

101 Underweight Women (PG/BF/NBF)

Description	<ul style="list-style-type: none"> • Underweight women: <ul style="list-style-type: none"> ○ Pregnant: pre-pregnancy BMI <18.5, NBF/BF: current BMI <18.5 ○ Underweight women at greater risk low birth weight infant; pregnancy complications, anemia, premature rupture membranes, C-sections 	
<p>Assessing Readiness for Change with open ended questions</p> <ul style="list-style-type: none"> ▪ “When not pregnant, what weight do you feel best at? How do you feel about your weight now?” ▪ “How comfortable are you with gaining more weight?” 		
<p>Discussion, Counseling and Education</p>		
If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready → “I’ve been thin all my life.”</p> <p>Raise awareness & Personalize Change</p>	<ul style="list-style-type: none"> • “Thanks for sharing with me. Looking at today’s weight, you have gained xx pounds.” • “WIC suggests gaining about x* pounds a week at this point in your pregnancy. What has your Dr discussed with you?” <p>*****</p> <p>Postpartum & Breastfeeding:</p>	<ul style="list-style-type: none"> • “Your gain affects baby’s birth weight. If you are underweight, your baby could be born LBW. You could have more health problems during pregnancy.” • “Underweight pregnant women should gain 28-40 lb.” • Visual showing recommended/current weight gain • Knowledge: *1st tri 2.2-6.6lb, then 1lb per week ***** • “After delivery, your body needs to replenish the nutrients and energy it used during pregnancy.”
Record Plan or Goal	Participant viewed her growth record. Will check weight and re-assess readiness for change at next appointment.	
<p>Unsure → “I worry about being too thin for my baby, but I have always been healthy.”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “It sounds like you are worried about your weight. Tell me how eating has changed now that you are pregnant?” • “On a scale of 1-10, how comfortable are you with gaining about x* pounds a week?” • “What made you choose that number?” 	<ul style="list-style-type: none"> • Suggestions to increase calories: <ul style="list-style-type: none"> ○ Add snacks (fit in more foods) ○ Increase high calorie dense foods (eggs, cheese, peanut butter, or add dry milk to foods) • Review foods eaten, ask about likes/dislikes, focus on food groups lacking
Record Plan or Goal	Mom might try adding a snack each day. Will continue to monitor weight at next appointment.	
<p>Ready → “I know I am thin. I want to gain whatever my baby needs.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “Since you are worried about your weight, let’s talk about your concerns.” • “What changes do you think you would like to make in your eating?” 	<ul style="list-style-type: none"> • “That is a good start. Some women find it helpful to eat six small meals a day rather than eating just three.”
Record Plan or Goal	Reviewed mom’s concerns for not gaining weight. Participant plans to include cheese and peanut butter as snacks.	
Education Resources	<p>https://utextension.tennessee.edu/publications/Documents/sp441e.pdf Handout: <i>Tips on Pregnancy-How Much Should I Gain</i> (vers 12/4/2009)</p> <p>http://wicworks.nal.usda.gov/pregnancy/prenatal-weight-gain Reference: <i>Prenatal Weight Gain (WIC Works links)</i> (vers 5/10/2012)</p> <p>http://www.babyyourbaby.org/pregnancy/during-pregnancy/weight-gain.php Reference: <i>Weight Gain During Pregnancy</i>(Utah Department Health 2012)</p>	