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Maternal Weight Loss During Pregnancy

**Definition/
cut-off value**

- Any weight loss below pregravid weight during 1st trimester, or
 - Weight loss of ≥ 2 pounds (≥ 1 kg) in the 2nd or 3rd trimesters (14-40 weeks gestation).
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**Participant
category and
priority level**

Category	Priority
Pregnant Women	I

Justification

Weight loss during pregnancy may indicate underlying dietary or health practices or health or social conditions associated with poor pregnancy outcomes. These outcomes could be improved by the supplemental food, nutrition education, and referrals provided by the WIC Program.

References

1. Brown JE. Prenatal weight gain considerations for WIC. Final report. Commissioned by the Risk Identification and Selection Collaborative. 1998.
 2. Centers for Disease Control and Prevention. Prenatal Nutrition Surveillance System User's Manual. Atlanta: CDC, 1994.
 3. Institute of Medicine. WIC nutrition risk criteria a scientific assessment. National Academy Press, Washington, D.C.; 1996.
 4. Metropolitan Life Insurance Company. New weight standards for men and women. Stat.Bull.Metrop.Life Insur.Co., 1959.
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Clarification

The Centers for Disease Control and Prevention (CDC) defines a trimester as a term of three months in the prenatal gestation period with the specific trimesters defined as follows in weeks:

First Trimester: 0-13 weeks
Second Trimester: 14-26 weeks
Third Trimester: 27-40 weeks.

Further, CDC begins the calculation of weeks starting with the first day of the last menstrual period. If that date is not available, CDC estimates that date from the estimated date of confinement (EDC). This definition is used in interpreting CDC's Prenatal Nutrition Surveillance System data, comprised primarily of data on pregnant women participating in the WIC Program.
