

Strategies to promote healthy weight gain during and between pregnancy

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Presentation objectives

- Describe
 - Institute of Medicine guidelines for weight gain during pregnancy
 - Prepregnancy BMI & weight gain during pregnancy based on Iowa resident birth certificates
 - Title V Maternal Health Agency's role in promoting a healthy weight gain during and after pregnancy
 - Generate ideas to support women to attain a healthy weight gain during and after pregnancy

Institute of Medicine Report

- Women are heavier today than in the past
 - More are obese or overweight when they become pregnant
 - Adverse outcomes
 - Overweight – high weight gain
 - Adverse outcomes
 - Underweight – low weight gain
 - Recommended weight gain based on pre-pregnancy BMI

Complications due to obesity

- Maternal
 - C-section
 - Primary or secondary
 - Unsuccessful VBAC
 - Gestational diabetes
 - Increased use of health care
- Infant
 - Stillbirth
 - Neural tube defect
 - Heart defects

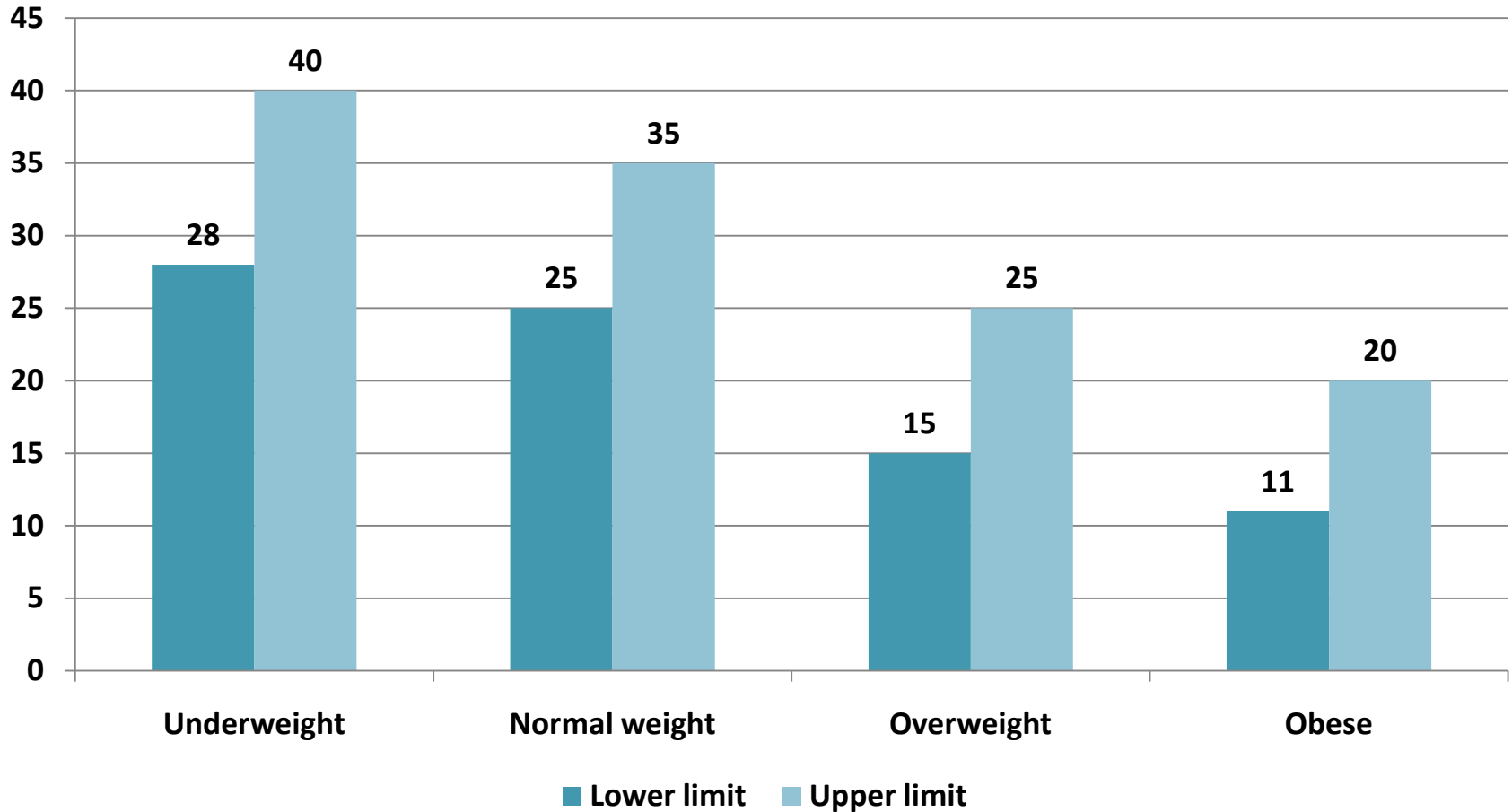
IOM Guidelines (1 of 3)

- Underweight
 - Pre-pregnancy BMI < 18.5
- Recommended weight gain
 - 28 – 40 lbs
- Normal weight defined
 - Pre-pregnancy BMI 18.5 - 24.9
- Recommended weight gain
 - 25-35 lbs

IOM Guidelines (2 of 3)

- Overweight defined
 - Pre-pregnancy BMI 25.0 – 29.9
- Recommended weight gain
 - 15-25 lbs
- Obese defined
 - Pre-pregnancy BMI ≥ 30.0
- Recommended weight gain
 - 11-20 lbs

