

Workshop

Impact of Pregnancy Weight on Maternal and Child Health

May 30-31, 2006

Maxine Hayes, M.D., Committee Chair
Washington, DC

Background

Institute of Medicine Reports:

- 1990 *Nutrition During Pregnancy*
- 1991 *Nutrition During Lactation*
- 1992 *Nutrition During Pregnancy and Lactation: An Implementation Guide*
- 1996 *WIC Nutrition Risk Criteria*

Background

Maternal and Child Health Bureau
Report:

- 1996, *Maternal Weight Gain*

Body Mass Index Categories:

- NHLBI vs 1990 and 1996 IOM reports

Context

Women:

- 1 out of 4 women of reproductive age is considered obese with a documented increase since 1960 (Kral, 2004)
- High rates of overweight and obesity in minority populations (NHANES 1999-2002)

Concerns

- Higher weight gain during pregnancy than in the past
- Guidance for pregnant mothers, tailored to the individual (overweight, underweight, short women)
- Increasing racial/ethnic diversity of the U.S. population

Concerns

- Relationship between gestational weight gain AND fetal, infant, and maternal health outcomes
- Relationship between high weight gain during pregnancy AND maternal obesity
- New scientific findings (adolescents, overweight or obese, minority populations)

Task

1. Examine the research that describes the distribution of maternal weight (before, during, and after pregnancy) among different populations of women in the U.S.
2. Examine the research on the effects of different weight patterns during pregnancy on maternal and child health outcomes

Task

3. Examine research on the individual, community, and health care system factors that impede or foster compliance with recommended gestational weight guidelines
4. Explore opportunities for Title V Maternal and Child Health Programs to help childbearing women achieve and maintain recommended weight (before, during, and after) pregnancy

Task

5. To inform future research and data collection needs

Logistics

- Overview and Trends
- Panels (3):
 - Moderator
 - Presenters (20 minutes)
 - Discussants (5 minutes)
 - Discussion with whole panel
 - Cards to write questions from audience
(moderators discretion with limited time)

Logistics

- Moderator wrap-up
- Second Day Summary Session
 - Review the workshop goals
 - Review the information presented
 - Review cards/take questions from audience

Disclaimer

- Due to limited time during these presentations it is impossible to address the quality of the studies of the data presented
 - Qualitative versus quantitative