



# Healthy Weight and Weight Gain during Pregnancy: Findings from the Los Angeles Mommy and Baby (LAMB) Project, 2005

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## Background

- > Gestational weight gain is associated with pregnancy outcome
- > High weight gain during pregnancy is associated with maternal weight retention
- > Long-term child outcomes: such as childhood adiposity
- > Increasing rates of obesity among women of reproductive age
- > Higher weight gain among mothers now than in the past



## Objectives

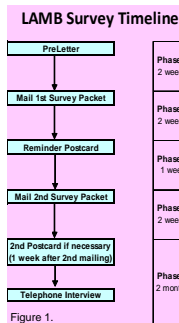
- > Appropriate weight gain during pregnancy can improve birth outcomes.
- > We examined risk factors and racial disparity associated with gaining ideal weight according to the 1990 Institute of Medicine (IOM) recommendations.

## Methods

**Participants:** Women who recently gave birth in Los Angeles County in 2005

**Design:** Population-based stratified sampling; over sampling on low birth weight and pre-term births (LBW/PT) as well as African American, Asian/Pacific Islander, and Native American births

**Procedure:** LAMB Project followed CDC PRAMS procedures as described in figure 1. Surveys were mailed to participants with telephone follow-up. The survey was administered in English, Spanish, and Chinese with translators available for other languages. To enhance the response rate, all respondents were given a \$20 gift certificate.

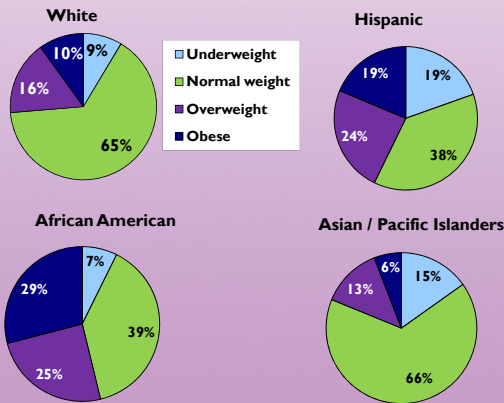


Pre-pregnancy BMI	Recommended total weight gain
Low (<19.8)	28-40 lbs
Normal (19.8-26.0)	25-35 lbs
High (26.0-29.0)	15-25 lbs
Obese (>29.0)	15+ lbs

1990 IOM Guidelines

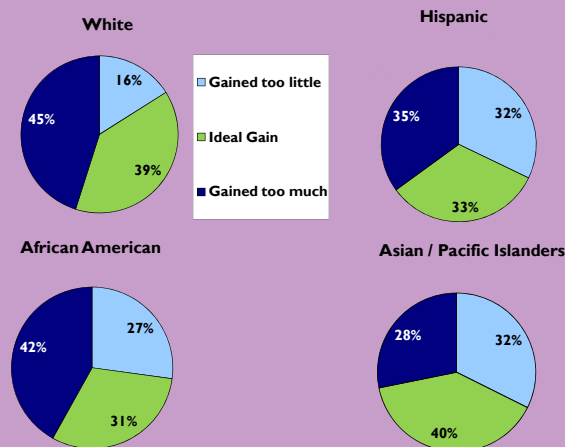
## Results

### Pre-Pregnancy BMI by Race



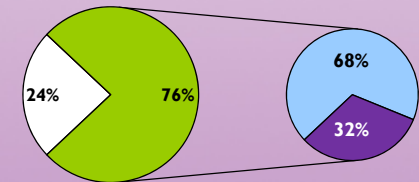
- ✓ Before becoming pregnant, 5% of women were underweight, 51% normal weight, 25% overweight, and 19% obese.
- ✓ Gaining excessive weight is more common among mothers who are overweight/obese (46%) than mothers with normal BMI (34%) or mothers who are underweight (24%).
- ✓ It will be more effective if we encourage weight management for Latina and African American mothers before they get pregnant.
- ✓ More White and African American mothers gained too much weight during pregnancy, and we want to target these women during prenatal visits.

### Weight Gain during Pregnancy by Race



### Factors Related to Weight Gain: Doctor's Recommendation

- Did not discuss with doctor
- Doctor's recommendation in range
- Recommendation not in range



- ✓ The majority (76%) of women discussed the amount of weight they should gain during their pregnancy with their doctors.
- ✓ Among the women who reported their doctors recommended a specific weight gain, only 68% of the recommendations fell into the IOM ranges.
- ✓ Mothers who received recommendations that are not within range are more than two times as likely to fall outside recommended weight gain.
- ✓ Mothers who did not receive recommendations are almost two times as likely to fall outside recommended weight gain.

## Conclusions

- ✓ Only one in three women adhered to the ideal weight gain recommendations, and compliance varied among racial/ethnic populations.
- ✓ Efforts need to be made to include accurate weight gain recommendations and address cultural concerns in prenatal care visits, particularly for mothers with high body mass index.

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LAMB website: <http://publichealth.lacounty.gov/mch/LAMB/LAMB.html>