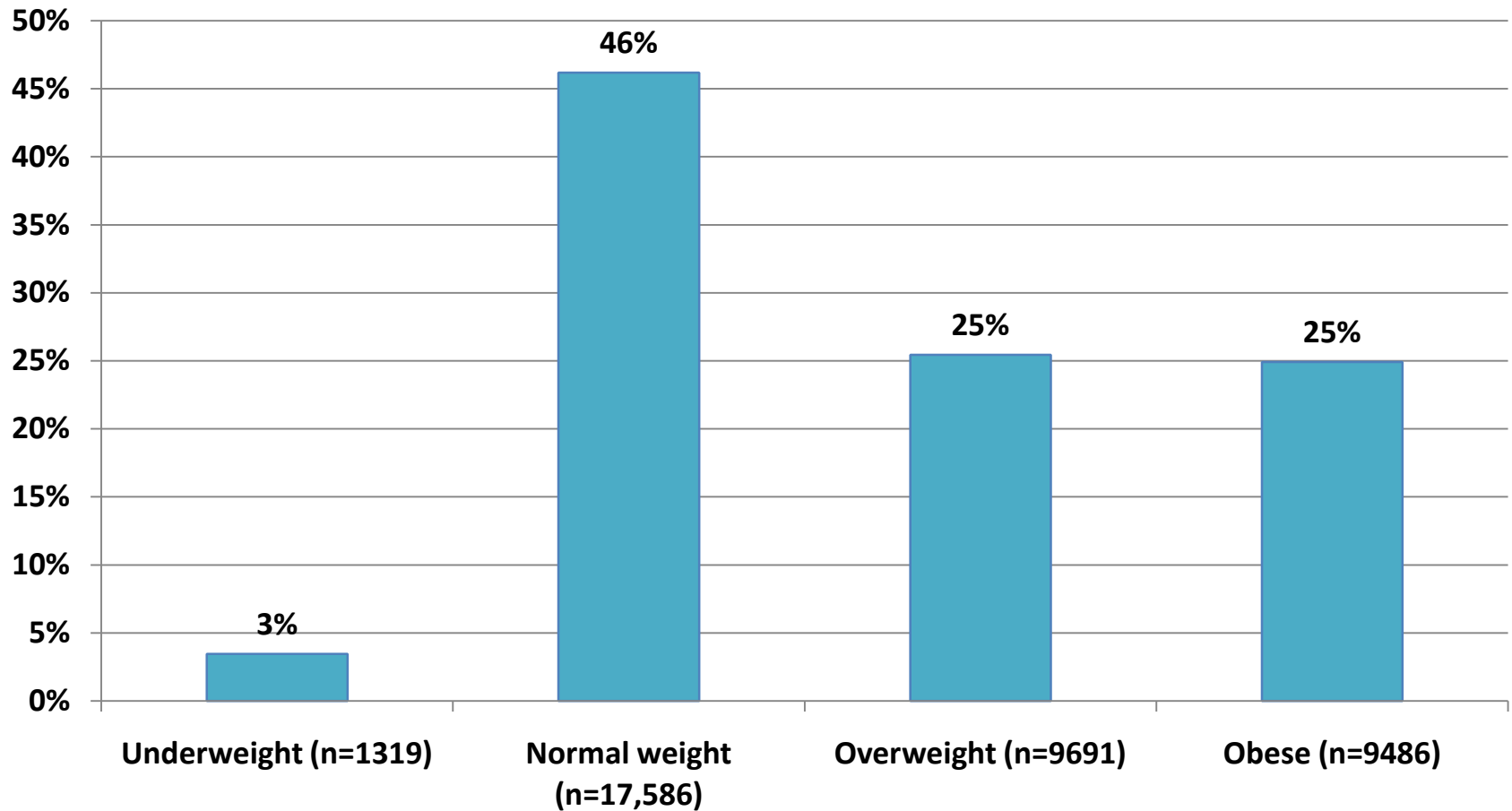
Recommended weight gain by pre-pregnancy BMI per IOM (3 of 3)



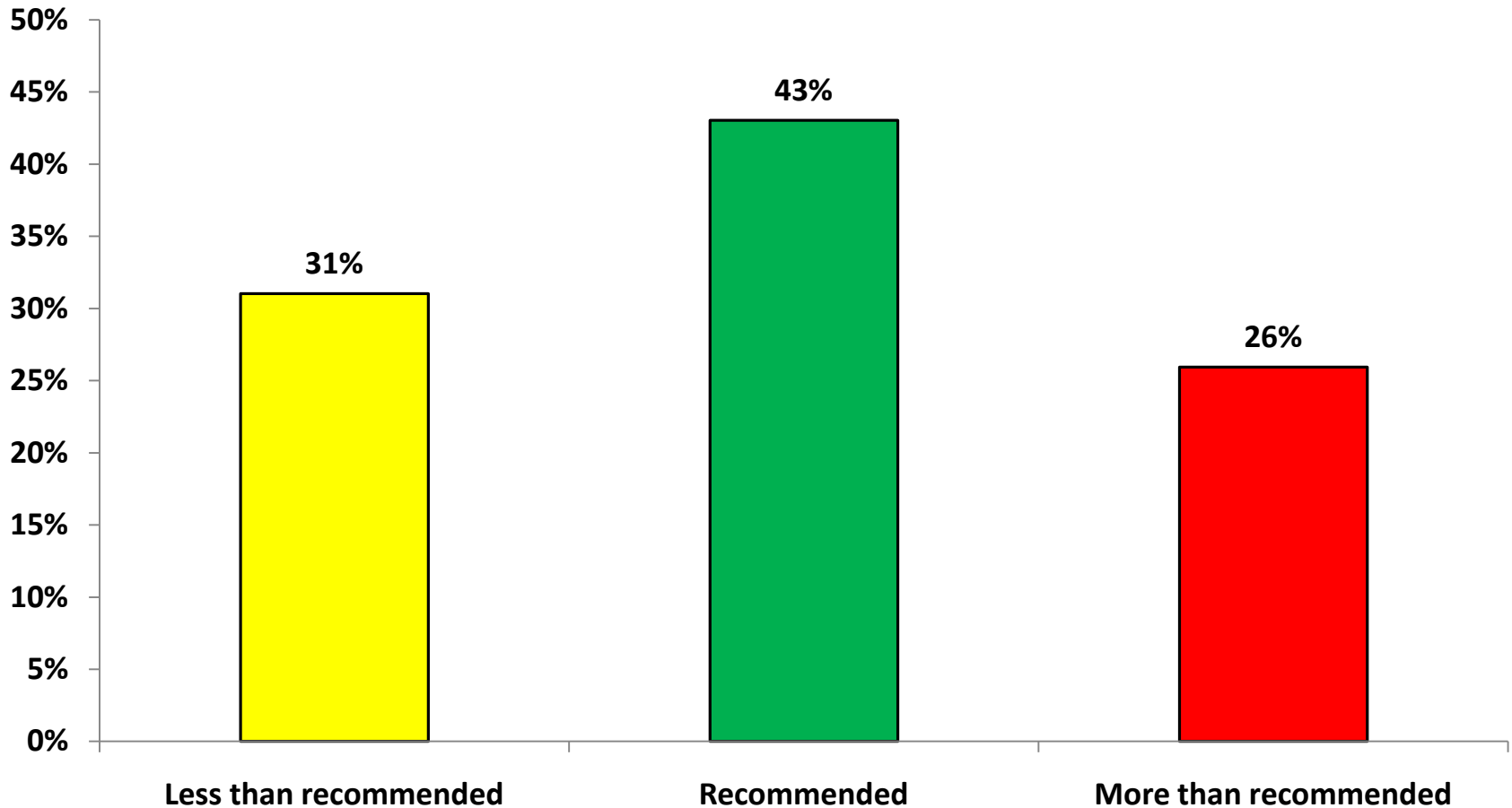
Pre-pregnancy BMI and weight gain

- Birth certificate (BC) data
 - Variables to calculate BMI now reported in BC
 - Birth mother self-report
 - Valid and reliable compared to WIC data
 - Park, Sappenfield, Bish et al (2009)
 - Calendar year 2010
 - Pre-pregnancy BMI
 - Weight gain – 3 categories
 - Maternal and infant outcomes

