

# Prenatal Weight Gain Grid

# Multifetal Pregnancy Normal Weight or Underweight

## Body Mass Index (BMI) Table for Determining Weight Classification for Women (1) (weight in pounds)

Height (in inches no shoes)	<input type="checkbox"/> A Underweight BMI < 18.5	<input type="checkbox"/> B Normal Weight BMI 18.5 - 24.9	<input type="checkbox"/> C Overweight BMI 25.0 - 29.9	<input type="checkbox"/> D Obese BMI ≥ 30.0
58	< 89	89 - 118	119 - 142	> 142
59	< 92	92 - 123	124 - 147	> 147
60	< 95	95 - 127	128 - 152	> 152
61	< 98	98 - 131	132 - 157	> 157
62	< 101	101 - 135	136 - 163	> 163
63	< 105	105 - 140	141 - 168	> 168
64	< 108	108 - 144	145 - 173	> 173
65	< 111	111 - 149	150 - 179	> 179
66	< 115	115 - 154	155 - 185	> 185
67	< 118	118 - 158	159 - 190	> 190
68	< 122	122 - 163	164 - 196	> 196
69	< 125	125 - 168	169 - 202	> 202
70	< 129	129 - 173	174 - 208	> 208
71	< 133	133 - 178	179 - 214	> 214
72	< 137	137 - 183	184 - 220	> 220

(1) 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.

Date	Weight	# Wks. Preg.	Total Wt. Gain

EDD: \_\_\_\_\_

Height (no shoes): \_\_\_\_\_

Prepregnancy Weight: \_\_\_\_\_

If prepregnancy weight is unknown, use professional judgement to select A, B, C, or D range. Next, plot the midpoint of the selected range for the number of weeks pregnant to obtain the Expected Weight Gain. Then use this equation:

$$\left[ \begin{array}{c} \text{Current} \\ \text{Weight} \end{array} \right] - \left[ \begin{array}{c} \text{Expected} \\ \text{Weight} \\ \text{Gain} \end{array} \right] = \begin{array}{c} \text{Estimated} \\ \text{Prepregnancy} \\ \text{Weight} \end{array}$$

See top of page 2 for instructions.

