Nearly 60% of women in the US enter pregnancy above a healthy weight (CDC, 2012). Elevated BMI’s place women at risk for adverse outcomes. These risks increase as pre-pregnancy BMI categories increase, and rise further with more weight gain (ACOG, 2013). Despite guidelines based on pre-pregnancy BMI set by the IOM, only 30% of women stay within recommended weight gain during pregnancy (CDC, 2012). Gaining weight above recommendations increases risk of adverse outcomes (ACOG, 2013).

**Aims**

- Examine evidenced based literature on pregnancy weight management interventions
- Describe present patient population of a midwifery practice
- Describe CNM’s and their resources
- Make recommendations for improving weight gain in pregnancy in a small midwifery practice

**Methods**

Data collection for this project included two parts: retrospective longitudinal chart review of electronic health records from a midwifery practice deliveries in July 2013 and a cross sectional survey of 9 CNM’s employed at the midwifery practice.

**Results**

**Literature Review:**

Overall, intervention groups of all BMI categories gained less weight than controls

<table>
<thead>
<tr>
<th>Weight groups</th>
<th>Mean Lbs</th>
<th>Median</th>
<th>SD</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal weight (n=18)</td>
<td>25.56</td>
<td>27</td>
<td>7.86</td>
<td>12-42</td>
</tr>
<tr>
<td>Over-weight (n=8)</td>
<td>29.88</td>
<td>33.5</td>
<td>16.63</td>
<td>10-57</td>
</tr>
<tr>
<td>Obese (n=12)</td>
<td>23.08</td>
<td>21</td>
<td>10.84</td>
<td>6-36</td>
</tr>
</tbody>
</table>

**Practice Weight Gain by BMI Category:**

34% of women gained excessive weight during pregnancy:

**Significant practice findings:**

- Younger women (<28 years) were more likely to gain weight above the IOM recommendations.
- Women with higher pre-pregnancy BMIs (>25) were more likely to gain weight above IOM guidelines.

**CNM Survey Results:**

- Increased Dietitian
- 1.1 counsel / all
- Counsel all on risks / long term effects

**References**