

131 Low 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	
131	Low Maternal Weight Gain	X	X		1					06/18

Kansas Risk Factor Definition

Low weight gain at any point in pregnancy, such that either A or B apply. Note that, the weight gain recommendations in the tables are for singleton pregnancies but will be used for multi-fetal pregnancies when determining WIC eligibility.

- A. A low rate of gain, such that in the 2nd and 3rd trimesters,

Prepregnancy Weight Classification ¹	BMI	Total Weight Gain (lbs.)/Week
Underweight	< 18.5	< 1
Normal weight	18.5 – 24.9	< 0.8
Overweight	25 – 29.9	< 0.5
Obese	≥ 30.0	< 0.4

- B. Low weight gain at any point in pregnancy, such that using a National Academies of Sciences, Medicine, and Engineering (NASEM-formerly known as the Institute of Medicine)-based weight gain grid, a pregnant woman’s weight plots at any point beneath the bottom line of the appropriate singleton weight gain range for her respective prepregnancy weight category. Although 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 Classification 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.