Prenatal Weight Gain Grid

Multifetal Pregnancy Normal Weight or Underweight

A - Underweight:

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

Height (in inches no shoes)

58

59

60

61

62

68

69

70

71

72

	(weight in pounds))	
A Underweight BMI < 18.5	☐ B Normal Weight BMI 18.5 - 24.9	C Overweight BMI 25.0 - 29.9	☐ D Obese BMI ≥ 30.0
< 89	89 – 118	119 – 142	> 142
< 92	92 – 123	124 – 147	> 147
< 95	95 – 127	128 – 152	> 152
< 98	98 – 131	132 – 157	> 157
< 101	101 – 135	136 – 163	> 163
< 105	105 – 140	141 – 168	> 168
< 108	108 – 144	145 – 173	> 173
< 111	111 – 149	150 – 179	> 179
< 115	115 – 154	155 – 185	> 185

159 - 190

164 - 196

169 - 202

174 - 208

179 - 214

184 - 220

> 190

> 196

> 202

> 208

> 214

> 220

35

30

25

20

n

-5

-10

0

Pounds Gained

(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

118 - 158

122 - 163

125 - 168

129 - 173

133 - 178

137 - 183

Weight	# Wks. Preg.	Total Wt. Gain
	Weight	

< 118

< 122

< 125

< 129

< 133

< 137

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.



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Name:			
ivailie.			

ID#: Date of Birth:

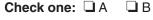
Weight Gain Recommendations

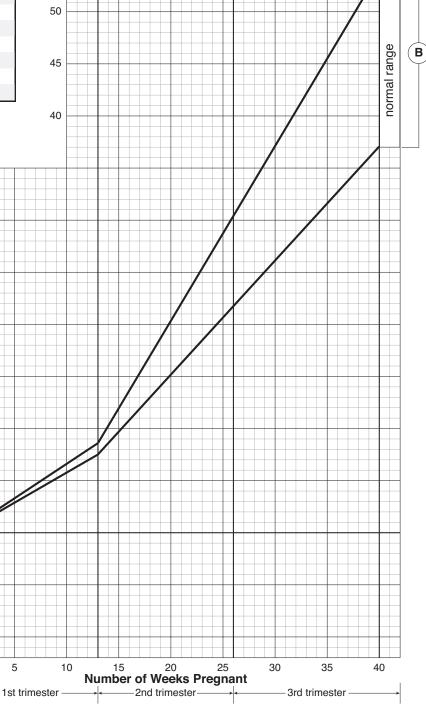
B - Normal Weight: 37 to 54 lb total

1st trimester: 7.5 to 8.6 lb gain

2nd & 3rd trimesters: 1.1 to 1.7 lb/week

No weight grid is available. Use Normal Weight grid below and any medical provider recommendations.





Instructions for Use

Prenatal Weight Gain Grid

Name:

Multifetal Pregnancy Overweight

ID#: Date of Birth:

Weight Gain Recommendations

C - Overweight: 31 to 50 lb total

1st trimester: 3.7 to 5.7 lb gain

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.

Date	Weight	# Wks. Preg.	Total Wt. Gain

EDD:

Height (no shoes):_____

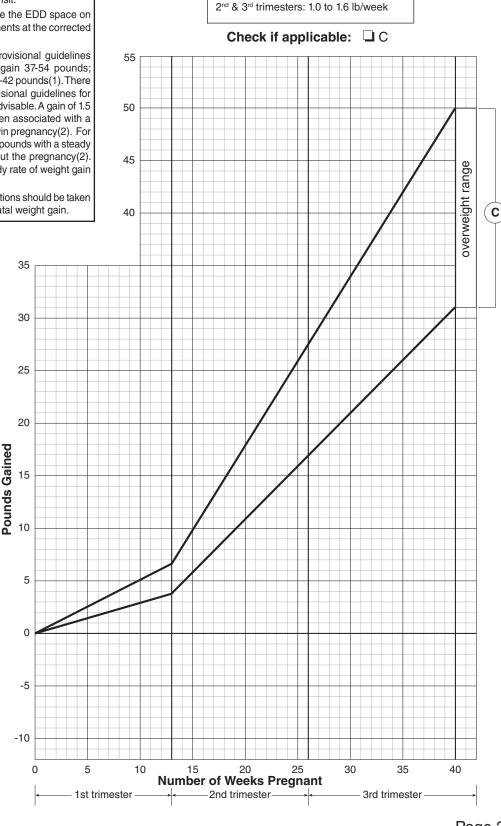
Prepregnancy Weight: ___

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.



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

(weight in	pounds)
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Height (in inches	☐ A Underweight BMI	☐ B Normal Weight BMI	C Overweight BMI	D Obese BMI
no shoes)	< 18.5	18.5 - 24.9	25.0 - 29.9	≥ 30.0
58	< 89	89 – 118	119 – 142	> 142
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35

30

-5

-10

0

1st trimester -

Date	Weight	# Wks. Preg.	Total Wt. Gain

EDD: ______

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.



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WIC Program
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opportunity provider.

Name:			
ivaille.			

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