Name: \_\_\_\_\_

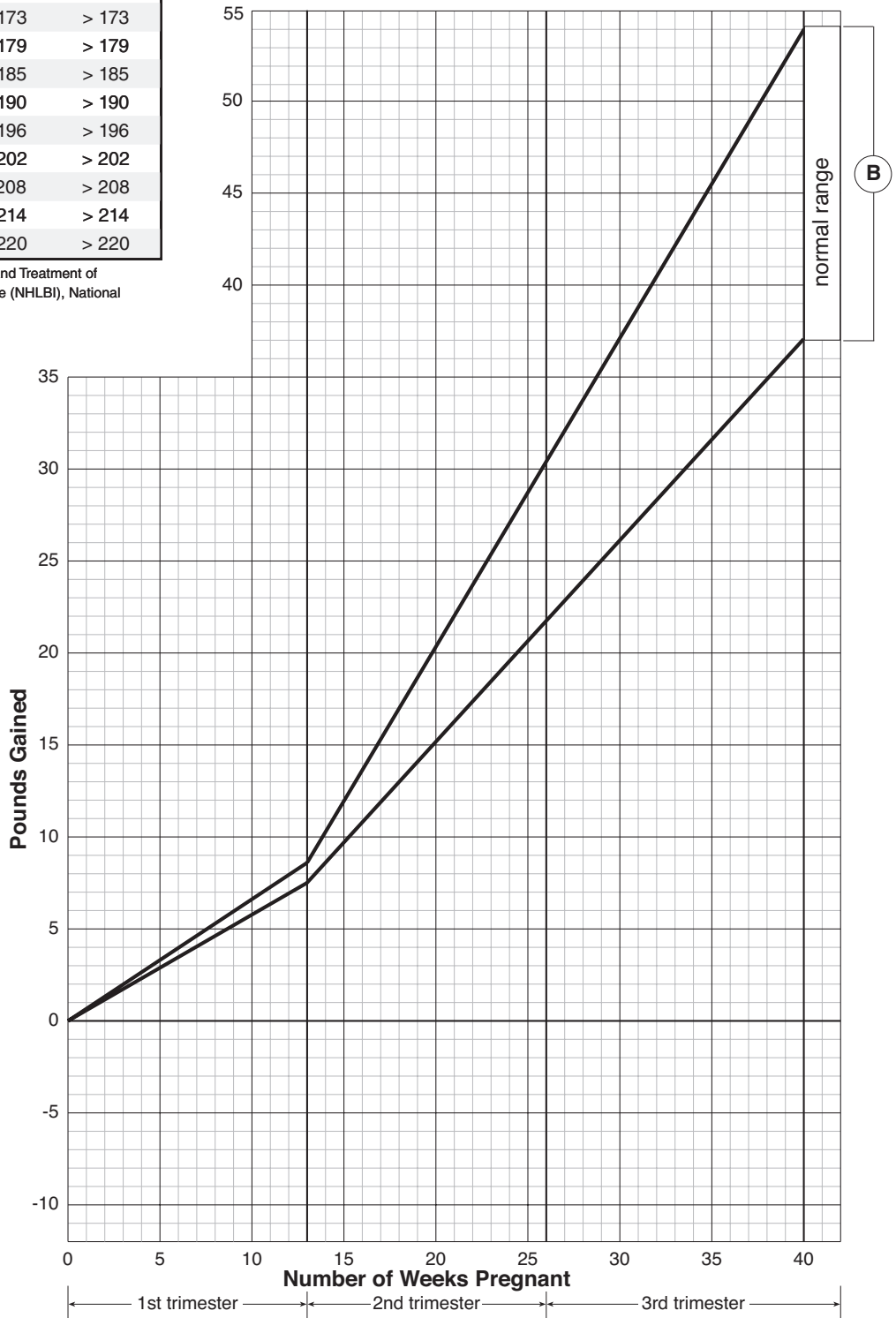
ID#: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

### Weight Gain Recommendations

**B - Normal Weight: 37 to 54 lb total**  
1<sup>st</sup> trimester: 7.5 to 8.6 lb gain  
2<sup>nd</sup> & 3<sup>rd</sup> trimesters: 1.1 to 1.7 lb/week

**A - Underweight:**  
No weight grid is available. Use Normal Weight grid below and any medical provider recommendations.

Check one:  A  B



# Prenatal Weight Gain Grid

# Multifetal Pregnancy Overweight

## Instructions for Use

Determine the woman's prepregnancy weight for height status using the table on the top of page 1 or 3. Check box A, B, C, or D, and then select the corresponding weight gain range on page 1, 2, or 3. Record the name, ID#, birthdate, EDD (Expected Delivery Date), height, and prepregnancy weight. If prepregnancy weight is unknown, it must be estimated. See box under prepregnancy weight space for instructions.

### Each time a current weight measurement is available:

- On the chart to the left of the grid, enter the date, current weight, number of weeks pregnant, and total weight gain.
- On the grid, place an "X" where the number of weeks pregnant intersects the number of pounds gained or lost for the current visit.

**Revised EDD:** If the EDD is revised, make a note beside the EDD space on the form. At that time, begin to plot new weight measurements at the corrected number of weeks pregnant.

