

Michigan WIC Nutrition Education Lesson Module

Healthy Weight Gain for Baby and Me



Summary

These materials were designed for individual nutrition education with pregnant women.

Nutrition educators can identify and discuss appropriate prenatal weight gain issues.

We wish to thank District Health Department #10 WIC staff for creating this lesson.
Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan

<http://www.michigan.gov/wic>

December 2015

WIC Nutrition Education Lesson Plan

I. Title: Healthy Weight Gain for Baby and Me

II. Audience: Pregnant Women

III. Suggested MI-WIC Nutrition Education Core Topics:

- Healthy Weight, Nutrition: Prenatal

IV. Staff Qualified to Present:

- RD, CPA or other trained nutrition education staff

V. Learning Objectives:

- The client will be able to identify one or more of the following:
 - One risk related to weight gain or loss during pregnancy.
 - The range of weight gain recommended for their pregnancy.
 - One lifestyle or dietary change to help slow down or increase weight gain during pregnancy.
- The client will identify one strategy they plan to change or continue to have a healthy pregnancy.

VI. Learning Activities/Method:

- Individual

VII. Materials Needed:

- Handouts:
 1. “How Much Weight Should You Gain When You’re Pregnant”, Institute of Medicine and National Research Council. English only. Readability – Grade 8.
<http://iom.edu/Activities/Children/PregnancyWeightDissemination/2013-SEP-09/~media/Files/About%20the%20IOM/Pregnancy-Weight/PregWGPosterOUTLINE.pdf>
 2. “Pregnancy: What Should I Do if I’m Gaining Too Much Weight”, Texas WIC Program, stock no. 13-77. English and Spanish. Readability – Grade 7.
<http://www.onlineordersff.com/images/pdfs/6715.pdf>
 3. “Pregnancy: What Should I Do if I’m Not Gaining Enough Weight”, Texas WIC Program, stock no. 13-78. English and Spanish. Readability – Grade 8.
<http://www.onlineordersff.com/images/pdfs/6716.pdf>
 4. “Gestational Weight Gain”, (BMI Chart, Underweight, Normal weight, Overweight and Obese), Public Health Foundation (PHFE), WIC of California, English only. Readability – Grade 7.
<http://www.phfewic.org/Projects/GestationalWeightGain.aspx>
 5. *Client Feedback Form*

VIII. Equipment and Facilities Needed

- Desk and two chairs

IX. Approximate Time: 20-30 minutes

X. Outline of Content:

1. Ask the client to complete the top half of the Client Feedback Form.

- Icebreaker: Introduce yourself and invite the client to introduce herself. Say something like, “Today we will be talking about how much weight to gain during pregnancy. What have you heard about weight gain and eating during pregnancy?”

2. Discussion Questions (checking client’s understanding):

- What effect do you think gaining too much or too little weight might have on your delivery and baby’s health?
- What effect do you think gaining too much or too little weight might have on your health?

3. Activity:

- Hand the client the “Weight Gain During Pregnancy” handout and prenatal weight gain grid based upon pre-gravid weight.
- Calculate weeks’ gestation and weight gain to date. Assist the client in plotting weight gain on the prenatal grid.
- Review and discuss her weight gain.
- Offer dietary and/or activity suggestions on decreasing or increasing rate of weight gain.
- Provide applicable handouts per client interest for education and support.

4. Factual Messages

Here’s what is known from evidence on weight gain and pregnancy:

- Women with excess weight have an increased risk for hypertension, diabetes, and other health of problems during pregnancy.
- Women with excess weight have a higher risk of delivering a bigger baby which could result in a C-section.
- Women who gain too much weight during pregnancy tend to have trouble losing weight after the baby is born and getting back to their pre-pregnancy weight.
- Smaller women or women who gain too little weight while they are pregnant have a higher risk of having a preterm or low-birth-weight baby. This can cause health problems for the baby.

XI. Evaluation:

- Ask the client to complete the *Client Feedback Form*.
- What 1 or 2 things did you learn today?
- As a result of your learning today, what 1 or 2 changes do you think you might or will try?

