

## CPSP Nutrition Steps to Take Guidelines BMI and Interventions

	<b>UNDERWEIGHT &lt;18.5</b>	<b>NORMAL 18.5 – 24.9</b>	<b>OVERWEIGHT 25 - 29.9</b>	<b>OBESE &gt; 30</b>
	<ul style="list-style-type: none"> <li>• (Prepregnant weight is below normal for height.)</li> <li>• Possible results: greater chance of having a:                             <ul style="list-style-type: none"> <li>• Preterm birth.</li> <li>• Small unhealthy baby.</li> </ul> </li> </ul> <p>* Recommended weight gain: 28 to 40 pounds</p>	<p>(Prepregnant weight is normal for height.)</p> <p>Possible results: greater chance of</p> <ul style="list-style-type: none"> <li>• Giving birth at term (37 weeks or more).</li> <li>• Having a healthy baby weighing more than 5.5 pounds.</li> </ul> <p>* Recommended weight gain: 25 to 35 pounds</p>	<p>(Prepregnant weight is over normal for height.)</p> <p>Possible results: greater chance of having</p> <ul style="list-style-type: none"> <li>• A baby who weighs more than 9 pounds</li> <li>• More problems with delivery.</li> </ul> <p>* Recommended weight gain: 15 to 25 pounds</p>	<p>(Prepregnant weight is obese for height.)</p> <p>Possible results: greater chance of having</p> <ul style="list-style-type: none"> <li>• A baby who weighs more than 9 pounds.</li> <li>• More problems with delivery.</li> </ul> <p>* Recommended weight gain: 11- 20 pounds</p>
<b>Steps To Take</b>	<ul style="list-style-type: none"> <li>• Provide advice to relieve discomforts of pregnancy if any are present.</li> <li>• Explain how to follow the <i>Daily Food Guide for Pregnancy</i>. Emphasize extra servings from each group.</li> <li>• Stress the importance of regular meals and snacks.</li> <li>• Recommend a weight gain of at least 4 pounds or more each month.</li> <li>• Explain the importance of gaining 28 to 40 pounds.</li> </ul>	<ul style="list-style-type: none"> <li>• Provide advice to relieve discomforts of pregnancy if any are present.</li> <li>• Explain how to follow the <i>Daily Food Guide for Pregnancy</i>.</li> <li>• Advise her to eat regular meals and snacks.</li> <li>• Recommend gaining about 3 to 4 pounds per month after her 16th week.</li> <li>• Explain the importance of gaining 25 to 35 pounds</li> </ul>	<ul style="list-style-type: none"> <li>• Provide advice to relieve discomforts of pregnancy if any are present</li> <li>• Explain how to follow the <i>Daily Food Guide for Pregnancy</i>. Highlight the low-fat choices from each of the groups.</li> <li>• Recommend regular meals and snacks.</li> <li>• Recommend a weight gain of about 2 to 3 pounds per month after the 16<sup>th</sup> week.</li> <li>• Explain importance of gaining 15 to 25 pounds.</li> </ul>	<ul style="list-style-type: none"> <li>• Provide advice to relieve discomforts of pregnancy if any are present.</li> <li>• Explain how to follow the <i>Daily Food Guide for Pregnancy</i>. Emphasize use of low-fat choices and portion size control.</li> <li>• Stress importance of regular meals and snacks.</li> <li>• Recommend a weight gain of 2 ½ pounds per month after the 16<sup>th</sup> week.</li> <li>• Explain the importance of gaining 11-20 pounds.</li> </ul>
<b>Follow-Up</b>	<ul style="list-style-type: none"> <li>• Check weight gain and rate of gain at each prenatal visit. Plot on Weight Gain Grid.</li> <li>• If weight gain is too low, discuss the handout, <i>Tips to Gain Weight</i>.</li> </ul>	<ul style="list-style-type: none"> <li>• Check weight gain and rate of gain at each prenatal visit. Plot on <i>Weight Gain Grid</i>.</li> <li>• If weight gain is too low, discuss <i>Low Weight Gain</i> and the Nutrition handout <b><i>Tips to Gain Weight</i></b>.</li> <li>• If weight gain is too high, discuss, <i>High Weight Gain</i> and the Nutrition handout, <i>You Can Slow Weight Gain</i>.</li> </ul>	<ul style="list-style-type: none"> <li>• Check weight gain and rate of gain at each prenatal visit. Plot on <i>Weight Gain Grid</i>.</li> <li>• If weight gain is too low, discuss <i>Low Weight Gain</i> and the Nutrition handout <i>Tips to gain weight</i>.</li> <li>• If weight gain is too high, discuss <i>High Weight Gain</i> and the Nutrition handout, <i>You can slow weight gain</i>.</li> </ul>	<ul style="list-style-type: none"> <li>• Check weight gain and rate of gain at each prenatal visit. Plot on Weight Gain Grid.</li> <li>• If weight gain is too low, discuss <i>Low Weight Gain</i> and the Nutrition handout <i>Tips to Gain Weight</i>.</li> <li>• If weight gain is too high, discuss Height Weight Gain and the Nutrition handout: <i>You can slow gain weight</i>.</li> </ul>
<b>Referral</b>	<p>Refer to health care provider and registered dietitian if:</p> <ul style="list-style-type: none"> <li>• Weight loss of more than 4 pounds in the first 12 weeks of pregnancy.</li> <li>• No weight gain by 16 weeks.</li> <li>• Weight gain is less than 14 pounds at 24 weeks.</li> <li>• Gain of less than 3 pounds in any single month after 14 weeks.</li> </ul>	<p>Refer to health care provider and registered dietitian if:</p> <ul style="list-style-type: none"> <li>• Weight loss of more than 5 pounds in the first 12 weeks of pregnancy.</li> <li>• No weight gain by 16 weeks.</li> <li>• Weight gain is less than 12 pounds at 24 weeks.</li> <li>• Gain of more than 6.5 pounds in any month.</li> <li>• Gain of less than 2 pounds in any single month after 14 weeks.</li> </ul>	<p>Refer to health care provider and registered dietitian if:</p> <ul style="list-style-type: none"> <li>• Weight loss of more than 5 pounds in the first 12 weeks of pregnancy.</li> <li>• No weight gain by 20 weeks.</li> <li>• Weight gain is less than 8 pounds at 26 weeks.</li> <li>• Gain of less than 2 pounds in single month after 14 weeks.</li> <li>• Gain of more than 6.5 pounds in any month</li> </ul>	<p>Refer to health care provider and registered dietitian if:</p> <ul style="list-style-type: none"> <li>• Weight loss of more than 8 pounds in the first 12 weeks of pregnancy.</li> <li>• No weight gain by 20 weeks.</li> <li>• Gain of more than 6.5 pounds in any single month after 14 weeks.</li> <li>• Gain of less than 1 pound in any single month after 14 weeks.</li> </ul>

\* 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**.

