

## Training Call August 29, 2010

- New pregnancy weight gain charts and guidelines
- Revisions to the assessment/care plan form for Women
- Updates to nutrition risk criteria definitions
- Other nutrition and/or breastfeeding policy changes
- Questions?

## Recommendations for Weight Gain During Pregnancy

- 2009 Institute of Medicine report: Weight Gain During Pregnancy: Reexamining the Guidelines
  - Updated the pregnancy weight categories to conform to the NHLBI.

## Weight Gain Recommendations

Weight Gain Recommendations for Pregnancy (single)				
BMI Category	Gain in 1 <sup>st</sup> trimester	Gain per week in 2 <sup>nd</sup> & 3 <sup>rd</sup> trimesters	Total Weight gain for Pregnancy	Total Weight Gain for Pregnancy TWINS
Underweight	2.2 – 6.6 lbs	1 lb	28 – 40 lbs	n/a
Normal	2.2 – 6.6 lbs	1 lb	25 – 35 lbs	37 – 54 lbs
Overweight	2.2 – 6.6 lbs	.6 lb	15 – 25 lbs	31 – 50 lbs
Obese	1.1 – 4.4 lbs	.5 lb	11 – 20 lbs	25 – 42 lbs

## Pregnant Women – BMI Category

- Use pre-pregnancy weight (reported)
- Use height measured at certification visit
- Determine BMI category
  - Underweight
  - Normal weight
  - Overweight
  - Obese

## BMI Table

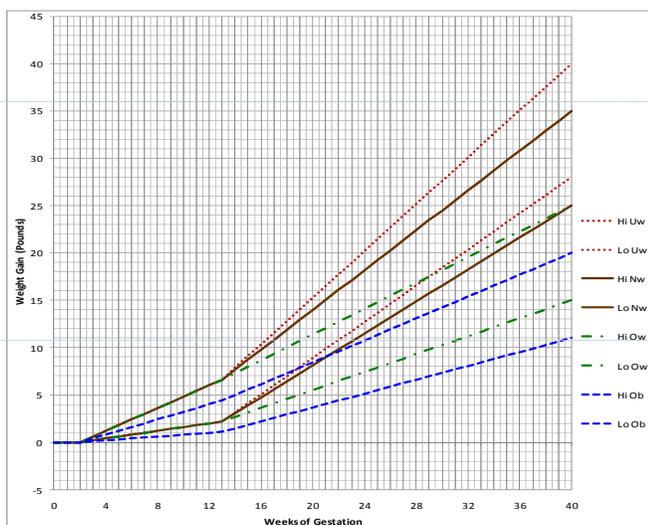
BMI Table for Determining Weight Classification for Women (1)				
Height (inches)	Underweight BMI <18.5	Normal Weight BMI 18.5-24.9	Overweight BMI 25.0-29.9	Obese BMI ≥ 30.0
58"	<89 lbs	89-118 lbs	119-142 lbs	>142 lbs
59"	<92 lbs	92-123 lbs	124-147 lbs	>147 lbs
60"	<95 lbs	95-127 lbs	128-152 lbs	>152 lbs
61"	<98 lbs	98-131 lbs	132-157 lbs	>157 lbs
62"	<101 lbs	101-135 lbs	136-163 lbs	>163 lbs
63"	<105 lbs	105-140 lbs	141-168 lbs	>168 lbs
64"	<108 lbs	108-144 lbs	145-173 lbs	>173 lbs
65"	<111 lbs	111-149 lbs	150-179 lbs	>179 lbs
66"	<115 lbs	115-154 lbs	155-185 lbs	>185 lbs
67"	<118 lbs	118-158 lbs	159-190 lbs	>190 lbs
68"	<122 lbs	122-163 lbs	164-196 lbs	>196 lbs
69"	<125 lbs	125-168 lbs	169-202 lbs	>202 lbs
70"	<128 lbs	129-173 lbs	174-208 lbs	>208 lbs
71"	<133 lbs	133-178 lbs	179-214 lbs	>214 lbs
72"	<137 lbs	137-183 lbs	184-220 lbs	>220 lbs

Adapted from the Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults. National Heart, Lung and Blood Institute (NHLBI), National Institutes of Health (NIH). NIH Publication No. 98-4083.

## Risk Codes related to BMI

- Underweight – IU
  - Prepregnancy BMI < 18.5
    - For BF or PP women – can be prepregnancy or current BMI < 18.5
  
- Overweight – IO
  - Prepregnancy BMI ≥ 25

## Pregnancy Weight Gain Chart – New

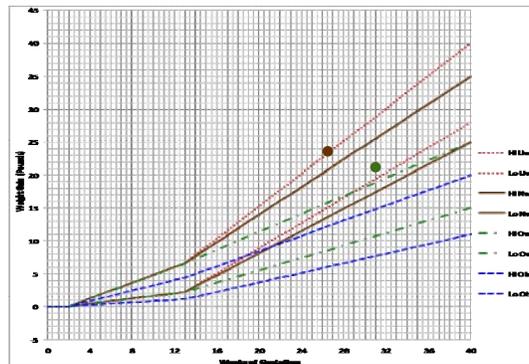


## High Maternal Weight Gain – IE pregnant women

- High rate of weight gain in the 2<sup>nd</sup> and 3<sup>rd</sup> trimesters\*:
  - Underweight women gain more than 1.3 pounds/wk
  - Normal weight women gain more than 1 pound/wk
  - Overweight women gain more than .7 pounds/wk
  - Obese women gain more than .6 pounds/wk
- \*(For singleton pregnancies)

## High Maternal Weight Gain – IE

- At any point in pregnancy – a pregnant women's weight plots at any point above the top line of the appropriate weight gain range for her respective weight category.

