

111 Overweight (Women) (PG/BF/NBF)

- Description**
- PG: pre-pregnancy BMI  $\geq 25$ , BF: < 6mo pre-pregnancy BMI  $\geq 25$ , BF: > 6mo current BMI  $\geq 25$ , NBF: pre-pregnancy BMI  $\geq 25$
  - 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**

If the answer is:	Try Counseling Strategies	Try Education
<p><b>Not ready</b> →</p> <p>“I’ve always been heavy. I don’t even know what I weighed before I got pregnant.”</p> <p>Raise awareness &amp; personalize change</p>	<ul style="list-style-type: none"> <li>• “Lots of women struggle with their weight. It looks like you have gained about xx pounds so far.”</li> <li>• “WIC suggests gaining about x* pounds a week at this point in your pregnancy. How comfortable are you with that number?”</li> <li>• “What has your Dr discussed with you?”</li> </ul> <p>*****</p> <p>Postpartum:</p>	<ul style="list-style-type: none"> <li>• “WIC checks your weight because pregnant women who are overweight have more health risks.”</li> <li>• “It’s recommended you gain 15-25 pounds during this pregnancy.”</li> <li>• Visual showing recommended*/current weight gain.</li> <li>• Knowledge: *1<sup>st</sup> tri 2.2-6.6lb, then .6lb per week</li> <li>• *****</li> <li>• “WIC is here to share information on food choices and activity if you would like to talk about them.”</li> </ul>
<b>Record Plan or Goal</b>	Participant viewed her growth record. Will re-assess readiness for change at next appointment.	
<p><b>Unsure</b> →</p> <p>“I’ve always been heavy. It doesn’t matter what I eat.”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p>	<ul style="list-style-type: none"> <li>• “It sounds like you might be concerned about your weight. Tell me what your biggest frustration around eating is?”</li> <li>• “On a scale of 1-10, how comfortable are you with only gaining about x* pounds a week?”</li> <li>• “What made you choose that number?”</li> </ul>	<ul style="list-style-type: none"> <li>• Suggestions, small steps to control weight gain:                             <ul style="list-style-type: none"> <li>○ Decrease juice, soda, sweets</li> <li>○ Limit high fat foods: cheese, butter, etc.</li> <li>○ Increase fruits &amp; vegetable portions</li> <li>○ Increase activity: like walking (approve w/ Dr)</li> </ul> </li> </ul>
<b>Record Plan or Goal</b>	Mom to try limiting cheese to once daily. Will continue to monitor weight at next appointment.	
<p><b>Ready</b> →</p> <p>“I have tried to not gain too much. But I do. I gained 50 lbs with my last baby.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> <li>• “How has your eating changed since you got pregnant?”</li> <li>• “What changes would you like to make to help you control your weight gain this pregnancy?”</li> </ul>	<ul style="list-style-type: none"> <li>• “That’s great. Some mom’s also find it’s helpful to drink more water between meals.”</li> </ul>
<b>Record Plan or Goal</b>	Reviewed barriers limiting weight gain. Mom to try low fat cheese. Wants to talk about exercise ideas next appointment.	

**Education Resources**

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/) Reference- *Aim for a Healthy Weight*

[http://www.touchingheartstouchingminds.com/materials\\_content.php?p\\_set=1&p\\_num=9](http://www.touchingheartstouchingminds.com/materials_content.php?p_set=1&p_num=9) Handout #8- *Baby Legs- postpartum weight loss*

[http://www.touchingheartstouchingminds.com/materials\\_content.php?p\\_num=27&p\\_set=6](http://www.touchingheartstouchingminds.com/materials_content.php?p_num=27&p_set=6) Handout #27- *Top 10 Ways to Burn 100 Calories*

[http://www.marchofdimes.com/pregnancy/complications\\_obesity.html](http://www.marchofdimes.com/pregnancy/complications_obesity.html) Reference- *Overweight & Obesity During Pregnancy*