Prenatal Weight Gain Grid

Singleton Pregnancy Normal Weight or Obese

ID#: Date of Birth:

Body Mass Index (BMI) Table for Determining Weight Classification for Women (1)

Name:

| Height (in inches | A Normal Weight BMI | BMI | C Overweight BMI | D Obese BMI |
|----------------------|---------------------------|--------|------------------------|-------------------|
| no shoes) | 18.5 - 24.9 | < 18.5 | 25.0 - 29.9 | ≥ 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.

35

30

25

20

15

10

5

0

-5

-10

0

Pounds Gained

| 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:



See top of page 2 for instructions.





Source: Florida Dept. of Health

Instructions for Use

Prenatal Weight Gain Grid

Singleton Pregnancy Underweight or Overweight

Determine the woman's prepregnancy weight for height status using the table on the top of side 1. Check box A, B, C, or D, and then select the corresponding weight gain range on page 1 or 2. 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 Pregnancy: Use Prenatal Weight Gain Grid for Multfetal Pregnancy.

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

35

30

25

20

10

5

0

-5

-10

0

²ounds Gained 15

| 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:



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.



Source: Florida Dept. of Health