

NATIONAL RESEARCH COUNCIL
INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES

Board on Children, Youth, and Families
Food and Nutrition Board

The Impact of Pregnancy Weight on Maternal and Child Health

Workshop sponsored by
The National Academies Committee on the
Impact of Pregnancy Weight on Maternal and Child Health: A Workshop

May 30–31, 2006

National Academy of Sciences Building
2100 C Street, NW, the Lecture Room
Washington, DC 20418

Workshop goals: Engage in presentations and discussion around the following questions.

- 1) What research describes the distribution of maternal weight (before, during, and after pregnancy) among different populations of women in the United States?
- 2) What research informs the understanding of the effects of different weight patterns during pregnancy on maternal and child health outcomes?
- 3) What research describes the individual, community, and health care system factors that impede or foster compliance with recommended gestational weight guidelines?

Program

Tuesday, May 30, 2006

NAS Lecture Room

Welcome, Introduction, and Overview

Moderator: *Maxine Hayes, M.D., M.P.H.*, Committee Chair

8:30 am **Welcome, Introductions, Background, and Overview of Workshop**
...*Maxine Hayes, M.D., M.P.H.*, Committee Chair

8:45 am **Overview: Trends in Maternal and Pregnancy Weight**
...*Mary Cogswell, R.N., Dr. P.H.*, Division of Nutrition and Physical Activity, CDC
...*Patricia Dietz, Dr. P.H.*, Division of Reproductive Health, CDC

Panel 1: Gestational Weight Gain: Direct Predictors and Moderators and Maternal Health Consequences

Moderator: *Kathleen Rasmussen, Sc.D.*, committee member

- 9:25 am **Biological and Metabolic Relationships**
... *Janet King, Ph.D.*, Children's Hospital Oakland Research Institute
- 9:45 am **Social Predictors or Relationships**
...*Naomi Stotland, M.D.*, UC San Francisco
- 10:05 am **BREAK**
- 10:20 am **Short-term Maternal Health Outcomes**
...*Kathleen Rasmussen, Sc.D.*, Cornell University
- 10:40 am **Long-term Maternal Health Outcomes**
...*Erica Gunderson, Ph.D.*, Division of Research, Kaiser Permanente Northern California
- 11:00 am **Discussant Panel:**
Each discussant will have 5 minutes.
...*Barbara Abrams, Dr. P.H.*, University of California, Berkeley
...*Calvin Hobel, M.D.*, Cedars-Sinai Medical Center and University of California, Los Angeles
...*Elizabeth McAnarney, M.D.*, University of Rochester, Medical Center
...*Anna Marie Siega-Riz, Ph.D.*, University of North Carolina, Chapel Hill
- 12:00 pm **LUNCH**

Panel 2: Maternal Weight and Gestational Weight Gain as Direct Predictors and Moderators of Infant and Child Growth and Health

Moderator: *Matthew Gillman, M.D.*, committee member

- 1:00 pm **Short-term Infant Health Outcomes**
...*Patrick Catalano, M.D.*, MetroHealth Medical Center, Case Western Reserve University
- 1:20 pm **Long-Term Child Health Outcomes**
...*Emily Oken, M.D.* Harvard Medical School, Harvard Pilgrim Health Care
- 1:40 pm **Discussant Panel:**
Each discussant will have 5 minutes.
...*Mary Hediger, Ph.D.*, National Institute of Child Health and Human Development, National Institutes of Health
...*Michael Kramer, M.D.*, McGill University
...*Robert Whitaker, M.D., M.P.H.*, Mathematica Policy Research Institute, Inc

2:40 pm **BREAK**

Panel 3: Insights from Interventions to Promote Appropriate Weight During Pregnancy and Postpartum

Moderator: *Lillian Gelberg, M.D.*, committee member

3:00 pm **Individual Approaches to Change Behaviors Related to Appropriate Weight During Pregnancy and Postpartum**
...*Rena Wing, Ph.D.*, Brown Medical School

3:20 pm **Psychosocial-Related Factors that affect Appropriate Weight During Pregnancy and Postpartum**
... *Lorraine Walker, Ph.D.*, University of Texas-Austin

3:40 pm **Community Approaches to Promote Appropriate Weight During Pregnancy and Postpartum**
...*Christine Olson, Ph.D., R.D.*, Cornell University

4:00 pm **Existing Practices and Policies for Clinicians and Health Systems Regarding Appropriate Weight During Pregnancy and Postpartum**
...*Laura Riley, M.D.*, Massachusetts General Hospital

4:20 pm **Discussant Panel:**
Each discussant will have 5 minutes.
...*Edith Kieffer, Ph.D.*, University of Michigan
...*Carol Korenbrot, Ph.D.*, California Rural Indian Health Board
...*William McCarthy, Ph.D.*, University of California, Los Angeles

5:20 pm End of the day

Wednesday, May 31

NAS Lecture Room

8:30 am **Continental Breakfast**

Summary of Previous Day

9:00 am *Moderator: Maxine Hayes (5–10 minute summary and then discussion)*
Review what is known about the distribution of maternal weight in different populations of women.

9:30 am *Moderators: Barbara Abrams or Matthew Gillman (5–10 minute summary and then discussion)*
Review what is known about the effects of different weight patterns during pregnancy on maternal and child health outcomes.

- Based on the evidence presented, what else can be done to further improve maternal and child health outcomes?
- What research is needed to move the field forward?
- What have we missed?

10:15 am

Moderators: Lillian Gelberg (5–10 minute summary and then discussion)

Review what we know about the individual, community, and health care system factors that (1) affect and (2) seek to improve maternal and child health outcomes through compliance with recommended gestational weight guidelines.

- To what extent are these policies and interventions based on scientific evidence presented around improving maternal and child health outcomes?
- Based on the evidence presented, what else can be done to further improve maternal and child health outcomes?
- Who needs to be involved to further improve maternal and child health outcomes? Is there a role for the media and public messaging?
- What research is needed to move the field forward?
- What have we missed?

12:00 pm

End of Workshop

This meeting is being held to gather information to help the committee conduct its study. This committee will examine the information and material obtained during this, and other public meetings, in an effort to inform its work. Although opinions may be stated and lively discussion may ensue, no conclusions are being drawn at this time; no recommendations will be made. In fact, the committee will deliberate thoroughly before writing its summary of the workshop. Moreover, once the draft summary is written, it must go through a rigorous review by experts who are anonymous to the committee, and the committee then must respond to this review with appropriate revisions that adequately satisfy the Academy's Report Review committee and the chair of the NRC before it is considered an NRC report. Therefore, observers who draw conclusions about the committee's work based on today's discussions will be doing so prematurely.

Furthermore, individual committee members often engage in discussion and questioning for the specific purpose of probing an issue and sharpening an argument. The comments of any given committee member may not necessarily reflect the position he or she may actually hold on the subject under discussion, to say nothing of that person's future position as it may evolve in the course of the project. Any inference about an individual's position regarding findings or recommendations in the final report are therefore also premature.

You can submit written comments to the NRC committee any time throughout the study process through the FEEDBACK link on the following web site:

<http://www4.nationalacademies.org/webfdbk.nsf/Feedback?OpenForm&BCYF-I-05-03-A>