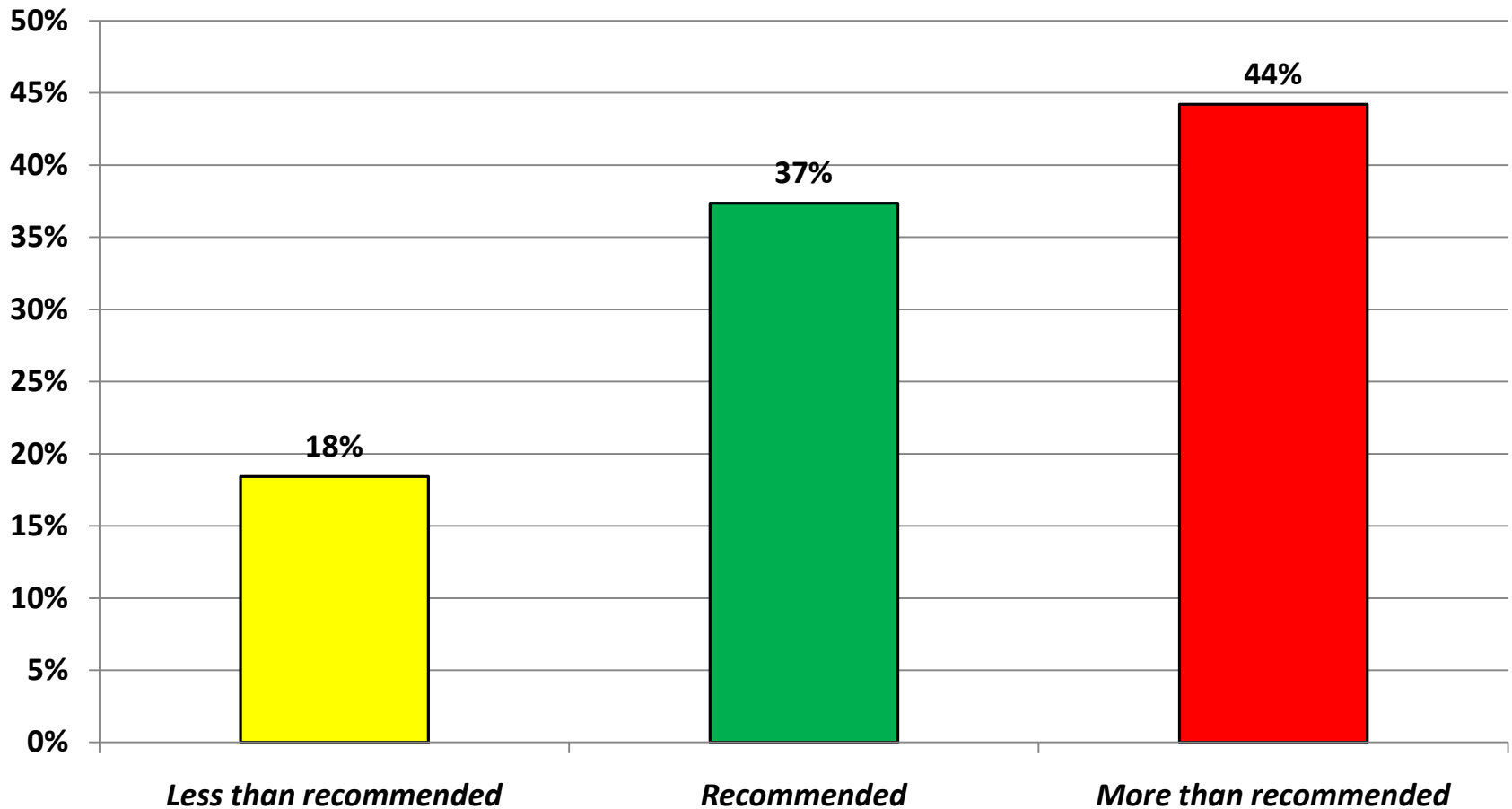
Pre-pregnancy BMI among lowan mothers, 2010



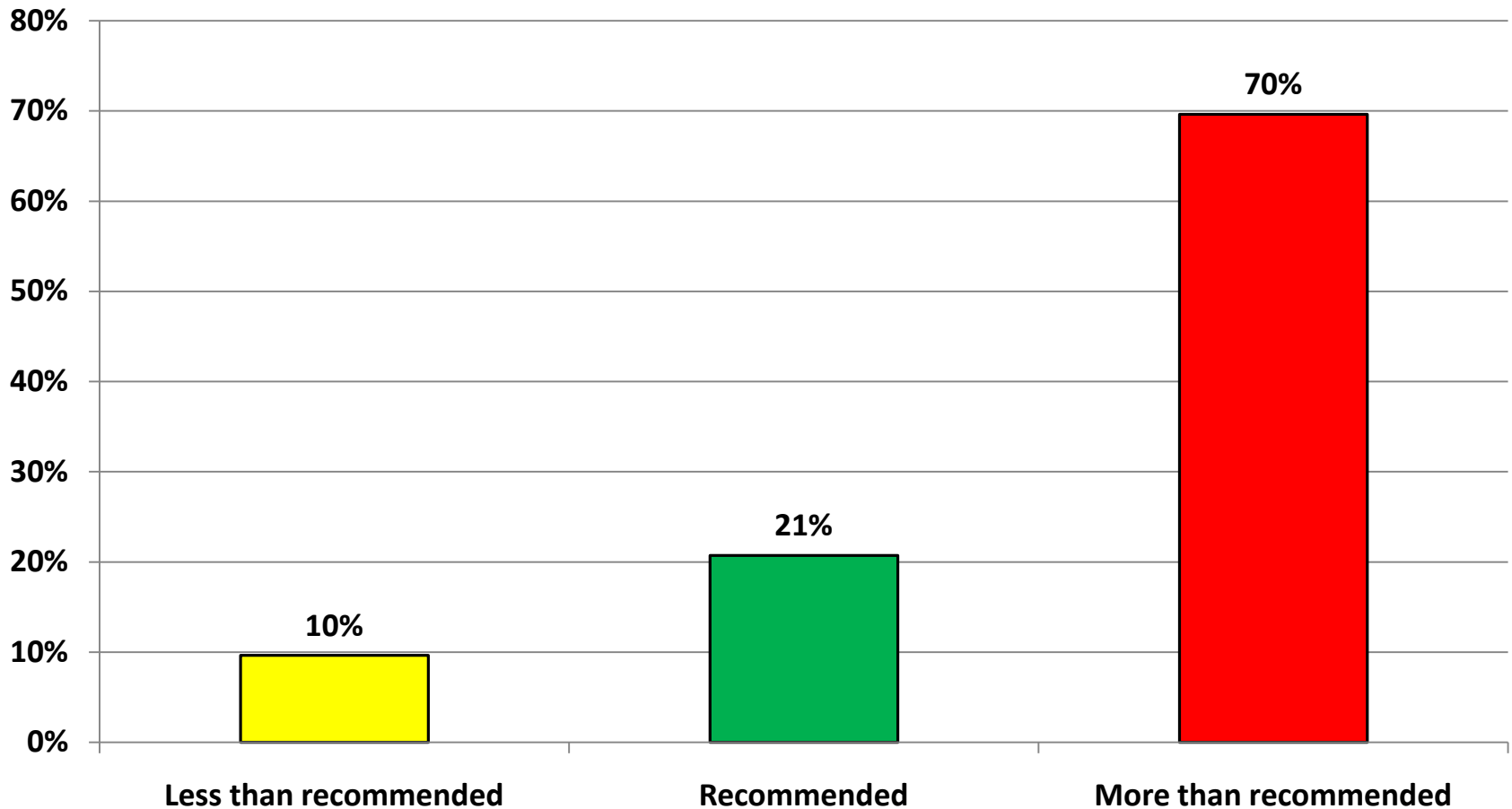
Weight gain during pregnancy among underweight women, Iowa 2010