XII. References

Darling, Molly. Photograph. *Jesica* 8. Flickr, 23 Jan. 2009. Web. 2 Apr. 2014.
https://www.flickr.com/photos/molly_darling/3223516821/in/photostream/

“Gestational Weight Gain”. *PHFE WIC Program*. California WIC Program. N.d. Web. 22 Mar. 2015. <http://www.phfewic.org/Projects/GestationalWeightGain.aspx>

“Guidelines on Weight Gain & Pregnancy”, Institute of Medicine and National Research Council. 2013. The National Academies Press. Web. 29 Mar. 2015.
https://www.nap.edu/download.php?record_id=18291#

“How Much Weight Should You Gain When You’re Pregnant”, Institute of Medicine and National Research Council. Sep. 2013. Web. 22 Mar. 2015.
<http://iom.edu/Activities/Children/PregnancyWeightDissemination/2013-SEP-09/~media/Files/About%20the%20IOM/Pregnancy-Weight/PregWGPosterOUTLINE.pdf>

Institute of Medicine and National Research Council. 2009. *Weight Gain During Pregnancy: Reexamining the Guidelines*. Washington, D.C.: The National Academies Press. www.nap.edu

“Position of the Academy of Nutrition and Dietetics: Nutrition and Lifestyle for a Healthy Pregnancy Outcome”. *Journal of the Academy of Nutrition and Dietetics*. 2014:1099-1103. Web. 24 Feb. 2016.
http://www.eatrightpro.org/~media/eatrightpro%20files/practice/position%20and%20practice%20papers/position%20papers/position_healthy_pregnancy.ashx

“Pregnancy: What Should I Do If I’m Gaining Too Much Weight?” *WIC Catalog*. Texas WIC Program. Jan. 2013. Web. 22 Mar. 2015.
<http://www.onlineordersff.com/images/pdfs/6715.pdf>

“Pregnancy: What Should I Do If I’m Not Gaining Enough Weight?” *WIC Catalog*. Texas WIC Program. Jan. 2015. Web. 22 Mar. 2015.
<http://www.onlineordersff.com/images/pdfs/6716.pdf>

CLIENT FEEDBACK FORM: Topic: Healthy Weight Gain for Baby and Me

MI-WIC NE: Healthy Weight, Nutrition: Prenatal

Name_____ Family#_____

BEFORE you start this nutrition education please check ONE statement below that describes you:

- ☐ I want to learn more about healthy weight gain during my pregnancy.
- ☐ I'm ready to take steps to have a healthy weight gain during my pregnancy.
- ☐ I have started to take steps to have a healthy weight gain during my pregnancy.
- ☐ I have been taking steps to have a healthy weight gain during my pregnancy.
- ☐ I am not interested in taking steps to have a healthy weight gain during my pregnancy.
Suggestion: Talk to your WIC staff about a topic of your interest.

This institution is an equal opportunity provider.

CLIENT FEEDBACK FORM: Topic: Healthy Weight Gain for Baby and Me

MI-WIC NE: Healthy Weight, Nutrition: Prenatal

Name_____ Family#_____

BEFORE you start this nutrition education please check ONE statement below that describes you:

- ☐ I want to learn more about healthy weight gain during my pregnancy.
- ☐ I'm ready to take steps to have a healthy weight gain during my pregnancy.
- ☐ I have started to take steps to have a healthy weight gain during my pregnancy.
- ☐ I have been taking steps to have a healthy weight gain during my pregnancy.
- ☐ I am not interested in taking steps to have a healthy weight gain during my pregnancy.
Suggestion: Talk to your WIC staff about a topic of your interest.

This institution is an equal opportunity provider.

AFTER you complete this lesson please check ONE statement below that now describes you:

- I am more aware of steps to have a healthy weight gain but I'm not sure when I will take action.
- Soon I want to start taking steps to have a healthy weight gain.
- Today I plan to start new steps to have a healthy weight gain.
- I plan to continue choosing foods that will contribute to a healthy weight gain.
- I am not interested in choosing foods that will contribute to a healthy weight gain.

What did you like about today's activity?

One thing I plan to do to help me have a healthy weight gain.

Thank you

AFTER you complete this lesson please check ONE statement below that now describes you:

- I am more aware of steps to have a healthy weight gain but I'm not sure when I will take action.
- Soon I want to start taking steps to have a healthy weight gain.
- Today I plan to start new steps to have a healthy weight gain.
- I plan to continue choosing foods that will contribute to a healthy weight gain.
- I am not interested in choosing foods that will contribute to a healthy weight gain.

What did you like about today's activity?

One thing I plan to do to help me have a healthy weight gain.

Thank you

CLIENTE FORMA DE COMENTARIOS: Tema: Aumento de Peso Saludable para el Bebé y Me
MI-WIC NE: Peso Saludable, Nutrición: Prenatal

Nombre _____ Familia # _____

ANTES de empezar esta educación nutricional por favor marque UNA cuadro de abajo que lo describa:

- ☐ Yo quiero aprender más sobre el aumento de peso saludable durante el embarazo.
- ☐ Estoy dispuesto a tomar medidas para tener un aumento de peso saludable durante el embarazo.
- ☐ He empezado a tomar medidas para tener un aumento de peso saludable durante el embarazo.
- ☐ He estado tomando medidas para tener un aumento de peso saludable durante el embarazo.
- ☐ Yo no estoy interesado en tomar medidas para tener un aumento de peso saludable durante el embarazo.