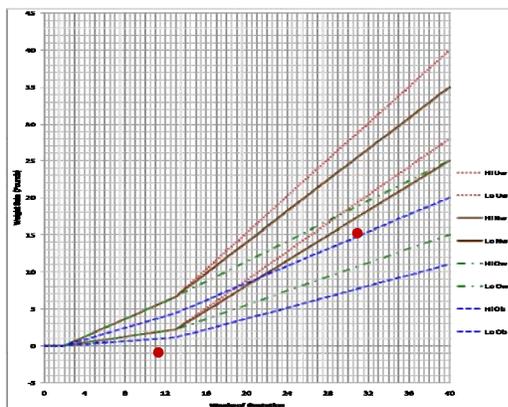


## Low Maternal Weight Gain – II Pregnant women

- Low rate of weight gain in the 2<sup>nd</sup> and 3<sup>rd</sup> trimesters\*:
  - Underweight women gain less than 1 pound/wk
  - Normal weight women gain less than .8 pounds/wk
  - Overweight women gain less than .5 pounds/wk
  - Obese women gain less than .4 pounds/wk
- \*(For singleton pregnancies)

## Low Maternal Weight Gain – II

- At any point in pregnancy – a pregnant women's weight plots at any point beneath the bottom line of the appropriate weight gain range for her respective weight category.



## High Maternal Weight Gain – IE Breastfeeding & Postpartum Women

- Total gestational weight gain was higher than recommended range based on prepregnancy BMI:
  - Underweight > 40 lbs
  - Normal weight > 35 pounds
  - Overweight > 25 pounds
  - Obese > 20 pounds

## Changes to Assessment/Care plan Form for Women

Health determine	What to Assess	Definition of risk criteria	USDA risk	Pregnant	Breastfeeding	Postpartum
Achieves recommended maternal weight gain	Pre-pregnancy weight status	Underweight: Pre-pregnancy BMI <18.5	101	1U		
	For Pregnant women	Overweight: Pre-pregnancy BMI $\geq 25.0$	111	10		
Achieves desirable postpartum weight or BMI	For BF or PP women	Underweight Pre-pregnancy or current BMI <18.5	101		1U	1U
		Overweight Pre-pregnancy BMI $\geq 25$ ( $\geq 6$ mo postpartum: current BMI $\geq 25$ )	111		10	10
	Maternal pattern of weight gain	High Maternal Weight Gain	133	1E	1E	1E
		*Low Maternal Weight Gain	131	1I		
		*Weight Loss During Pregnancy	132	1I		
	Physical Activity – what do you like to do for physical activity?					

## New Risk Codes Added – 4F

- Risk code 4F now includes a diagnosis of pre-diabetes
  - Diabetes/pre-diabetes
  - Thyroid disorders
  - Hypoglycemia

## Revisions to Existing Risk Criteria

- Involve inadequate supplementation of nutrients recognized as essential for the different client categories.

## Risk Code 8L – Women:

- Inadequate Vitamin/Mineral supplementation recognized as essential:
  - Consumption of less than 27mg supplemental iron per day
  - Consumption of less than 150ug of supplemental iodine per day
- Assessed with Diet Survey question #2
  - Which of these do you take: prenatal vitamins, iron pills, other vitamins, herbal supplements, etc.
- Assigned if not taking iron supplement, prenatal vitamin, or multivitamin with iron

## Risk Code 5L – Children

- Routinely not providing dietary supplements recognized as essential
- Not providing 400 IU of Vitamin D if a child consumes less than 32 fluid ounces of vitamin D fortified milk or formula.
- Assessed with diet survey question #16 PLUS about how much per day?

## Risk code 7L – infants

- Not providing dietary supplements recognized as essential
  - Infants who are 6 months of age or older who are exclusively breastfed and are not taking a 400 IU supplement of vitamin D
  - Infants who are 6 months of age or older who are eating less than 16 ounces of formula/day and are not taking 400 IU supplement of vitamin D.
- Assessed with Diet Survey question #10 for supplement and #8, ounces of formula.

## Risk Code Definition Changes – Summary

- Women
  - IE – High Maternal Weight Gain
  - II – Low Maternal Weight Gain
  - IO – Overweight
  - IU – Underweight
  - 4F
  - 8L
- Children
  - 4F
  - 5L
- Infants
  - 4F
  - 7L

## Questions?

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