**Multifetal Pregnancies:** Institute of Medicine (IOM) provisional guidelines for **twin** pregnancies: normal weight women should gain 37-54 pounds; overweight women, 31-50 pounds; and obese women, 25-42 pounds(1). There was insufficient information for the IOM to develop provisional guidelines for underweight women. A consistent rate of weight gain is advisable. A gain of 1.5 pounds per week during the 2<sup>nd</sup> & 3<sup>rd</sup> trimesters has been associated with a reduced risk of preterm and low-birth weight delivery in twin pregnancy(2). For **triplet** pregnancies, the overall gain should be around 50 pounds with a steady rate of gain of approximately 1.5 pounds/week throughout the pregnancy(2). Education by the WIC nutritionist should address a steady rate of weight gain that is higher than for singleton pregnancies.

**Note:** Individual needs and medical provider recommendations should be taken into consideration when determining the desirable prenatal weight gain.

Name: \_\_\_\_\_

ID#: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

### Weight Gain Recommendations

**C - Overweight: 31 to 50 lb total**  
 1<sup>st</sup> trimester: 3.7 to 5.7 lb gain  
 2<sup>nd</sup> & 3<sup>rd</sup> trimesters: 1.0 to 1.6 lb/week

Check if applicable:  C

Date	Weight	# Wks. Preg.	Total Wt. Gain

EDD: \_\_\_\_\_

Height (no shoes): \_\_\_\_\_

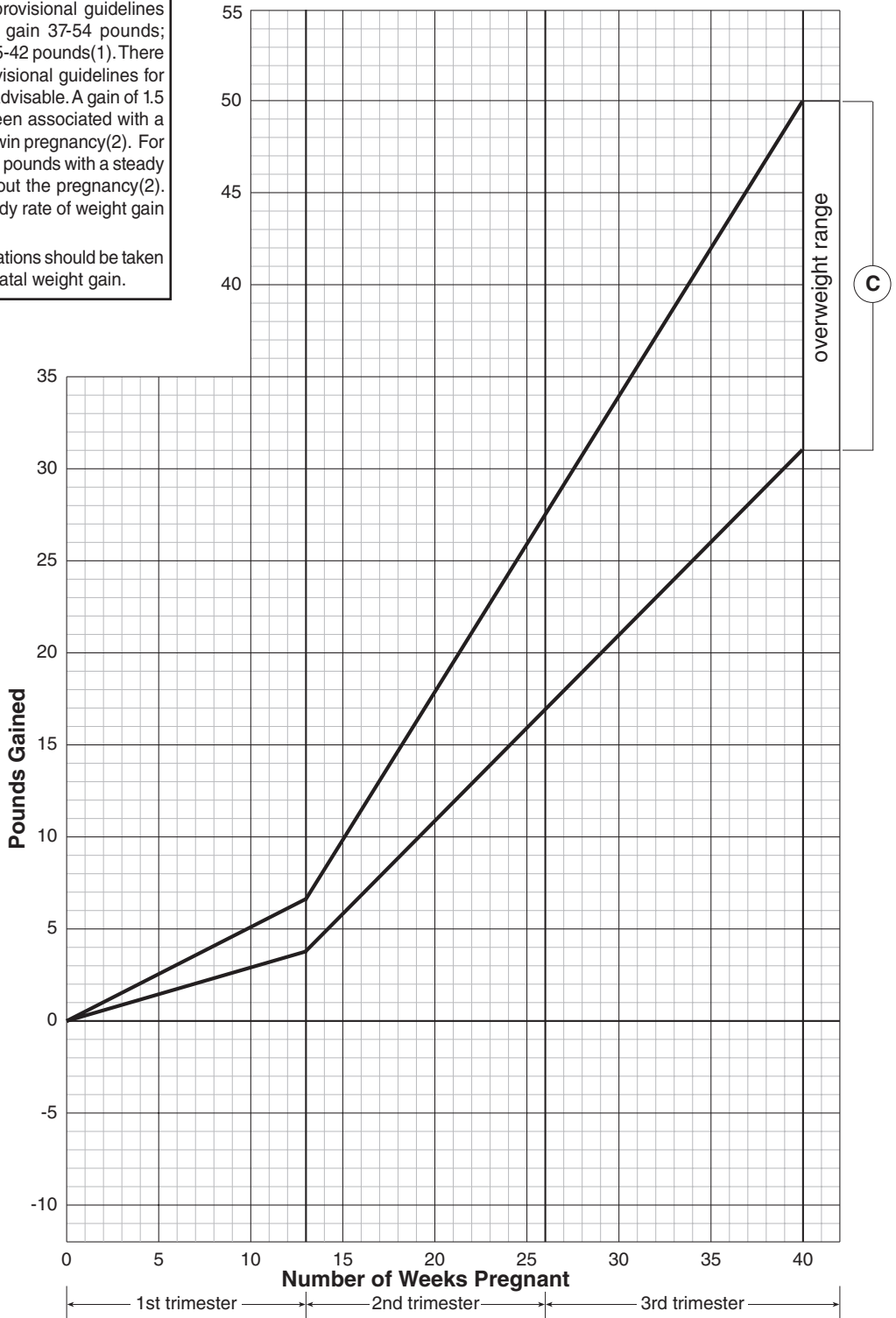
Prepregnancy Weight: \_\_\_\_\_

If prepregnancy weight is unknown, use professional judgement to select A, B, C, or D range. Next, plot the midpoint of the selected range for the number of weeks pregnant to obtain the Expected Weight Gain. Then use this equation:

$$\left[ \begin{array}{c} \text{Current} \\ \text{Weight} \end{array} \right] - \left[ \begin{array}{c} \text{Expected} \\ \text{Weight} \\ \text{Gain} \end{array} \right] = \begin{array}{c} \text{Estimated} \\ \text{Prepregnancy} \\ \text{Weight} \end{array}$$

