

# get healthy<sup>®</sup> in pregnancy

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## Weight Gain During Pregnancy

### WHY IS MANAGING YOUR WEIGHT GAIN DURING PREGNANCY IMPORTANT?

It is important for your health and for the health of your baby to eat well and stay active during pregnancy.

Too much or too little weight gain during pregnancy can place you and your baby at risk of complications during the pregnancy, at birth and later in life.

### How much weight should I put on during pregnancy?

- This depends on your body mass index (BMI) before you were pregnant
- Your BMI is calculated by dividing your weight (kg) by your height (m) squared. An online calculator is available at [www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)
- Your doctor or midwife can also help you estimate your pre-pregnancy BMI
- If you have a higher pre-pregnancy BMI, you won't need to gain much weight during your pregnancy as you will already have the energy reserves needed for pregnancy and breastfeeding



**Weight (kg)**  
—————  
**Height (m)<sup>2</sup>**  
**=**  
**Body mass index (BMI)**

### WEIGHT GAIN GUIDE:



#### SINGLE PREGNANCIES

As a general rule, you don't need to eat more than usual during the first 3 months (the first trimester) and you should only put on 1-2 kg during this time.

Pre-Pregnancy BMI (kg/m <sup>2</sup> )	Overall weight gain during pregnancy (kg)
<18.5	12.5-18.0
18.5-24.9	11.5-16.0
25-29.9	7.0-11.5
30+	5.0-9.0

Source: Queensland Health (2010) Statewide Maternity and Neonatal Clinical Guideline: Obesity



#### MULTIPLE PREGNANCIES

If you are having more than one baby (e.g. twins or triplets), you will need to gain more weight than if you were only having one baby.

Pre-Pregnancy BMI (kg/m <sup>2</sup> )	Overall weight gain during pregnancy (kg)
<18.5	Talk to your dietitian or obstetrician
18.5-24.9	17-25
25-29.9	14-23
30+	11-19

Source: RANZCOG (2013) College Statement on the Management of Obesity in Pregnancy

## WHY GAINING THE RIGHT AMOUNT OF WEIGHT IS IMPORTANT

There is also increasing evidence to support so called 'fetal programming' i.e. that the nutrients babies receive before they are born influences their health later in life. Babies with abnormally low or high birth weight in particular may be at increased risk of obesity and chronic disease as adults.

### If you GAIN TOO LITTLE WEIGHT during pregnancy



You are at higher risk of:

Going into labour too early

Having a baby that is smaller than normal

Having problems with breastfeeding your baby

### If you GAIN TOO MUCH WEIGHT during pregnancy



Your baby is at higher risk of:

Being born larger than normal

Having an unusually low blood glucose level at birth which may require treatment

Being overweight or obese as a child

Being overweight or obese as they become adults



You are at higher risk of:

Pre-eclampsia - a condition in pregnancy which causes high blood pressure and can put both you and your baby at risk

Gestational (pregnancy) diabetes - which can cause problems during pregnancy and birth as well as the potential for long-term health issues for you and your baby

Blood clots in your legs or pelvis

Requiring a birth by caesarean section and the associated complications such as infection and blood loss

Breastfeeding problems

Not being able to lose your baby weight, which increases the likelihood of being overweight or obese in the future



Weigh yourself **regularly** during pregnancy to make sure you are **on track** to achieving a healthy weight gain.

#### Tip:

If you do not have scales at home, ask your antenatal care provider when you go in for routine check-ups if you can use the scales in their clinic.

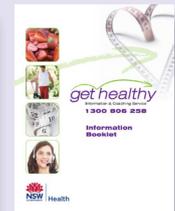


Speak to your **Get Healthy in Pregnancy Service** health coach

## AFTER THE BIRTH AND FUTURE PREGNANCIES

Achieving a healthy weight after your pregnancy decreases the likelihood that you will develop diseases such as diabetes, heart disease, and some cancers later in life. If possible, it is best to achieve a healthy weight (BMI between 18.5 - 25) before falling pregnant again. Speak to your *Get Healthy in Pregnancy Service* health coach for personalised advice on losing your baby weight.

### FOR FURTHER INFORMATION



[www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)



your health coach



additional fact sheets



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