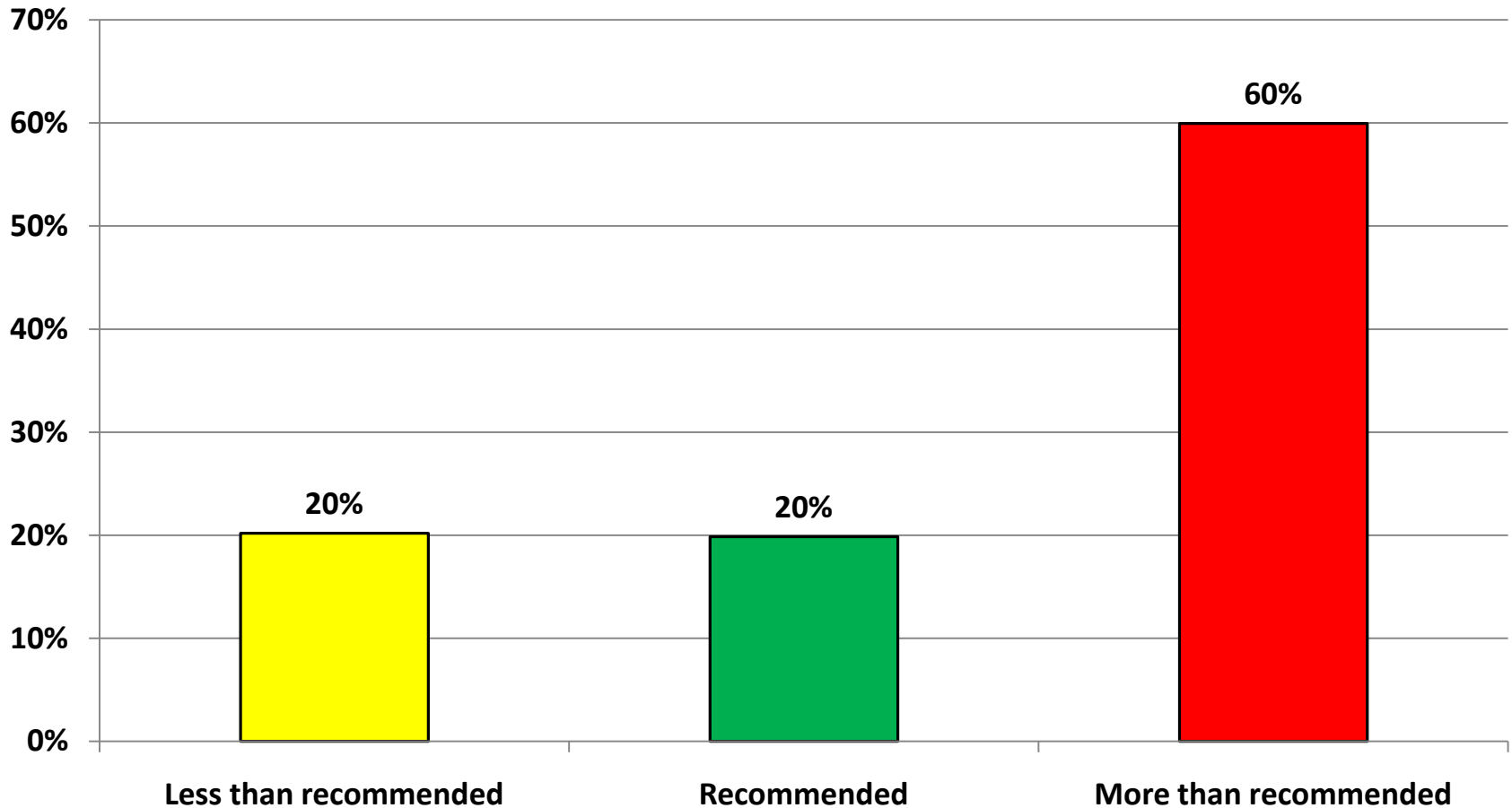
Weight gain during pregnancy among normal weight women, Iowa 2010



