Underweight Women (PG/BF/NBF)

**Description**
- Underweight women:
  - 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

**Assessing Readiness for Change** with open ended questions
- “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?”

**Discussion, Counseling and Education**

<table>
<thead>
<tr>
<th>If the answer is:</th>
<th>Try Counseling Strategies</th>
<th>Try Education</th>
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<tbody>
<tr>
<td>Not ready</td>
<td>- “Thanks for sharing with me. Looking at today’s weight, you have gained xx pounds.”</td>
<td>- “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.”</td>
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<tr>
<td>“I’ve been thin all my life.”</td>
<td>- “WIC suggests gaining about x* pounds a week at this point in your pregnancy. What has your Dr discussed with you?”</td>
<td>- “Underweight pregnant women should gain 28-40 lb.”</td>
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|                    | Postpartum & Breastfeeding: | 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.”  
|                    |                            | *****************************************  
|                    |                            | “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  

**Record Plan or Goal**
- Participant viewed her growth record. Will check weight and re-assess readiness for change at next appointment.

**Unsure**
- “I worry about being too thin for my baby, but I have always been healthy.”
- Raise awareness & confidence & identify barriers to change

**Record Plan or Goal**
- Mom might try adding a snack each day. Will continue to monitor weight at next appointment.

**Ready**
- “I know I am thin. I want to gain whatever my baby needs.”
- Help plan change-support

**Record Plan or Goal**
- Reviewed mom’s concerns for not gaining weight. Participant plans to include cheese and peanut butter as snacks.

**Education Resources**