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)	❑ A Normal Weight BMI 18.5 - 24.9	❑ B Underweight BMI < 18.5	❑ C Overweight BMI 25.0 - 29.9	❑ D Obese BMI ≥ 30.0
58	89 – 118	< 89	119 – 142	> 142
59	92 – 123	< 92	124 – 147	> 147
60	95 – 127	< 95	128 – 152	> 152
61	98 – 131	< 98	132 – 157	> 157
62	101 – 135	< 101	136 – 163	> 163
63	105 – 140	< 105	141 – 168	> 168
64	108 – 144	< 108	145 – 173	> 173
65	111 – 149	< 111	150 – 179	> 179
66	115 – 154	< 115	155 – 185	> 185
67	118 – 158	< 118	159 – 190	> 190
68	122 – 163	< 122	164 – 196	> 196
69	125 – 168	< 125	169 – 202	> 202
70	129 – 173	< 129	174 – 208	> 208
71	133 – 178	< 133	179 – 214	> 214
72	137 – 183	< 137	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.

Name:_____

ID#: _____ Date of Birth: _____

Weight Gain Recommendations

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

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

Check one: ❑ A ❑ B

Date	Weight	# Wks. Preg.	Total Wt. Gain

EDD: _____

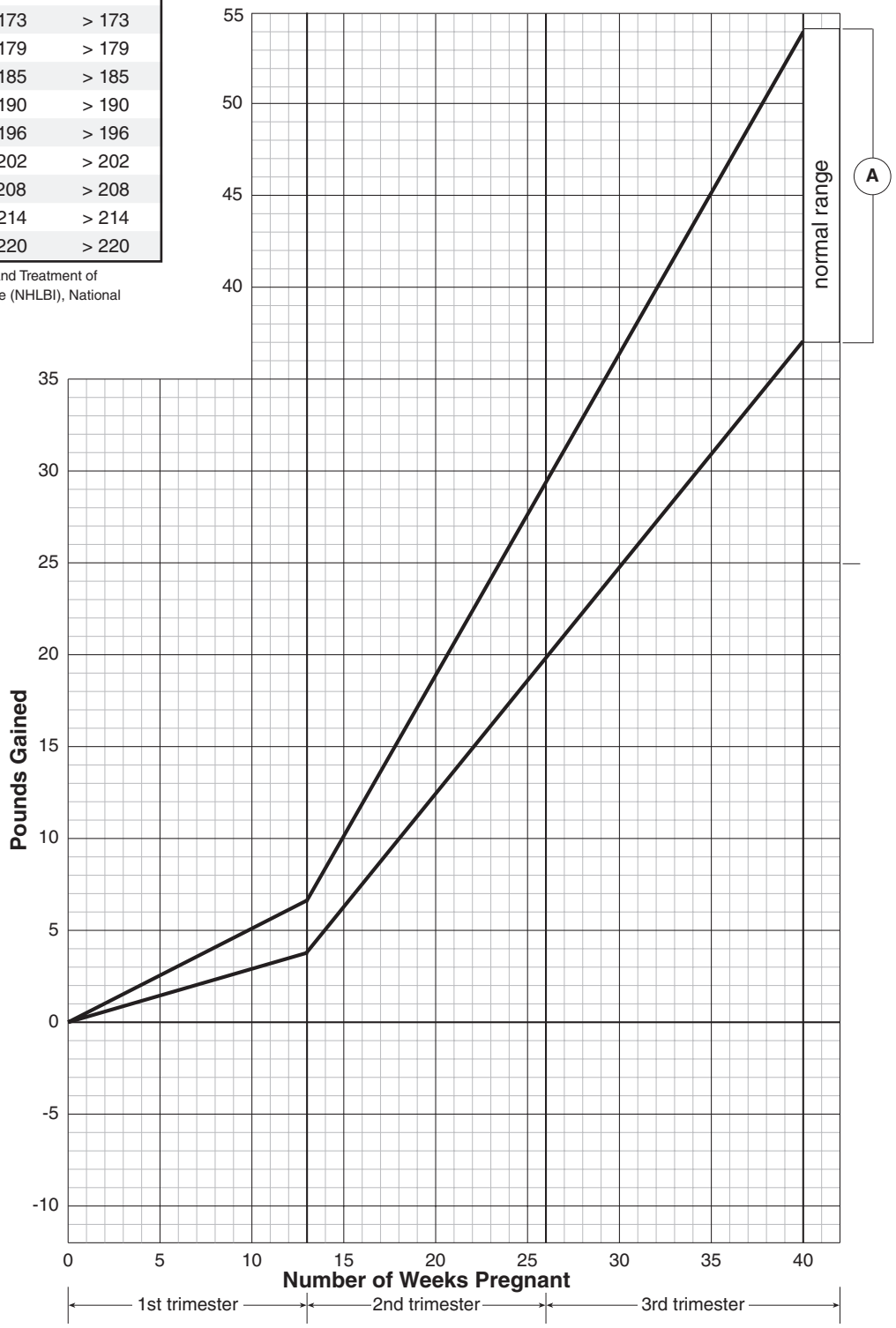
Height (no shoes):_____

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:

[Current Weight] – [Expected Weight Gain] = Estimated Prepregnancy Weight

See top of page 2 for instructions.