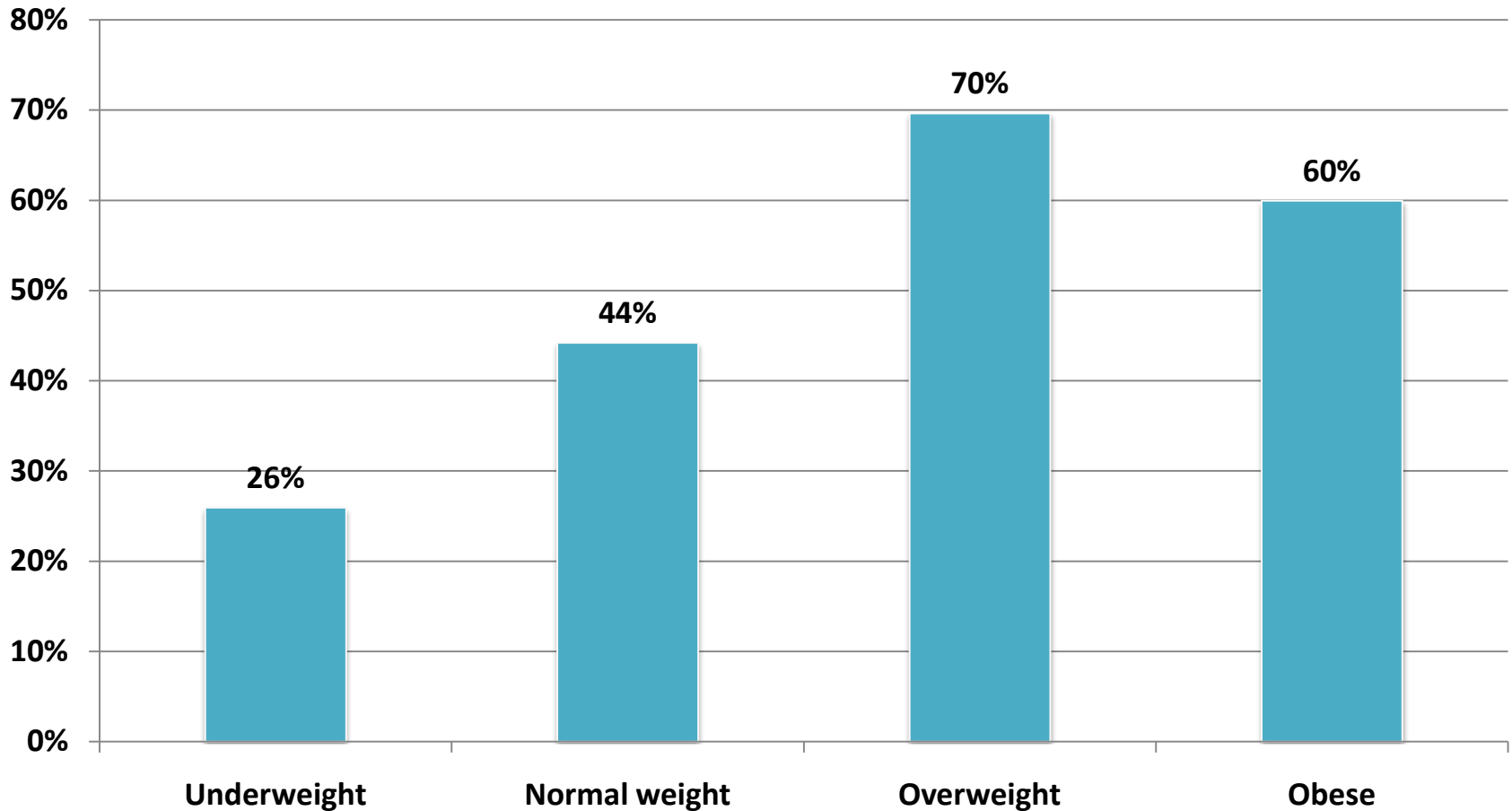
Weight gain during pregnancy among overweight women, Iowa 2010



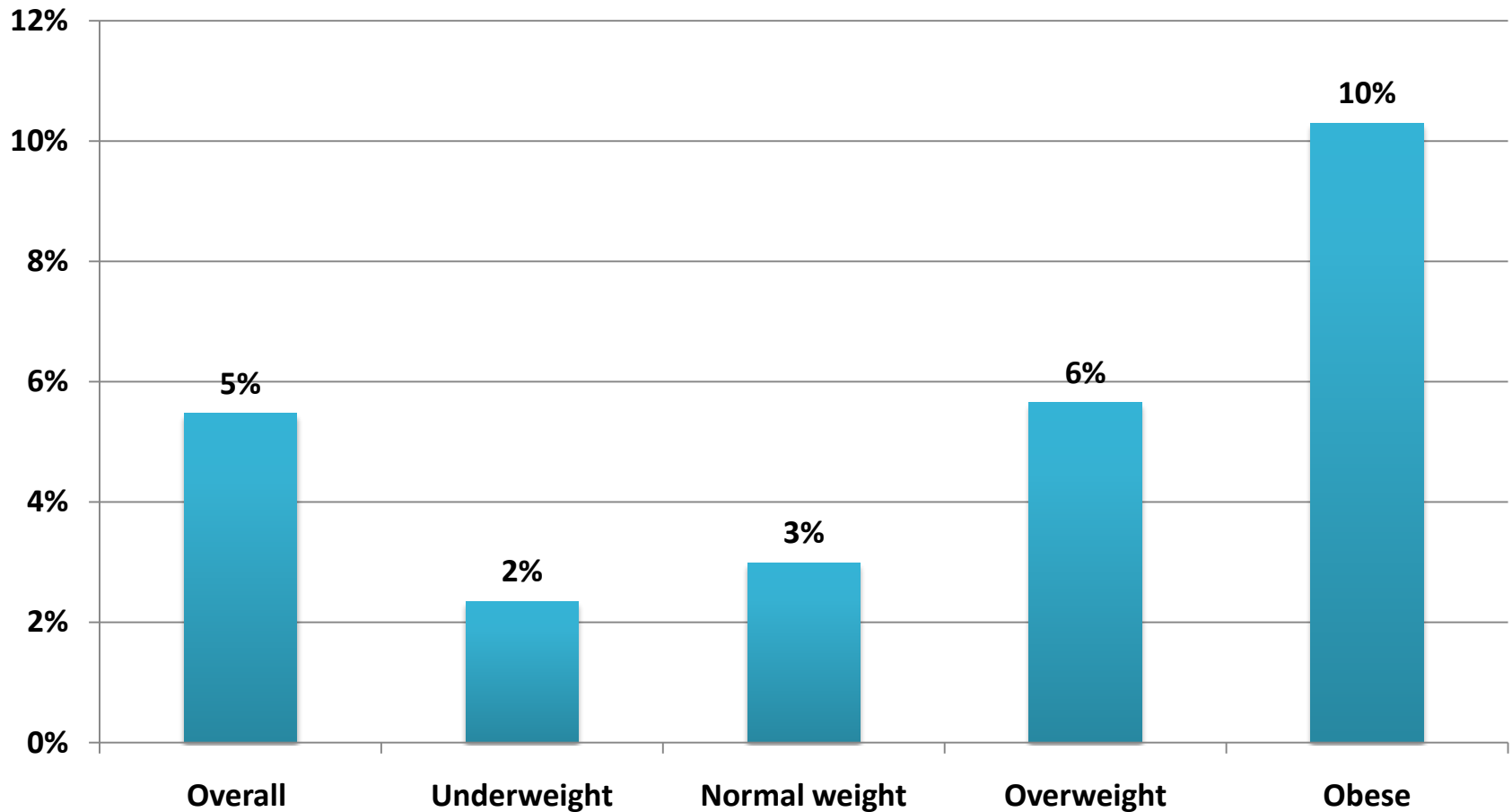
Weight gain during pregnancy among obese women, Iowa 2010



