

Introduction

- Weight in pregnancy has a great influence on maternal and fetal health and is likely to influence future pregnancy outcomes.
- Weight gain in pregnancy varies greatly. Most pregnant women gain between 10kg and 12.5kg and most of the weight gain occur from 20 weeks.
- Recommendations outlined by the ACOG for healthy gestational weight gain to the calculated booking BMI, the expected weight gain in pregnancy are as follows .
 - **BMI <18.5 gain 13 – 18kg**
 - **BMI 18.5 – 24.9 gain 11.5 – 16kg**
 - **BMI 25 – 29.9 gain 7 – 11kg**
 - **BMI >30 gain 5 – 9kg**
- Only pregnancy with a BMI >30 are under consultant led care and receive dietician referral for advice on healthy eating and how to be physically active. Encourage them to lose weight after pregnancy.

Aim

- To assess that the weighing of pregnant women at booking, at 28 weeks and @ 36weeks is performed and monitored according to trends of weight gain during pregnancy.
- To assess if the amount of weight gain in pregnancy conforms to the current guidelines recommended by the ACOG.
- To assess if weight gain increases risk of pregnancy complications.
- To assess mode of delivery and fetal weight at delivery and evaluate if weight at delivery affects mode of birth.

Method

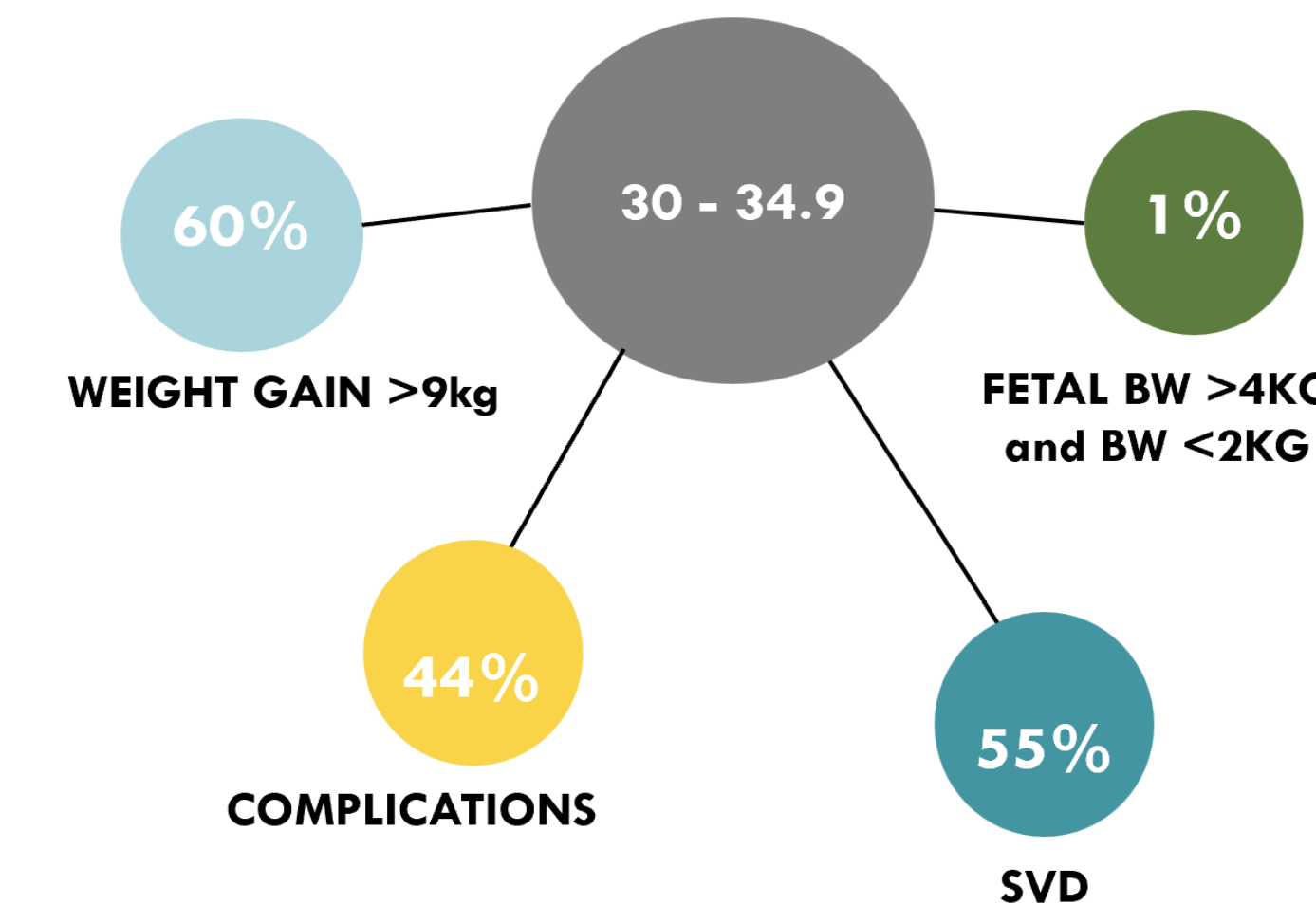
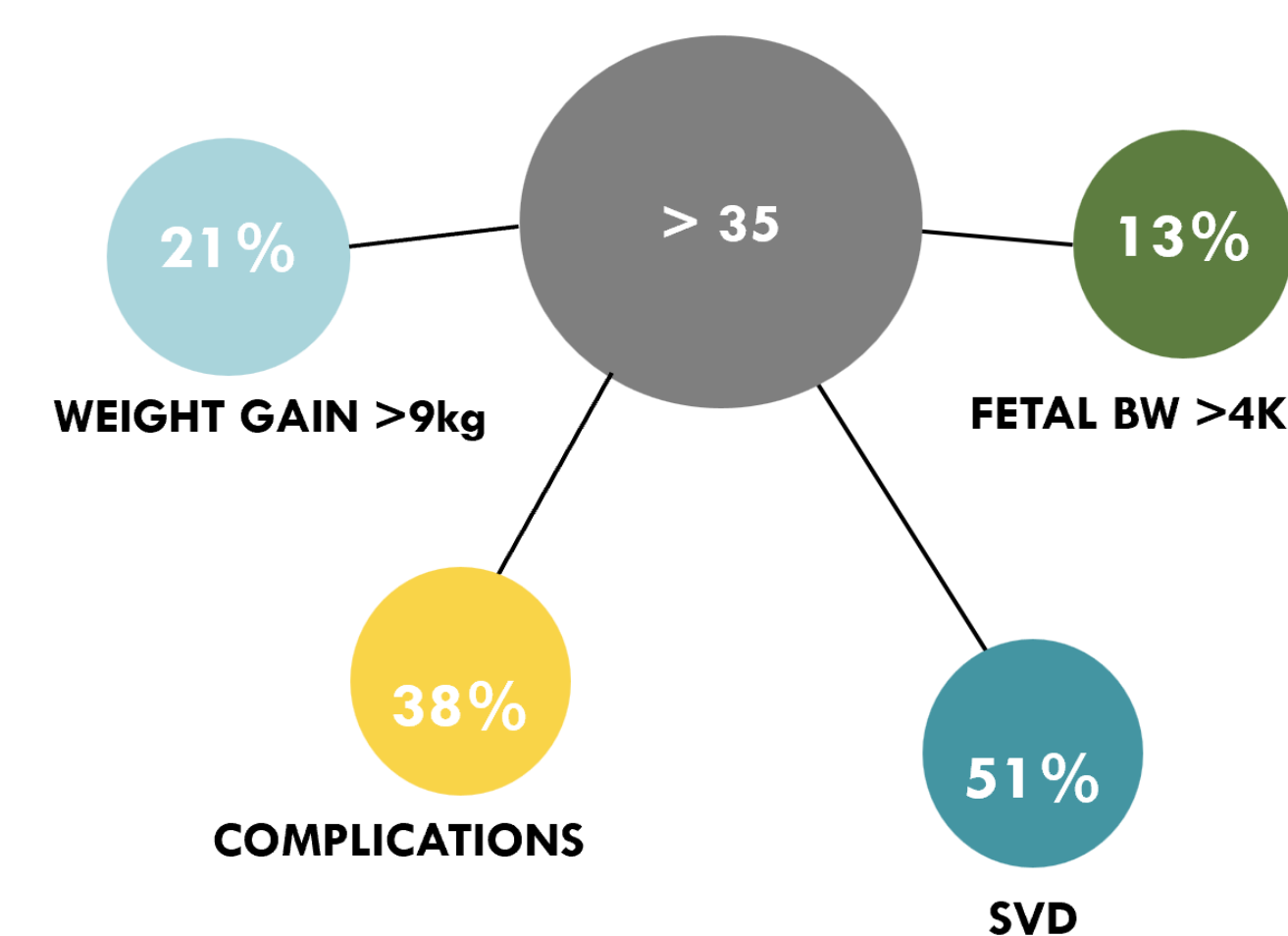
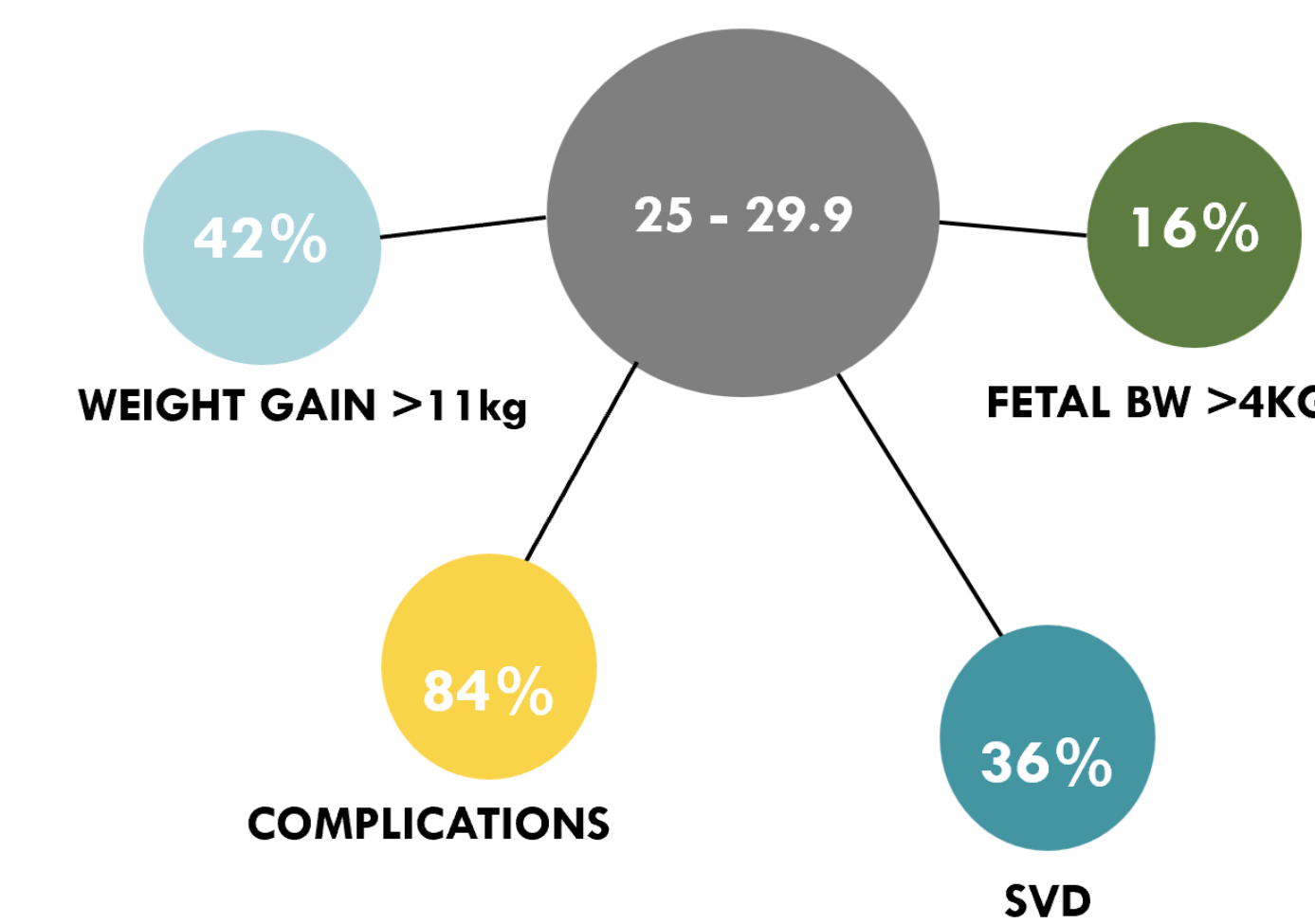
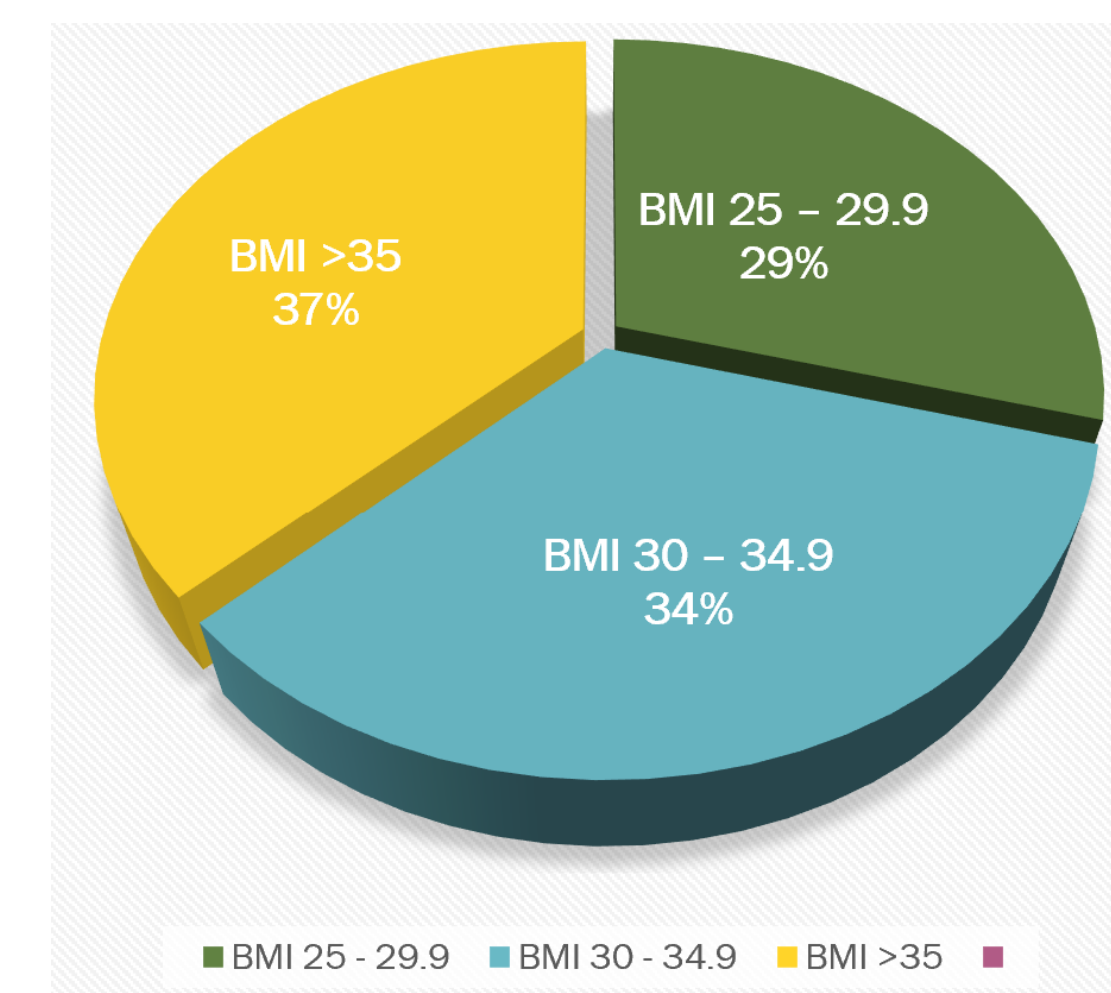
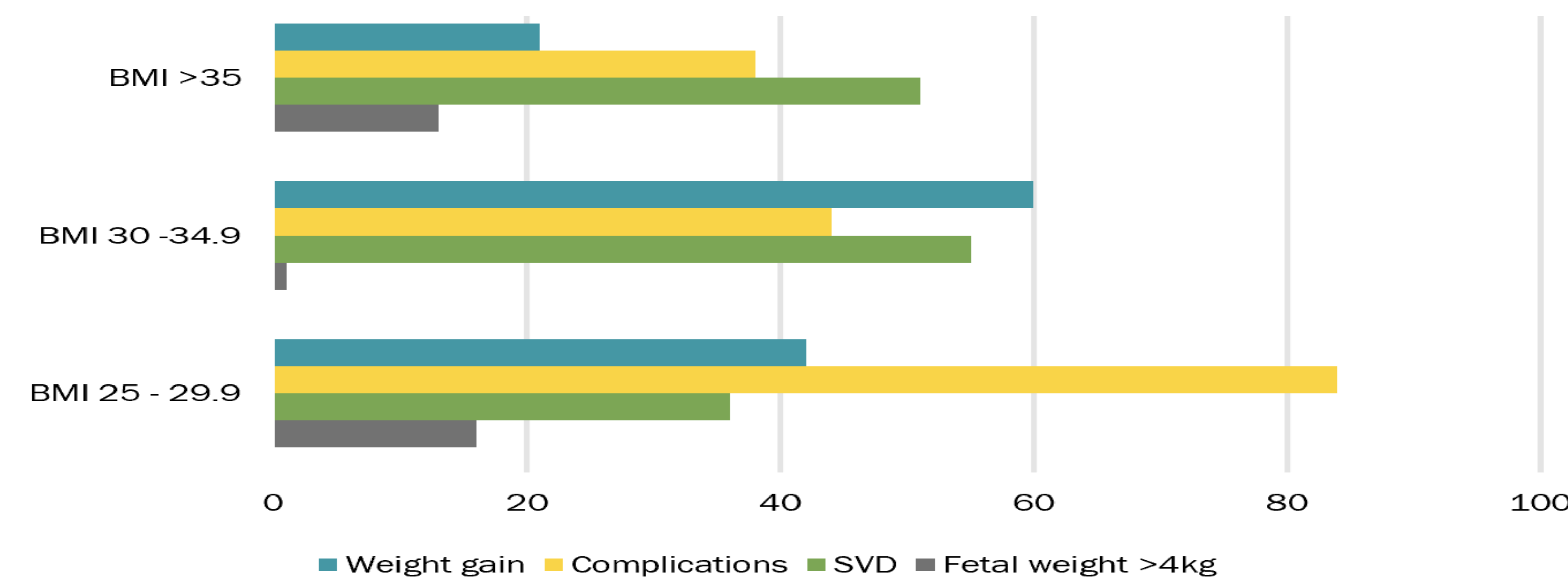
Retrospective record of 65 women in August, 2022 across the Hywel Dda University Health Board.

