

133 High Maternal Weight Gain

Kansas Risk Factor Summary

Risk Factor Code	Kansas Risk Factor Title	High Risk	Auto-Assigned	Based on MD Diagnosis	Category and Priority					USDA Revised Date
					PG	BF	PP	I	C	
133	High Maternal Weight Gain		X		1	1	5			06/10

Kansas Risk Factor Definition

High weight gain at any point in pregnancy, such that using an Institute of Medicine (IOM)-based weight gain grid, a pregnant woman’s weight plots at any point above the top line of the appropriate singleton weight gain range for her respective prepregnancy weight category. The risk factor is assigned using the singleton weight gain range, information on recommended weight gain ranges for multifetal pregnancies is provided for counseling purposes.

Prepregnancy Weight Category ¹		Total Weight Gain Range (lbs)	
		Singleton	Twins ²
Underweight	BMI <18.5	28 to 40	Not Available ³
Normal weight	BMI 18.5 to 24.9	25 to 35	37 to 54
Overweight	BMI 25.0 to 29.9	15 to 25	31 to 50
Obese	BMI ≥ 30.0	11 to 20	25 to 42

USDA Justification

Note: USDA Justification is provided because it explains nicely why the risk is important. However, you must use the Kansas risk factor names and definitions which may differ slightly from the USDA document.

¹ Until research supports the use of different BMI cut-offs to determine weight status categories for adolescent pregnancies, the same BMI cut-offs will be used for all women, regardless of age, when determining WIC eligibility

² For triplets the overall gain should be around 50 pounds with a steady rate of gain of approximately 1.5 pounds per week throughout the pregnancy.

³ There is insufficient information to develop guidelines for underweight women with multiple fetuses. A gain of 1.5 pounds per week during the second and third trimesters has been associated with a reduced risk of preterm and low-birth weight delivery in twin pregnancy.