

Vermont PRAMS Data Brief

Prenatal Counseling – part 5 Weight Gain During Pregnancy

This is a report on the Pregnancy Risk Assessment Monitoring System (PRAMS), a survey conducted on a sample of Vermont women with live births since 2001. This report includes data from 2004-2008.

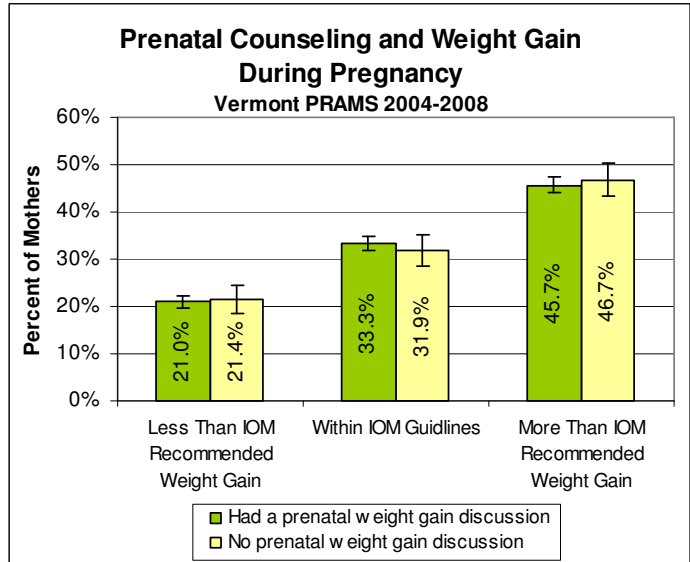
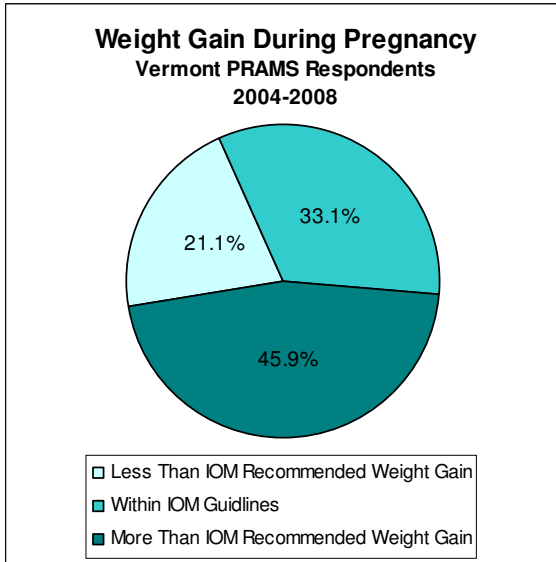
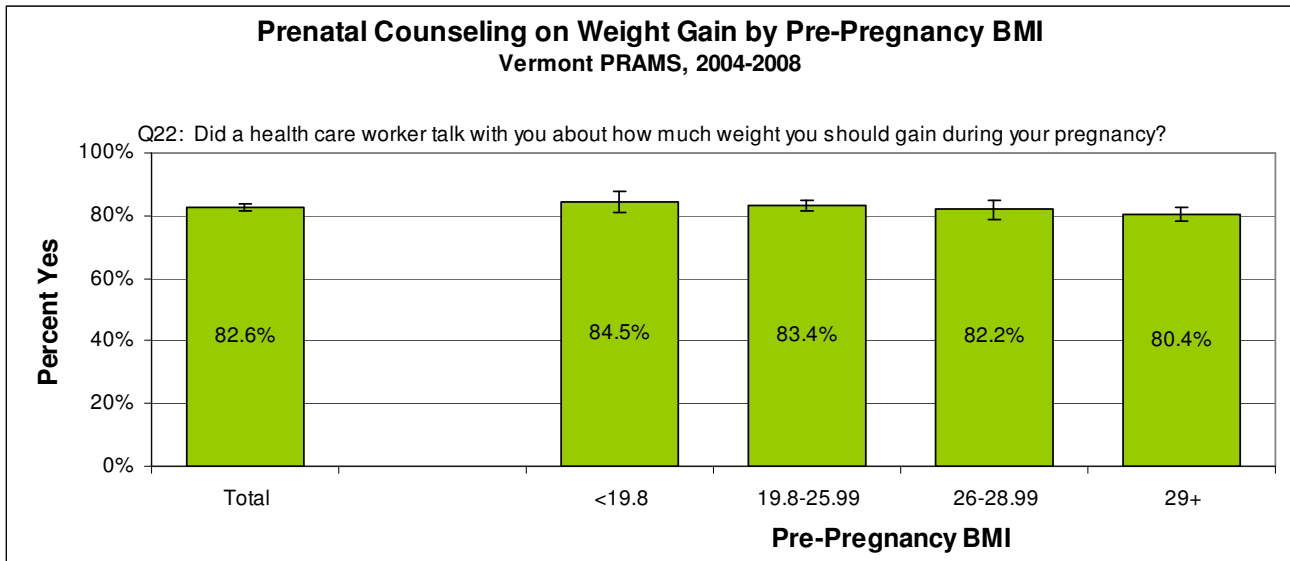
Included in the survey are questions about the content of prenatal care. Previous reports have examined trends in prenatal counseling, differences in responses across demographics for the prenatal counseling questions, and compared maternal behaviors and birth outcomes with prenatal counseling in specific topic areas. This report focuses on the relationship between pre-pregnancy body mass index (BMI), weight gain during pregnancy and prenatal care discussion of weight gain. The wording for the questions examined here is included at the end of this report.

