## CPSP Nutrition Steps to Take Guidelines

### BMI and Interventions

<table>
<thead>
<tr>
<th>UNDERWEIGHT</th>
<th>NORMAL</th>
<th>OVERWEIGHT</th>
<th>OBESE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>UNDERWEIGHT</strong></td>
<td>(Prepregnant weight is below normal for height.)</td>
<td>Normal weight pregnant women have a greater chance of:</td>
<td>(Prepregnant weight is over normal for height.)</td>
</tr>
<tr>
<td>Underweight pregnant women have a greater chance of:</td>
<td>• Preterm birth</td>
<td>• Giving birth at term (37 weeks or more) and having a baby with a healthy birth weight</td>
<td>• A baby who weighs more than 9 pounds</td>
</tr>
<tr>
<td>• A small unhealthy baby</td>
<td>• Delivering vaginally, with fewer complications</td>
<td>• More problems with delivery and higher risk for cesarean delivery</td>
<td>• Higher risk for cesarean delivery and birth defects</td>
</tr>
<tr>
<td>• A baby at risk for obesity and chronic diseases later in life</td>
<td>• Returning to pre-pregnancy weight postpartum</td>
<td>• Health problems like gestational diabetes and pregnancy-related hypertension</td>
<td>• Postpartum weight retention and obesity related diseases in the future</td>
</tr>
<tr>
<td>*Recommended weight gain: 28 to 40 pounds</td>
<td>*Recommended weight gain: 25 to 35 pounds</td>
<td>*Recommended weight gain: 15 to 25 pounds</td>
<td>*Recommended weight gain: 11 to 20 pounds</td>
</tr>
</tbody>
</table>

### Steps To Take

- **Stress the importance of regular meals and snacks and eating healthy foods when she is hungry.**
- **Explain how to follow MyPlate for Moms.**
- **Recommend a weight gain of at least 4 pounds or more each month (1 to 1.3 pounds per week).**
- **Explain the importance of gaining 28 to 40 pounds during pregnancy.**

### Follow-Up

- **Check weight gain and rate of gain at each prenatal visit. Plot on Weight Gain Grid.**
- **If weight gain is too low, discuss the nutrition handout: Tips to Gain Weight.**
- **Check to see if enrolled in WIC and is able to obtain healthy food.**

### Referral

- **Refer to health care provider and registered dietitian if:**
  - Weight loss of more than 4 pounds in the first 12 weeks of pregnancy
  - No weight gain by 16 weeks
  - Weight gain is less than 14 pounds at 24 weeks
  - Gain of less than 3 pounds in any single month after 14 weeks

### Resources

*Current research suggests that the optimal gestational weight gain might be lower than the Institute of Medicine (IOM) recommendations for all maternal BMI categories, especially among obese women.*

Revised – 7/2018  