



## Procedure: Prenatal Weight Gain Chart

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Section: Anthropometric Assessment

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### **Purpose**

Explaining:

- How to determine Body Mass Index (BMI) for women
- Use of the prenatal weight gain chart
- Plotting prenatal weight gain

### **Determining Body Mass Index**

Body Mass Index (BMI) is used to identify nutritional risk criteria for all pregnant women.

**Prepregnancy Weight** is used to determine BMI classification for the following:

- Pregnant Women
- Breastfeeding women less than 6 months postpartum
- Non-breastfeeding women less than 6 months postpartum

**Current Weight** is used to determine BMI classification for:

- Breastfeeding women 6 months or more postpartum.
- SPECIAL NOTE: For the BMI classification of underweight for postpartum women and breastfeeding women <6 months postpartum, the woman's **pre-pregnancy OR current weight** can be used, if either places her in the underweight classification.

### **Using the BMI Table**

- Use the "BMI Table for Determining Weight Classification for Women" found on the back of the Prenatal Weight Gain Chart.
- Find the woman's height in inches on the far left column
- Read across the row to find weight range that the woman's pre-pregnancy weight falls within
- Use the headings from the top row of the table to determine which of the 4 BMI classifications is appropriate for the woman's weight range.

BMI Table for Determining Weight Classification for Women (1)				
Height (inches)	Underweight BMI < 18.5	Normal Weight BMI 18.5-24.9	Overweight BMI 25.0-29.9	Obese BMI ≥ 30.0
58"	<99 lbs	95-118 lbs	119-142 lbs	>142 lbs
59"	<92 lbs	92-123 lbs	124-147 lbs	>147 lbs
60"	<85 lbs	95-127 lbs	128-152 lbs	>152 lbs
61"	<98 lbs	98-131 lbs	132-157 lbs	>157 lbs
62"	<101 lbs	101-135 lbs	136-163 lbs	>163 lbs
63"	<105 lbs	105-140 lbs	141-168 lbs	>168 lbs
64"	<108 lbs	108-144 lbs	145-173 lbs	>173 lbs
65"	<111 lbs	111-149 lbs	150-179 lbs	>179 lbs
66"	<115 lbs	115-154 lbs	155-185 lbs	>185 lbs
67"	<118 lbs	118-158 lbs	159-190 lbs	>190 lbs
68"	<122 lbs	122-163 lbs	164-196 lbs	>196 lbs
69"	<125 lbs	125-168 lbs	169-202 lbs	>202 lbs
70"	<129 lbs	129-173 lbs	174-208 lbs	>208 lbs
71"	<133 lbs	133-178 lbs	179-214 lbs	>214 lbs
72"	<137 lbs	137-183 lbs	184-220 lbs	>220 lbs

Adapted from the Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults. National Heart, Lung and Blood Institute (NHLBI), National Institutes of Health (NIH). NIH Publication No. 98-4083.

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**BMI Calculation**

The clients BMI may also be determined using a BMI wheel or using the following calculation:  
Weight in pounds ÷ height in inches ÷ height in inches × 703

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**Using the Prenatal Weight Gain Chart**

A Prenatal Weight Gain Chart should be completed for each pregnant woman at her certification visit. Complete the following information on the chart:

- Clients name
  - Due date
  - Height: as measured at certification visit
  - Pre-pregnancy weight
  - Circle recommended weight gain based on BMI
  - Identify the color coded lines representing the upper and lower limits of the weight gain range for the woman's BMI category.
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**Plotting Weight Gain**

At each prenatal visit:

- Accurately record the date, weeks of gestation and current weight in the box.
  - Compare the woman's current weight with her prepregnancy weight and document the weight gain in pounds under the "weight gain" column.
  - Plot the weight gain in pounds on the chart.
  - Mark an X on the chart at the point that corresponds to the number of pounds gained and number of weeks of pregnancy.
  - When the woman is weighed again, join the X marks with a straight line.
  - Consider including notes that may be useful in later interpretation of the weight gain pattern.
  - Compare the woman's weight gain to the recommended weight gain range indicated on the chart.
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**Recommended Weight Gain Range for Singleton Pregnancies**

Total weight gain recommendations for pregnancy for each BMI classification are:

- Underweight: BMI <18.5 = 28-40 lbs.
  - Normal weight: BMI 18.5 – 24.9 = 25-35 lbs.
  - Overweight: BMI 25.0 – 29.9 = 15-25 lbs.
  - Obese: BMI ≥ 30.0
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**Weight Gain Guidelines for Twin Gestations**

For twin gestations, the 2009 IOM recommendations provide provisional guidelines; normal weight women should gain 37-54 pounds; overweight women, 31-50 pounds; and obese women, 25-42 pounds.

There was insufficient information for the IOM committee to develop even provisional guidelines for underweight women with multiple fetuses.

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**Special Notes**

The 2009 Institute of Medicine (IOM) report: *Weight Gain During Pregnancy: Reexamining the Guidelines* (1) updated the pregnancy weight categories to conform to the categories developed by the World Health Organization and adopted by the National Heart, Lung and Blood Institute in 1998 (3). The reexamination of the guidelines consisted of a review of the determinants of a wide range of short-and long-term consequences of variation in weight gain during pregnancy for both the mother and her infant.