Prenatal Counseling and Maternal Weight Gain:

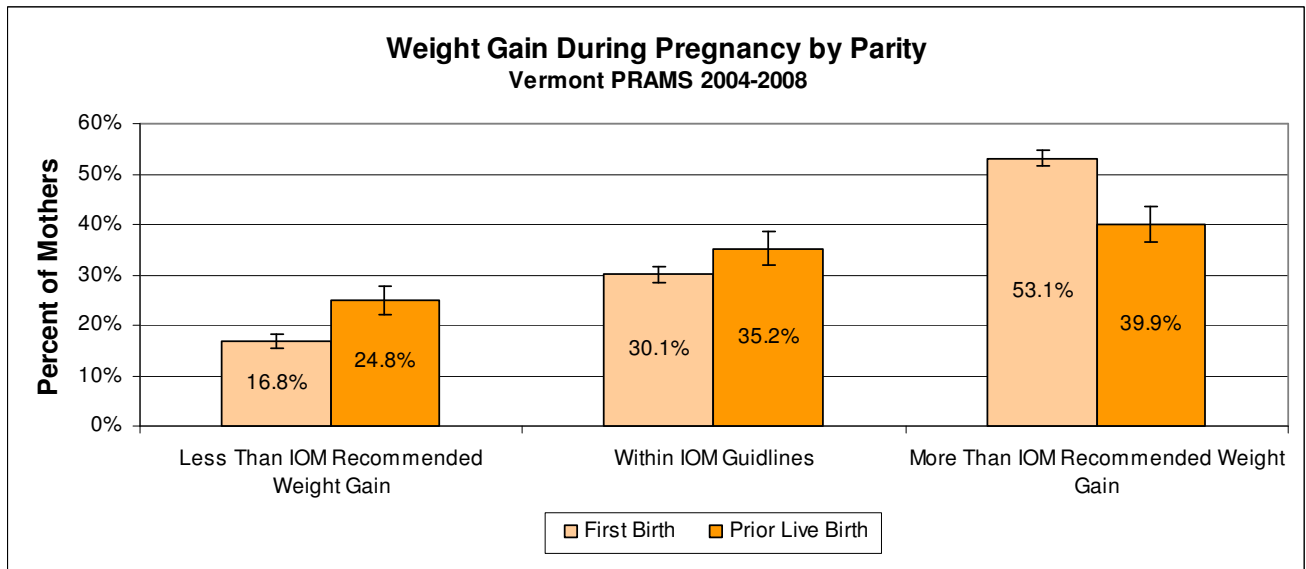
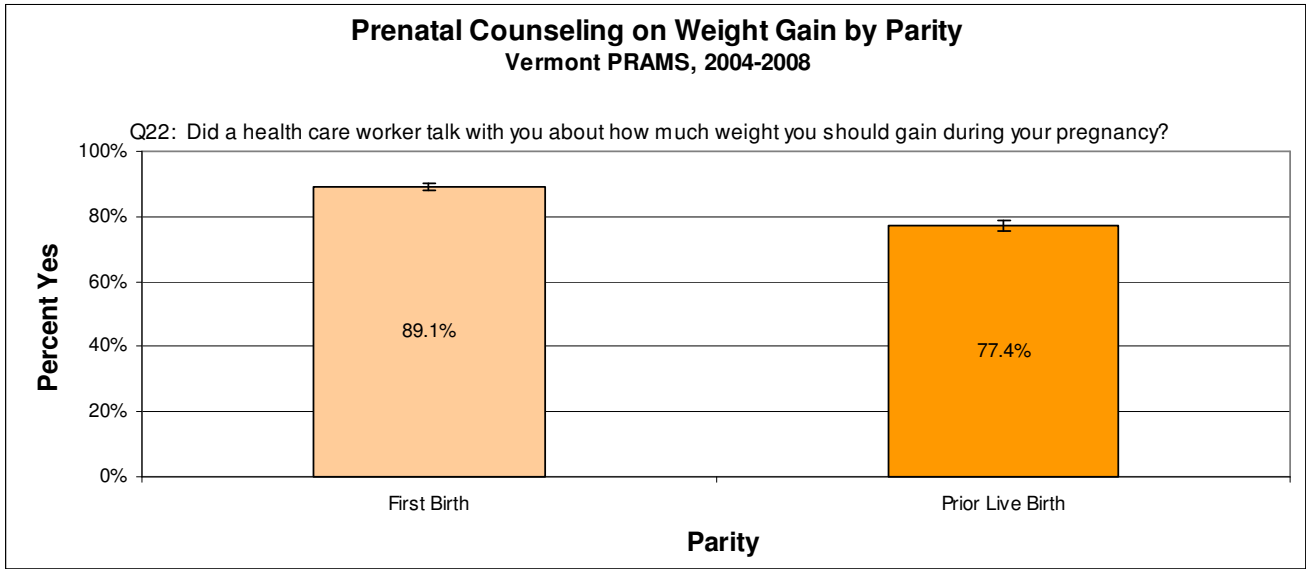
- 83% of mothers indicated that a prenatal health care worker had talked with them about how much weight they should gain during pregnancy. This percentage did not vary significantly between pre-pregnancy BMI categories.
- From 2004-2008, only 33% of Vermont PRAMS respondents achieved the Institute of Medicine (IOM) recommended weight gain^a, with 46% exceeding the weight gain recommendations and 21% gaining too little weight.
- Mothers reporting prenatal weight gain discussion were no more likely to achieve the IOM recommended weight gain than women who did not report a weight gain discussion.
- First time mothers were significantly more likely to have a weight gain discussion with a prenatal care provider than mothers who had previously had a live birth (89% to 77%).
- Despite the higher rate of weight gain discussion, first time mothers were still significantly less likely than mothers who had a previous live birth to achieve the IOM recommended weight gain, with more than half of first time mothers exceeding the IOM weight gain recommendation.

^a *Nutrition During Pregnancy*, Institute of Medicine, National Academy of Sciences, 1990. See table on page 4.

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PRAMS Questions used in this brief:

9. Before you got pregnant with your new baby, did you ever have any other babies who were born alive?

- No
 Yes

22. During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about how much weight you should gain during your pregnancy?

- No
 Yes

Weight Gain During Pregnancy

The weight gain guidelines reflected in this report were taken from *Nutrition During Pregnancy*, Institute of Medicine, National Academy of Sciences, 1990. The recommendations are as follows:

| Pre-Pregnancy BMI | Recommended Weight Gain |
|-------------------|-------------------------|
| < 19.80 | 28 - 40 lbs |
| 19.80 - 26.00 | 25 - 35 lbs |
| 26.01 - 29.00 | 15 - 25 lbs |
| > 29.00 | 15 - 25 lbs |
| Multiple Births | 35 - 45 lbs |