Overweight (Women) (PG/BF/NBF)

**Description**
- Overweight at conception increases health risks such as: diabetes, high blood pressure and premature births

**Assess Readiness for Change:** with open ended questions
- “How did you feel about your weight before getting pregnant? How do you feel about your weight now?”
- “How much do you want to gain with this pregnancy?”

**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><strong>Not ready</strong></td>
<td>“Lots of women struggle with their weight. It looks like you have gained about xx pounds so far.”</td>
<td>“WIC checks your weight because pregnant women who are overweight have more health risks.”</td>
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<td>“WIC suggests gaining about x* pounds a week at this point in your pregnancy. How comfortable are you with that number?”</td>
<td>“It’s recommended you gain 15-25 pounds during this pregnancy.”</td>
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<td>“What has your Dr discussed with you?”</td>
<td>Visual showing recommended*/current weight gain.</td>
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<td>*****************</td>
<td>Knowledge: *1st tri 2.2-6.6lb, then .6lb per week</td>
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**Postpartum:**
- “WIC is here to share information on food choices and activity if you would like to talk about them.”

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

**Unsure**
- “It sounds like you might be concerned about your weight. Tell me what your biggest frustration around eating is?”
- “On a scale of 1-10, how comfortable are you with only gaining about x* pounds a week?”
- “What made you choose that number?”

**Record Plan or Goal**
- Mom to try limiting cheese to once daily. Will continue to monitor weight at next appointment.

**Ready**
- “How has your eating changed since you got pregnant?”
- “What changes would you like to make to help you control your weight gain this pregnancy?”

**Record Plan or Goal**
- Reviewed barriers limiting weight gain. Mom to try low fat cheese. Wants to talk about exercise ideas next appointment.

**Education Resources**