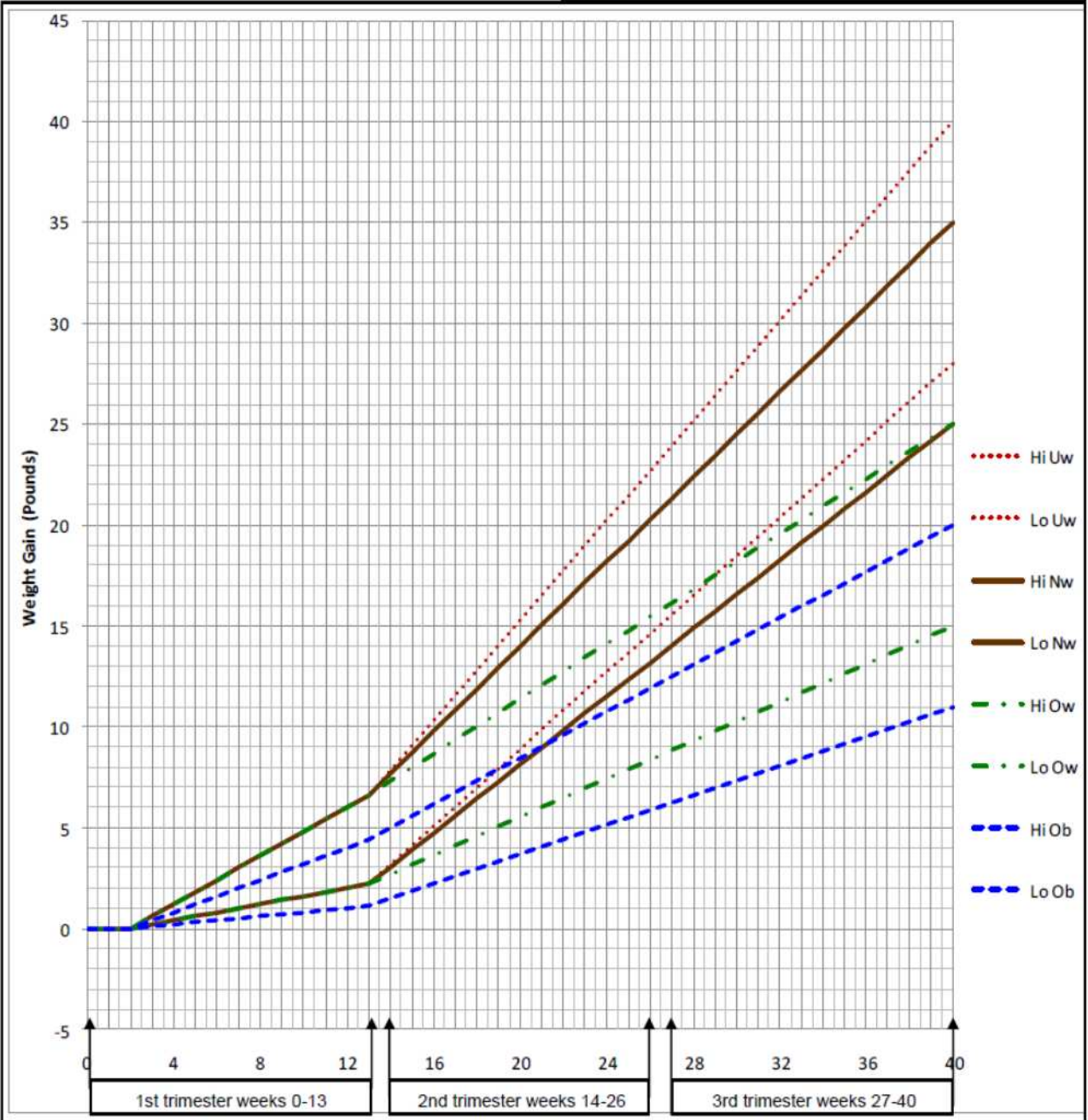
The IOM prenatal weight gain recommendations based on prepregnancy weight status categories are associated with improved maternal and child health outcomes (1).

Included in the 2009 IOM guidelines is the recommendation that the BMI weight categories used for adult women be used for pregnant adolescents as well. More research is needed to determine whether special categories are needed for adolescents. It is recognized that the IOM cut-offs for defining weight categories will classify some adolescents differently than the CDC BMI-for-age charts. For the purpose of WIC eligibility determination, the IOM cut-offs will be used for all women regardless of age. However, due to the lack of research on relevant BMI cut-offs for pregnant and postpartum adolescents, professionals should use all of the tools available to them to assess these applicants' anthropometric status and tailor nutrition counseling accordingly.

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# Prenatal Weight Gain Chart

Name \_\_\_\_\_



**Due Date:**

Date	Weeks Gestation	Weight	Weight Gain	Notes

height	Pre-preg weight
Recommended Weight Gain - circle	
Underweight	28 – 40 lbs
Normal weight	25 – 35 lbs
Overweight	15–25 lbs
Obese	11–20 lbs

**BMI Table for Determining Weight Classification for Women (1)**

Height (inches)	Underweight BMI <18.5	Normal Weight BMI 18.5-24.9	Overweight BMI 25.0-29.9	Obese BMI ≥ 30.0
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**Weight Gain Recommendations for Pregnancy (single)**

BMI Category	Gain in 1 <sup>st</sup> trimester	Gain per week in 2 <sup>nd</sup> & 3 <sup>rd</sup> trimesters	Total Weight gain for Pregnancy	Total Weight Gain for Pregnancy TWINS
Underweight	2.2 – 6.6 lbs	1 lb	28 – 40 lbs	n/a
Normal	2.2 – 6.6 lbs	1 lb	25 – 35 lbs	37 – 54 lbs
Overweight	2.2 - 6.6 lbs	.6 lb	15 – 25 lbs	31 – 50 lbs
Obese	1.1 – 4.4 lbs	.5 lb	11 – 20 lbs	25 – 42 lbs