### References:

- Institute of Medicine. Weight gain during pregnancy: reexamining the guidelines. (Prepublication Copy). National Academy Press, Washington, D.C., 2009. www.nap.edu. Accessed June 2009.
- Institute of Medicine. WIC nutrition risk criteria: a scientific assessment. National Academy Press, Washington, D.C.; 1996.



# Prenatal Weight Gain Grid

# Multifetal Pregnancy Obese

## Body Mass Index (BMI) Table for Determining Weight Classification for Women (1) (weight in pounds)

Height (in inches no shoes)	<input type="checkbox"/> A Underweight BMI < 18.5	<input type="checkbox"/> B Normal Weight BMI 18.5 - 24.9	<input type="checkbox"/> C Overweight BMI 25.0 - 29.9	<input type="checkbox"/> D Obese BMI ≥ 30.0
58	< 89	89 - 118	119 - 142	> 142
59	< 92	92 - 123	124 - 147	> 147
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(1) 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.

Date	Weight	# Wks. Preg.	Total Wt. Gain

EDD: \_\_\_\_\_

Height (no shoes): \_\_\_\_\_

Prepregnancy Weight: \_\_\_\_\_

If prepregnancy weight is unknown, use professional judgement to select A, B, C, or D range. Next, plot the midpoint of the selected range for the number of weeks pregnant to obtain the Expected Weight Gain. Then use this equation:

$$\left[ \begin{array}{c} \text{Current} \\ \text{Weight} \end{array} \right] - \left[ \begin{array}{c} \text{Expected} \\ \text{Weight} \\ \text{Gain} \end{array} \right] = \begin{array}{c} \text{Estimated} \\ \text{Prepregnancy} \\ \text{Weight} \end{array}$$

See top of page 2 for instructions.



DH 3086M, 1/16  
Florida Department of Health  
WIC Program  
This institution is an equal  
opportunity provider.

Name: \_\_\_\_\_

ID#: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

### Weight Gain Recommendations

**D - Obese: 25 to 42 lb total**  
1<sup>st</sup> trimester: 3.2 to 5.4 lb gain  
2<sup>nd</sup> & 3<sup>rd</sup> trimesters: 0.8 to 1.4 lb/week

Check if applicable:  D