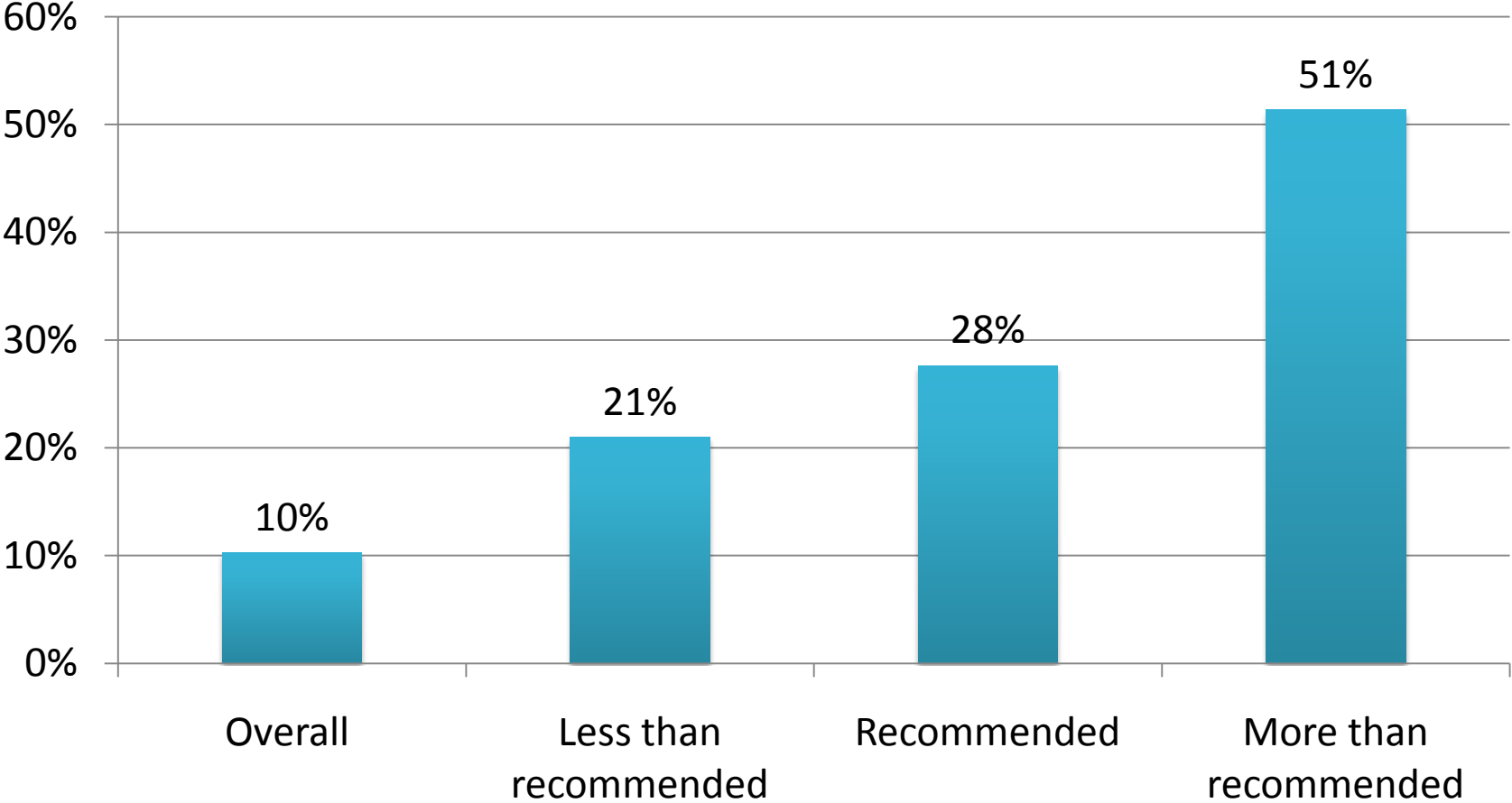
Percent of women who gained more than the IOM recommended weight by BMI, Iowa 2010



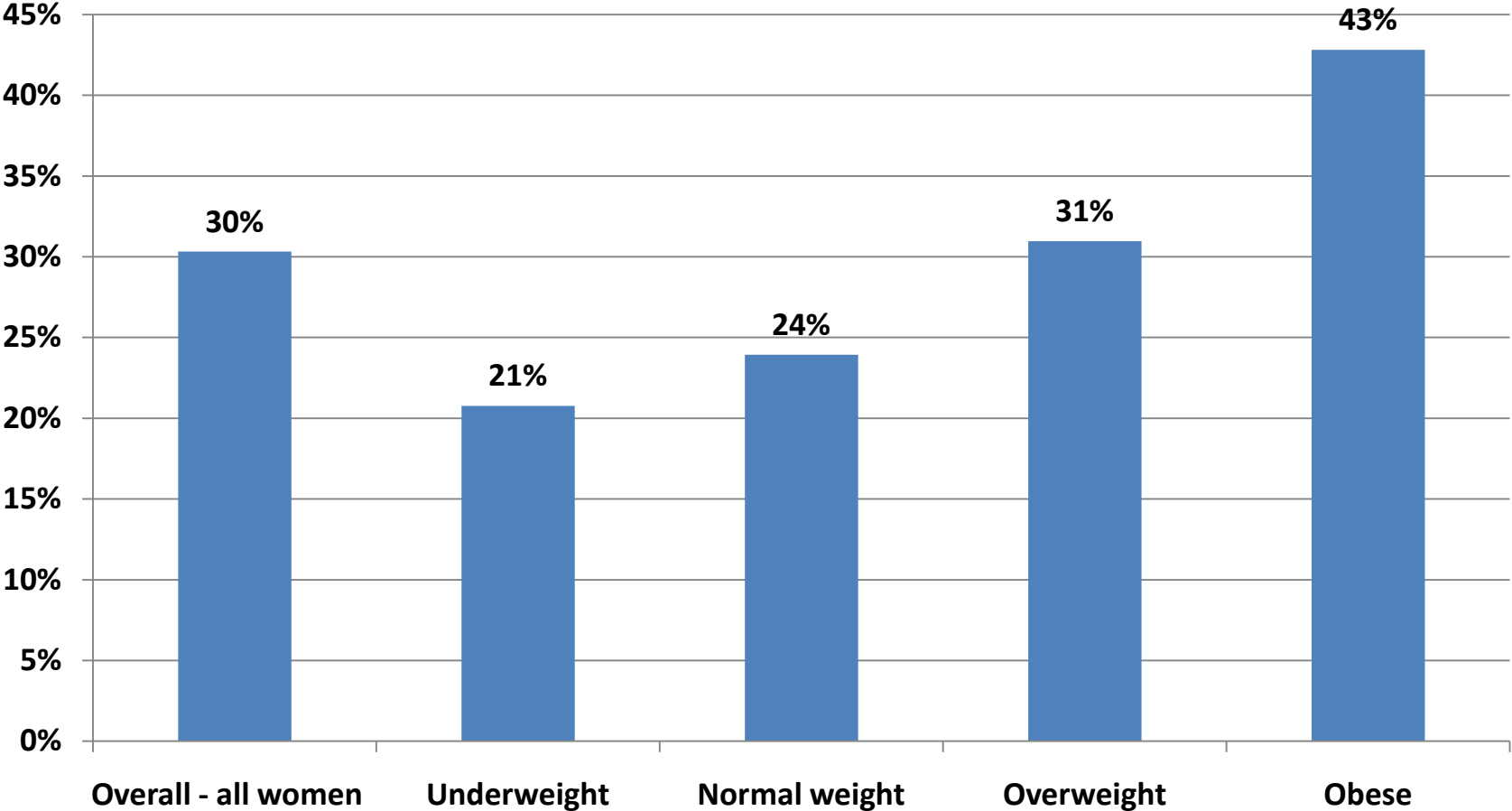
Percent of women with gestational diabetes by pre-pregnancy BMI, Iowa 2010



