

INSTRUCTIONS ON HOW TO ASSESS WEIGHT GAIN/PLOT THE WEIGHT GAIN GRID

1. Find the Woman's Weight Category.

- Ask the woman her weight before pregnancy.
- Measure her without shoes. Find the woman's height on Table 1.
- Follow across the columns to find her prepregnancy weight.
- The title of the column with her prepregnancy weight tells you her weight category.
- See "Prepregnancy Weight" for her specific weight category.

Example:

A woman is 5 feet 2 inches tall. She weighed 145 pounds before pregnancy. Her weight gain category is Overweight.

2. Find the Recommended Range and Rate of Weight Gain.

- Find the "Recommended Total Weight Gain Range" for her weight category on Table 2.
- Find the recommended 2nd/3rd trimester rate of gain per month for her weight category.

Example:

An Overweight woman is recommended to gain 15-25 pounds. A weight gain of 2 pounds per month is recommended during the 2nd and 3rd trimester.

3. Find the Right Weight Gain Grid.

- The weight gain grid is a tool that you use to see if the woman is gaining within the recommended range.
- Choose the weight gain grid that matches her weight category. These are three grids: Underweight, Normal or Overweight. If the woman is obese, use the Overweight grid.
- **The Weight Gain Grid:** The horizontal zero line starts at conception. The vertical line represents the woman's weight before pregnancy. Each horizontal line above the zero represents one pound gained, and each line below is one pound lost. Each vertical line represents one week of gestation.

4. Plot the Weight Gain Grid.

- If she does not know her prepregnancy weight refer to the health care provider.
- Take the woman's weight today and subtract it from her prepregnancy weight. This number equals the number of pounds she has gained or lost.

Example:

A woman, 5 foot 2 inches weighed 145 pounds before pregnancy.

At 18 weeks gestation she weighs 151 pounds (Lbs.).

$151 \text{ Lbs.} - 145 \text{ Lbs.} = 6 \text{ Lbs.}$

She gained 6 Lbs.

- Find the line that marks her weight change and the line that marks the number of weeks gestation.
- Mark an X where these two lines meet.
- Check to see whether her total weight gain at this visit falls within her target weight gain range. In this example she is within the range for overweight women.
- Look at the rate of her weight gain. Is she gaining too fast, too slow or just right?
- Show the woman where her weight is on the grid. Educate her on her weight gain progress.
- Plot weight gain at **each prenatal** visit.

5. What Does the Weight Gain Grid Tell You?

- Weight gain can tell you if the woman is gaining too fast, too slow, or just right. The pattern of weight gain is as important as the total gain.
- The grid is also a screening tool to identify women who need more in-depth assessment.
- When a woman's gain is outside the recommended range, assess factors that may affect her weight gain. See "Low Weight Gain" and "High Weight Gain".

Some women may not follow the curves of the Weight Gain Grid or may be four or five pounds above or below the recommended line even though they are eating a nutritious diet. Other women may be eating too little or too much. It is important to find out what the woman is eating. Follow the guidelines for "Food Intake & Recall".

Table 1: Weight Categories for Women According to Height and Prepregnant Weight

Height (ft. in.)	Underweight (lbs)	Normal Weight (lbs)	Overweight (lbs)	Obese (lbs)
4' 10"	94 or less	95 - 127	128 - 143	144 or more
4' 11"	97 or less	98 - 131	132 - 147	148 or more
5' 0"	100 or less	101 - 135	136 - 151	152 or more
5' 1"	102 or less	103 - 138	139 - 155	156 or more
5' 2"	106 or less	107 - 143	144 - 161	162 or more
5' 3"	109 or less	110 - 147	148 - 165	166 or more
5' 4"	112 or less	113 - 151	152 - 170	171 or more
5' 5"	116 or less	117 - 156	157 - 176	177 or more
5' 6"	119 or less	120 - 161	162 - 181	182 or more
5' 7"	123 or less	124 - 166	167 - 187	188 or more
5' 8"	126 or less	127 - 171	172 - 192	193 or more
5' 9"	131 or less	132 - 177	178 - 199	200 or more
5' 10"	134 or less	135 - 182	183 - 204	205 or more

Note: It is recommended that women who are smokers, African-American, or young adolescents should gain the upper end of the weight gain range for their category. Women who are short (less than 5 feet 2 inches) should gain at the lower end of the range for their category.

Table 2: Recommended Range and Rate of Weight Gain

	<u>Underweight</u>	<u>Normal Weight</u>	<u>Overweight</u>	<u>Obese</u>
Recommended Total Weight Gain Range:	28 to 40 lbs.	25 to 35 lbs.	15 to 25 lbs.	15 or more
Recommended 2 nd /3 rd Trimester Range of Gain: (per month)	4 lbs or more	3-4 lbs.	about 2 lbs	varies