics/gynecology in this concept
 - “Hospice care” for pregnant women and the newborn, continuing for the first 1,000 days

Today's big ideas

- Leverage is available in many places in the path from guidelines to women's behaviors
 - Many venues for disseminating the guidelines
 - Visible leadership is essential
- Leverage is also available in many places from menarche until after the birth of the last child
 - Start early, very early:
 - Return health to K-12 education
 - Children as motivators of parents
 - Linking parents and children in care

New recommendations

Prepregnancy BMI category	Total weight gain (lb, kg)
Underweight ($< 18.5 \text{ kg/m}^2$)	28-40, 12.5-18
Normal-weight ($18.5\text{-}24.9 \text{ kg/m}^2$)	25-35, 11.5-16
Overweight ($25.0\text{-}29.9 \text{ kg/m}^2$)	15-25, 7-11.5
Obese ($\geq 30.0 \text{ kg/m}^2$)	11-20, 5-9