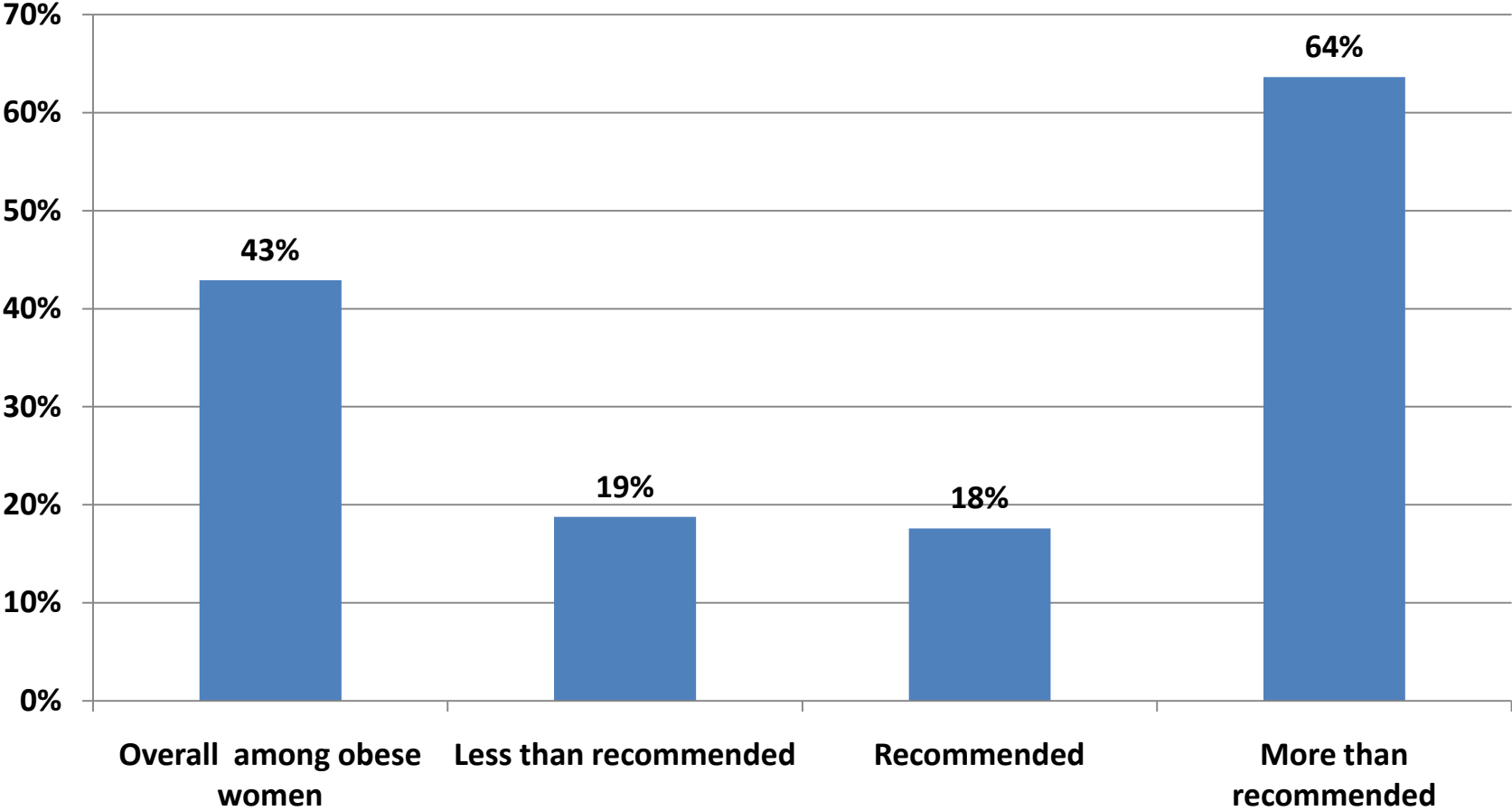
Percent of obese women with gestational diabetes by weight gain during pregnancy, Iowa 2010



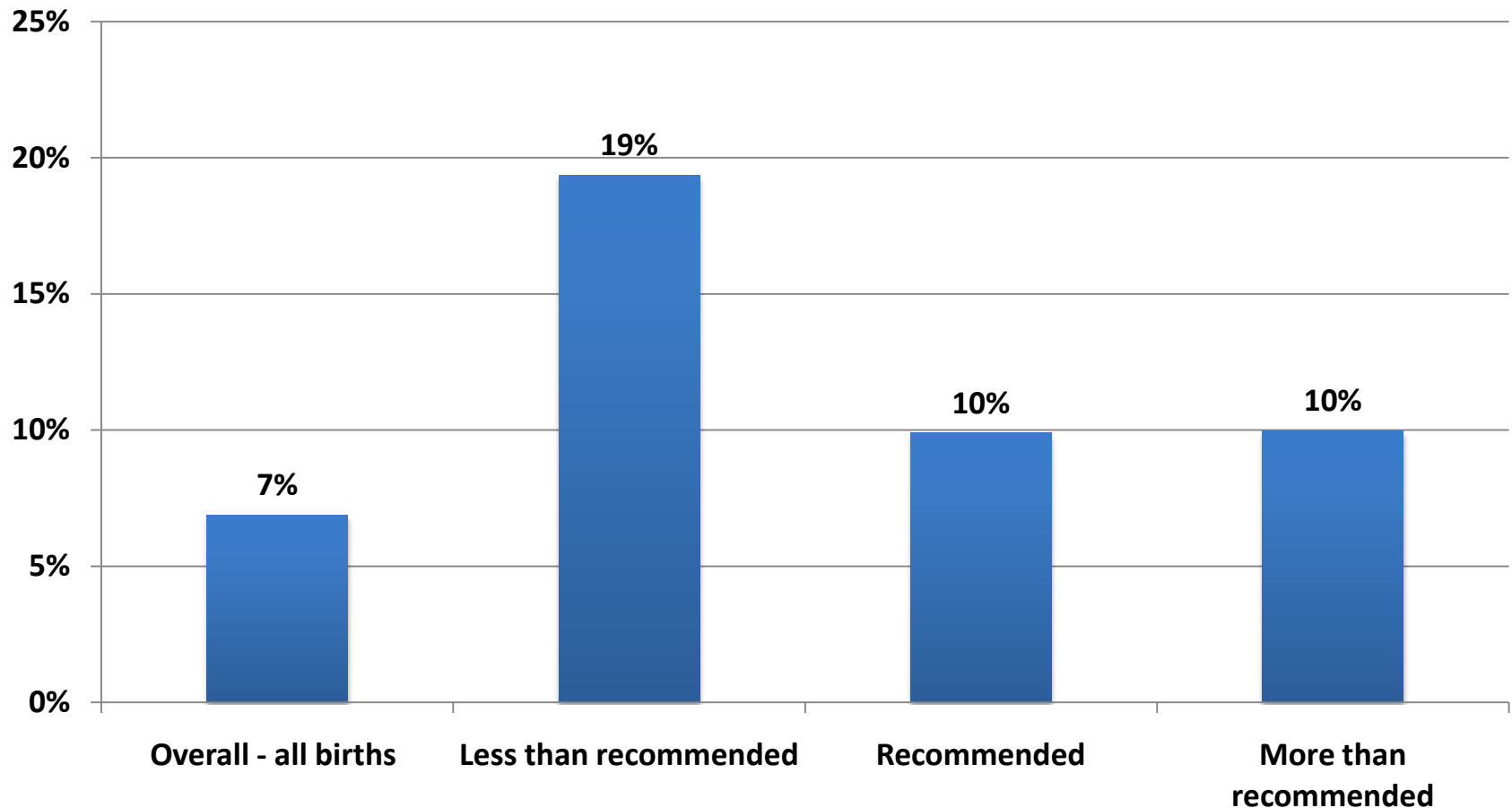
Percent of c-sections by pre-pregnancy BMI, Iowa 2010