Source: Florida Dept. of Health

Georgia Department of Public Health

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:

a. On the chart to the left of the grid, enter the date, current weight, number of weeks pregnant, and total weight gain.

b. 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 2nd & 3rd 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
1st trimester: 3.7 to 5.7 lb gain
2nd & 3rd trimesters: 1.0 to 1.6 lb/week

Check if applicable: ❑ C

Date	Weight	# Wks. Preg.	Total Wt. Gain

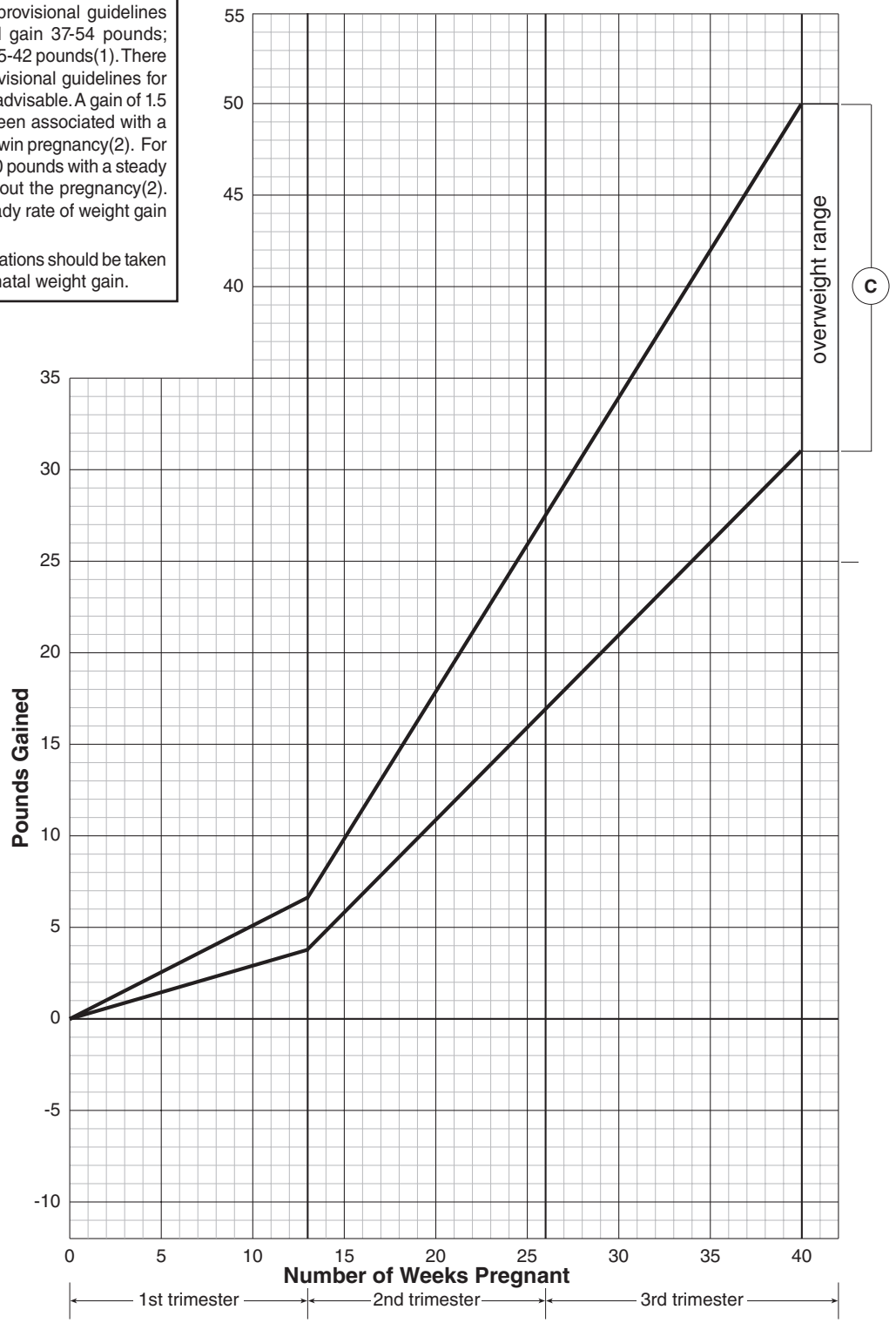
EDD: _____

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:

[Current Weight] − [Expected Weight Gain] = Estimated Prepregnancy Weight



References:

(1) 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.

