



Promoting Healthy Perinatal Weight within Maternal, Child and Adolescent Health Programs

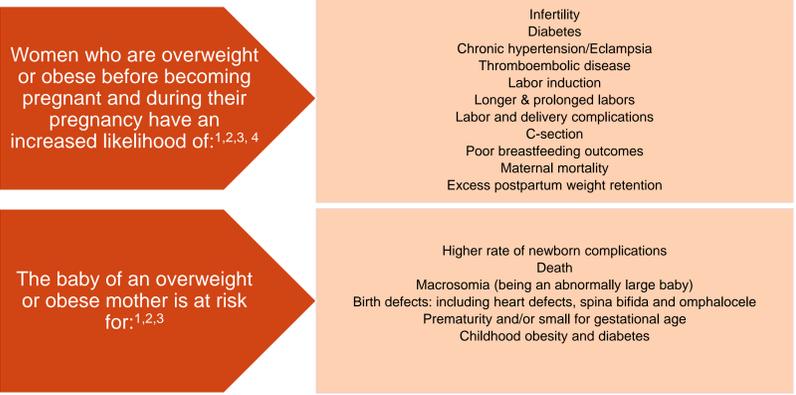
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Strategies to Promote IOM Guidelines for Recommended Weight Gain During Pregnancy

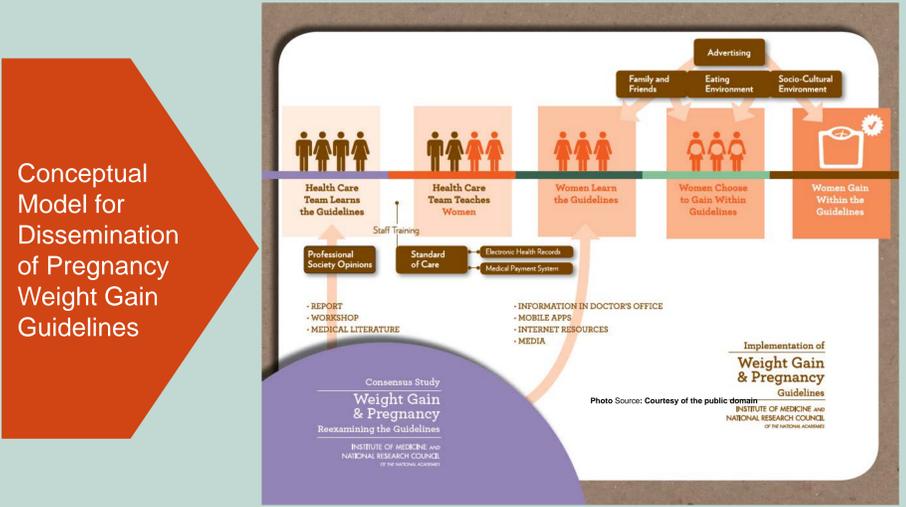
Why Maternal Weight Matters

The weight of a mother before and during pregnancy affects the health of the mother and baby.



1. Takahashi ER, Libet M, Ramstrom K, Jocson MA and Marie K (Eds). Preconception Health: Selected Measures, California, 2005. Maternal, Child and Adolescent Health Program, California Department of Public Health, Sacramento, CA, October 2007 <http://www.cdph.ca.gov/HealthInfo/healthyLiving/childfamily/Documents/MO-PreconceptionHealthOct07.pdf>.
2. From CDC Maternal and Infant Health Research: Pregnancy Complications <http://www.cdc.gov/reproductivehealth/maternalinfanthealth/PregComplications.htm>
3. Obesity and Pregnancy, California Maternal Quality Care Collaborative http://www.cmqcc.org/maternal_morbidity/obesity_and_pregnancy
4. AMCHP/CivMat/CH Women's Preventive Health Framework

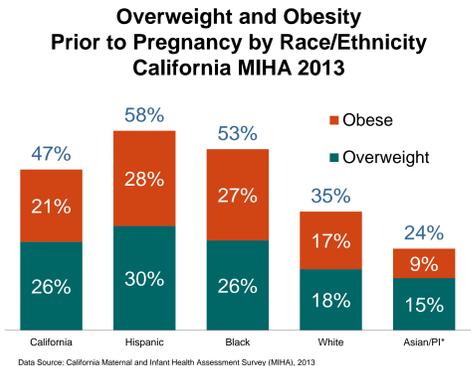
Strategies to Support Healthy Weight



MCAH programs promote evidence-based strategies to support healthy weight throughout the life-course.



Data Tells the Story



1 in 2 California women entered pregnancy overweight or obese in 2013.

Data Source: California Maternal and Infant Health Assessment Survey (MIHA), 2013

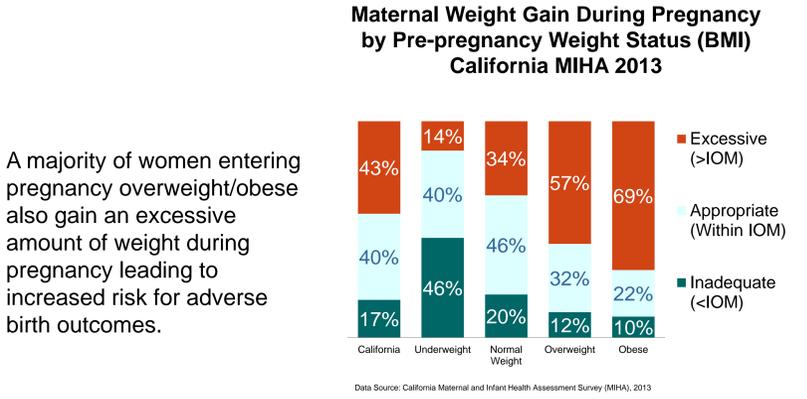
Recommended Weight Gain During Pregnancy

Gaining a healthy amount of weight during pregnancy is important to support a child's and adult's health in the next generation.

If you start your pregnancy as...	You should gain...
Underweight (BMI less than 18.5)	28-40 lbs.
Normal Weight (BMI 18.5-24.9)	25-35 lbs.
Overweight (BMI 25-29.9)	15-25 lbs.
Obese (Obese classes) (BMI greater than or equal to 30.0)	11-20 lbs.

In 2009, the Institute of Medicine (IOM) released new guidelines for categorizing body mass index (BMI) values for maternal weight status prior to pregnancy as well as recommended weight gain during pregnancy.

Please visit the IOM to learn more: <http://www.iom.edu/About-IOM/Making-a-Difference/Kellogg/HealthyPregnancy.aspx>



2 out of 5 California mothers gained an excessive amount of weight during pregnancy in 2013.

Data Source: California Maternal and Infant Health Assessment Survey (MIHA), 2013

Resources

For more information please visit MCAH Nutrition and Physical Activity Initiative Website: cdph.ca.gov/NUPA-MCAH

Healthy Weight Among Women of Reproductive Age



Proportion of Women Advised by Health Professional on Appropriate Weight Gain

3 out of 4 Women reported they were advised by a health professional on appropriate weight gain during pregnancy.

Data Source: California Maternal and Infant Health Assessment Survey (MIHA), 2013

For more information please visit the Maternal and Infant Health Assessment Survey (MIHA) Website: cdph.ca.gov/MIHA