Sugerencia: Hable con su personal de WIC sobre un tema de su interés.

Esta institución es un proveedor que ofrece igualdad de oportunidades.

CLIENTE FORMA DE COMENTARIOS: Tema: Aumento de Peso Saludable para el Bebé y Me
MI-WIC NE: Peso Saludable, Nutrición: Prenatal

Nombre _____ Familia # _____

ANTES de empezar esta educación nutricional por favor marque UNA cuadro de abajo que lo describa:

- ☐ Yo quiero aprender más sobre el aumento de peso saludable durante el embarazo.
- ☐ Estoy dispuesto a tomar medidas para tener un aumento de peso saludable durante el embarazo.
- ☐ He empezado a tomar medidas para tener un aumento de peso saludable durante el embarazo.
- ☐ He estado tomando medidas para tener un aumento de peso saludable durante el embarazo.
- ☐ Yo no estoy interesado en tomar medidas para tener un aumento de peso saludable durante el embarazo.

Sugerencia: Hable con su personal de WIC sobre un tema de su interés.

Esta institución es un proveedor que ofrece igualdad de oportunidades.

DESPUES de completar esta lección por favor marque UNA cuadro de abajo que ahora te describe:

- ☐ Soy más consciente de pasos para tener una ganancia de peso saludable, pero no estoy seguro de que cuando voy a tomar acción.
- ☐ Pronto o quiero empezar a tomar medidas para tener un aumento de peso saludable.
- ☐ Hoy tengo la intención de iniciar nuevas medidas para tener un aumento de peso saludable.
- ☐ Planeo continuar elegir alimentos que contribuyan a un aumento de peso saludable.
- ☐ Yo no estoy interesado en la elección de alimentos que contribuyan a un aumento de peso saludable.

¿Qué le gustó de la actividad de hoy?

Una cosa que pienso hacer para ayudarme a tener un aumento de peso saludable.

Gracias

DESPUES de completar esta lección por favor marque UNA cuadro de abajo que ahora te describe:

- ☐ Soy más consciente de pasos para tener una ganancia de peso saludable, pero no estoy seguro de que cuando voy a tomar acción.
- ☐ Pronto o quiero empezar a tomar medidas para tener un aumento de peso saludable.
- ☐ Hoy tengo la intención de iniciar nuevas medidas para tener un aumento de peso saludable.
- ☐ Planeo continuar elegir alimentos que contribuyan a un aumento de peso saludable.
- ☐ Yo no estoy interesado en la elección de alimentos que contribuyan a un aumento de peso saludable.

¿Qué le gustó de la actividad de hoy?

Una cosa que pienso hacer para ayudarme a tener un aumento de peso saludable.

Gracias

Michigan WIC

Checklist for Reviewing Lesson Modules

Lesson modules submitted for sharing among Michigan WIC local agencies should adhere to Michigan WIC policy and have a client-centered focus. Use the following checklist BEFORE submitting a lesson to check adherence to policy and client-centered education principles. Reviewers will also use this checklist to determine if changes are needed before the module is accepted for sharing.

Submit lesson modules electronically with your completed Checklist and one copy of all handouts to: Diane Traver, Nutrition Consultant, MDCH-WIC, traverd@michigan.gov. If your lesson includes an audio-visual and you do not have an extra copy to submit (copy will be returned) please contact Diane through e-mail or phone at 517.335.9535 to determine an AV review process.

A. General information. Please complete each item.

Title or topic area of lesson module: *Healthy Weight Gain for Baby and Me*

- ☐ Lesson module submitted by (name/WIC affiliation): DHD #10
- ☐ Suggested MI-WIC Nutrition Ed topic or topics: Healthy Weight, Nutrition: Prenatal
- ☐ Date submitted: December 2015
- ☐ Lesson module is suitable for (check all that apply):
 - ☐ Group class
 - ☐ Self-directed education (e.g. education mall/bulletin board/self-study notebook)
 - ☒ One-on-one education

B. Components of the lesson module. Check the components included.

Components required by Policy 5.01 *Content of Nutrition Education* are *starred and in bold. Additional components as defined in Exhibit 5.01A *Nutrition Education Lesson Plans* are also listed. Please make sure all components are included before submitting for review.