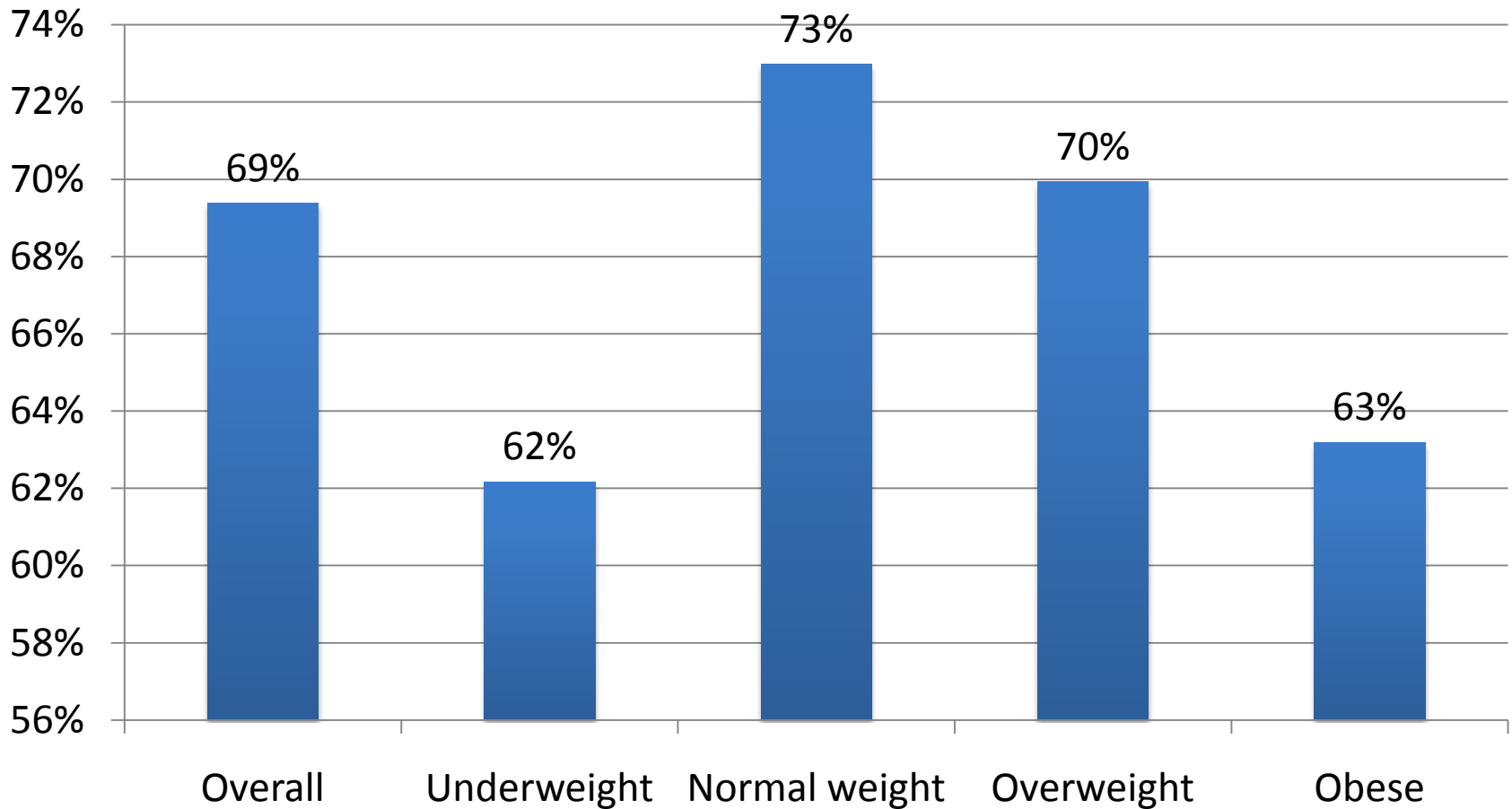
Percent of c-sections among obese women by weight gain, Iowa 2010



Percent low birth weight infants by maternal weight gain during pregnancy among underweight women, Iowa 2010



Percent of women breastfeeding at hospital discharge by pre-pregnancy BMI, Iowa 2010



Discussion questions

What messages do women hear about the amount of weight they should gain during pregnancy?

What are women hearing from their prenatal care providers about weight gain during pregnancy?

What's an appropriate amount of daily extra calories to support healthy weight gain?

What messages support women to gain a healthy amount of weight during pregnancy?

What is the role of care coordination in supporting healthy weight gain during pregnancy?

Other thoughts, ideas,
and comments?

Thank-you

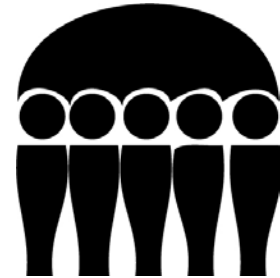
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