

133 High Maternal Weight Gain (PG/BF/NBF)

**Description**

- \*PG lb/wk: underwt >1.3, normal >1, overwt >.7, obese >.6; BF/NBF: total gain; underwt >40 lb, normal >35 lb, overwt >25 lb, obese >20 lb
- Greater risk high birth weight infant, prolonged labor, C-section & other complications. Later risk obesity & chronic health conditions

**Assessing Readiness for Change** with open ended questions

- “How do you feel about your gain so far?”
- “What concerns do you have today about your weight?”

**Discussion, Counseling and Education**

If the answer is:	Try Counseling Strategies	Try Education
<p><b>Not ready</b> →</p> <p>“I’m not worried, I’m eating for two.”</p> <p>Raise awareness &amp; Personalize Change</p>	<ul style="list-style-type: none"> <li>• “We do want your baby to get the nutrition it needs. Looking at today’s weight, you have gained xx pounds.”</li> <li>• “WIC suggests gaining about x* pounds a week at this point in your pregnancy. How comfortable are you with that?”</li> </ul> <p>*****</p> <p>Postpartum</p>	<ul style="list-style-type: none"> <li>• “WIC checks your weight because pregnant women with high weight gain can have babies with high birth weight and have other health or delivery problems.”</li> <li>• “Overweight women should gain 11-20 pounds during pregnancy.”</li> <li>• Visual showing recommended*/current weight gain</li> </ul>

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

<p><b>Unsure</b> →</p> <p>“My Dr said my ultra sound was normal so I haven’t worried about my weight since the baby is ok.”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p>	<ul style="list-style-type: none"> <li>• “It sounds like you are happy with you current weight. How do you feel about the weight you will gain for the rest of your pregnancy?”</li> <li>• “On a scale of 1-10 how concerned are about gaining too much weight?”</li> <li>• “Tell me how eating is going for you?”</li> </ul>	<ul style="list-style-type: none"> <li>• Provide suggestions for controlling intake:                             <ul style="list-style-type: none"> <li>○ Foods eaten, food groups lacking</li> <li>○ Consistent meals with snacks</li> <li>○ Variety of foods</li> <li>○ Limiting high fat low nutrient foods</li> </ul> </li> </ul>
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**Record Plan or Goal** Mom doesn’t want to change her eating habits. Re-visit weight gain next appointment.

<p><b>Ready</b> →</p> <p>“I know I gained a lot. I don’t want to gain any more. I’ll have too much to lose later.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> <li>• “A lot of mom’s are worried about losing weight after the baby is born! What concerns you most?”</li> <li>• “What kind of changes do you think you should make?”</li> <li>• “On a scale of 1-10 how comfortable would you be in gaining at least 2lbs a month?”</li> </ul>	<ul style="list-style-type: none"> <li>• “That would be a good change. Another thing you may want to try is to reduce the amount of soda you drink each day.”</li> </ul>
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**Record Plan or Goal** Mom says she can limit herself to two sodas daily. Follow-up on soda use next appointment.

<b>Education Resources</b>	<p><a href="http://health.utah.gov/mihp/pdf/high_pregnancy_weight_gain%20.pdf">http://health.utah.gov/mihp/pdf/high_pregnancy_weight_gain%20.pdf</a> Handout- <i>I’m Gaining Too Much Weight During My Pregnancy</i></p> <p><a href="http://www.choosemyplate.gov/pregnancy-breastfeeding.html">http://www.choosemyplate.gov/pregnancy-breastfeeding.html</a> Reference- <i>ChooseMyPlate.Gov – Health &amp; Nutrition During Pregnancy/BF</i></p> <p><a href="http://www.americanpregnancy.org/pregnancyhealth/aboutpregweightgain.html">http://www.americanpregnancy.org/pregnancyhealth/aboutpregweightgain.html</a> Reference- <i>About Pregnancy Weight Gain (repeat site) (vers 6/2011)</i></p> <p><a href="http://win.niddk.nih.gov/publications/two.htm">http://win.niddk.nih.gov/publications/two.htm</a> Reference- <i>weight control information network ( during pregnancy)</i></p>
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