- X ***Title or topic area**
- X ***Learning objectives** – information client can gain and/or apply following the lesson. Include an objective that client will advance in stage of change or continue if in maintenance.
- X ***Target group** – ex. breastfeeding mothers. Include desired group size if appropriate.
- X ***Learning activities/methods** – e.g. group discussion, demonstration, self-directed ed., Q/A.
- X ***Materials needed** – e.g. visual and audio-visual, food models, flip charts, posters. Include cost and ordering information when known.
- X Equipment and facilities needed – e.g. projector, screen, room and seating arrangements.
- X Approximate time needed.
- X ***Outline of content** – sequence of learning activities. Ex. - includes introduction, feedback questions to encourage client discussion, handouts, how materials are to be used, summary (invite clients to summarize key points and share how they will use information).
- X ***Evaluation method(s)** – how achievement of objectives will be measured. Include materials.
- X ***References** – sources used to develop lesson; sources for further information on topic.
- X ***Staff qualified to present.** Please also include recommended number of staff needed.
- X ***Current non-discrimination statement**

Recommended Component:

- X Stage(s) of Change lesson is targeted for – pre-contemplation, contemplation, preparation, action, maintenance.

C. Lesson Module. Please check one response for each item. Add comments to clarify.

CONTENT DETAILS	NOT APPLICABLE	ACCEPTABLE	NOT ACCEPTABLE	COMMENTS Indicate outstanding items and those that need improvement.
1. Topic is appropriate for WIC nutrition education		X		
2. There are a limited number of simple, clear objectives that do not overwhelm client ¹		X		
3. Objectives are measurable		X		
4. Content is accurate (Mark inaccuracies on actual lesson module)		X		
5. Format is user-friendly for presenter		X		
6. Format is user-friendly for self-directed education		X		
7. Methods/messages are appropriate for the target population (socioeconomic status, food preferences, cultural values)		X		
8. Addresses various learning styles as needed; visual, auditory, hands-on ²		X		
9. Includes reinforcements that support the nutrition education e.g. take-home materials, or activities (optional)		X		
10. Evaluation method assesses objectives (learning and intent to change behavior/ behavior change		X		
11. References reflect current evidence-based information		X		
12. All necessary materials are included		X		
13. Other comments				

Check if these client-centered educational approaches are included or not. Add comments to clarify.	NOT APPLICABLE	INCLUDED	NOT INCLUDED	COMMENTS
14. Suggested stage(s) of change and/or adaptations for various stages	X			
15. Method for establishing a connection with client(s)		X		
16. Methods/messages that engage client(s) in setting individual, simple and attainable goals		X		
17. Methods/messages that present relevant “how to” information so client(s) can accomplish goal(s)		X		
18. Opportunities for client interaction and feedback e.g. questions are open-ended		X		
19. Emotion-based (relates to client’s feelings, attitudes and values)		X		
20. Other comments				

¹ For assistance in writing objectives see Client-Centered Nutrition Education Toolkit, Module 4, Tips for Writing Learning Objectives, Texas WIC at <http://www.dshs.state.tx.us/wichd/nut/ccne.aspx>

² For information about adult learning styles see <http://www.cdph.ca.gov/programs/wicworks/Pages/WICTrainingManual.aspx> Select Task VI, Module A, page 5.

D. Client Materials. Please check one response for each item. Add comments to clarify.

CONTENT DETAILS	NOT APPLICABLE	ACCEPTABLE	NOT ACCEPTABLE	COMMENTS Indicate outstanding items and those that need improvement.
1. Material is plain language with readability at 4 th – 6 th grade reading level (Policy 6.01C or 5.01C). Acceptable 4-8 th grade level includes words breastfeeding, nutrition education, supplemental, nutritionist or registered dietitian, formula, obesity, vitamins, minerals, vegetable. See E-Notice 2011-10. Submit how you checked readability		X		Used The Readability Test Tool found at www.read-able.com Grade 7 and 8
2. Accurate content, grammar and spelling		X		
3. Visually appealing e.g. appropriate fonts, colors, white space, simple and free from clutter)		X		
4. Visual images match content/convey a message		X		
5. Visuals have captions if needed		X		
6. Cues such as bullets, circles or arrows point out key information if needed		X		
7. Illustrations show familiar images that reflect cultural context		X		
8. Conveys positive messages		X		
9. Current non-discrimination statement (on agency-developed materials) in appropriate font size		X		
10. No product or company endorsement is included		X		
11. Other comments				

This section for Michigan WIC Reviewers only. Names and WIC affiliation of reviewers:
2016 NEAT Team (State and Local Agency Review)
Stacey Fassett, MDHHS WIC

Date of review: 03/09/2016

Review summary. Indicate one:

☒ Recommended for sharing

☐ Recommended with changes (indicate changes on lesson module pages and/or in *Comments*)

☐ Not recommended for sharing (indicate reason(s) below. Use additional pages if needed)

Final Checklist 12-19-11