(2) 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)	❑ A Normal Weight BMI 18.5 - 24.9	❑ B Underweight BMI < 18.5	❑ C Overweight BMI 25.0 - 29.9	❑ D Obese BMI ≥ 30.0
58	89 – 118	< 89	119 – 142	> 142
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60	95 – 127	< 95	128 – 152	> 152
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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.

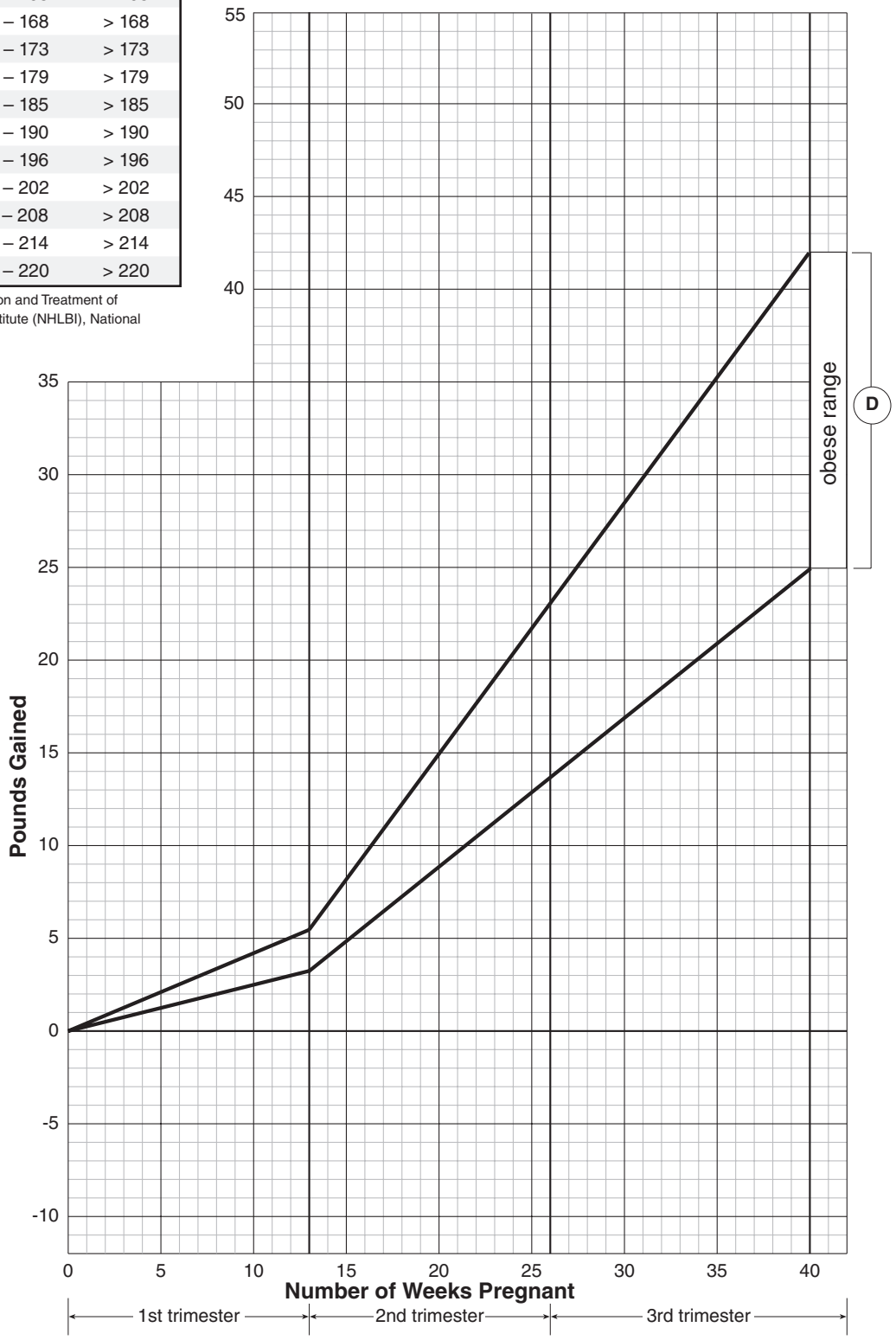
Name:_____

ID#: _____ Date of Birth: _____

Weight Gain Recommendations

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

Check if applicable: ❑ D



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:

[Current Weight] – [Expected Weight Gain] = Estimated Prepregnancy Weight

See top of page 2 for instructions.

Georgia Department of Public Health

Source: Florida Dept. of Health