Inclusion Criteria, Pregnant woman with a BMI >24.9 and had weight measured @booking, and 36 weeks.

Exclusion criteria, pregnant woman with a BMI ≤24.9

Results

65 patients evaluated, based on the following BMI



Group that had more weight gain, experienced more pregnancy complications.

ELCB rate remained stable across each group

- **BMI 25 – 29.9** - 16% had ELCB
- **BMI 30 – 34.9** - 14% had ELCB
- **BMI >35** - 12% had ELCB

EMCB was higher in the BMI >35

Recommendation

- Pre pregnancy weight management, for women to have a healthy weight before pregnancy so as to ensure a healthy pregnancy.
- Focus on BMI 25 and above and not just BMI >30 group and provide support and advice for dietary and physical activities.
- Weight monitoring and BMI calculation at booking, 28 weeks & 36 weeks to monitor weight gain trend in pregnancy and intervene when necessary.
- Antenatal discussion and providing support on weight maintenance in pregnancy with healthy diet and physical activities. (Foodwise app is a good resource for both pregnant woman and health professional looking after pregnant women)
- Ensuring Dietician referral antenatally and postnatally.
- Providing guidance for postpartum weight management support for BMI 25 and over.

References

- NICE (2010) *Overview: Weight management before, during and after pregnancy: Guidance, NICE*. Available at: <https://www.nice.org.uk/guidance/ph27> (Accessed: 30 May 2023).
- NICE (2021) *Recommendations: Antenatal Care: Guidance, NICE*. Available at: <https://www.nice.org.uk/guidance/ng201/chapter/Recommendations> (Accessed: 30 May 2023).
- Dudenhausen, J.W., Grünebaum, A. and Kirschner, W., 2015. Prepregnancy body weight and gestational weight gain—recommendations and reality in the USA and in Germany. *American Journal of Obstetrics & Gynecology*, 213(4), pp.591-592.