

WIC 200-10 Connecticut Department of Health, WIC Program – Prenatal Weight Gain Grid (Adapted from NYS WIC)

Name _____

WIC #ID _____ Date _____

Prepregnant Wt _____ Ht _____

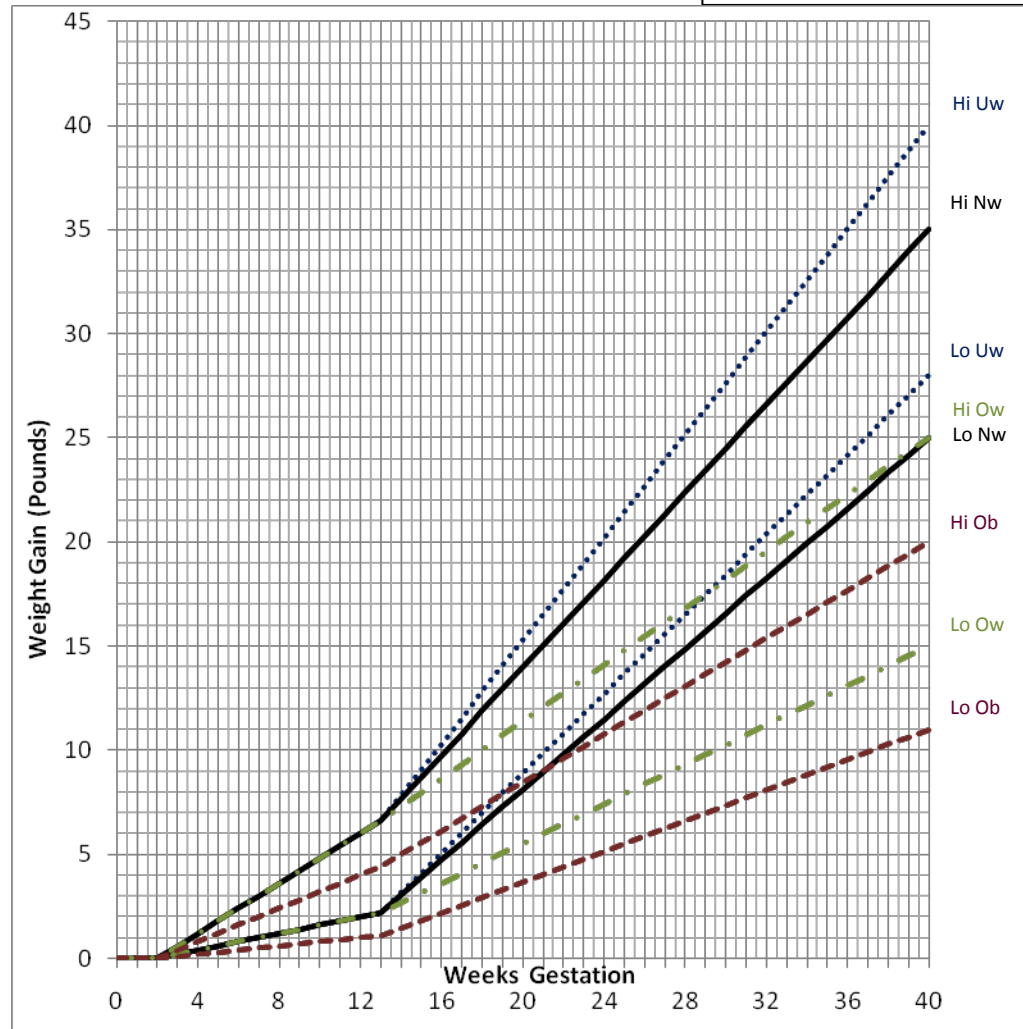
Prepregnant BMI _____ EDD _____

DOB _____

<u>Check One:</u>	<u>Prepregnant BMI*</u>	<u>Recommended Wt. Gain (singleton)*</u>	<u>Recommended Wt. Gain (multifetal)*</u>
_____ Underweight (Uw)	_____ BMI <18.5	28 - 40 pounds	Not Available
_____ Normal (Nw)	_____ BMI 18.5 - 24.9	25 - 35 pounds	37 - 54 pounds
_____ Overweight (Ow)	_____ BMI 25.0 - 29.9	15 - 25 pounds	31 - 50 pounds
_____ Obese (Ob)	_____ BMI >=30.0	11 - 20 pounds	25 - 42 pounds

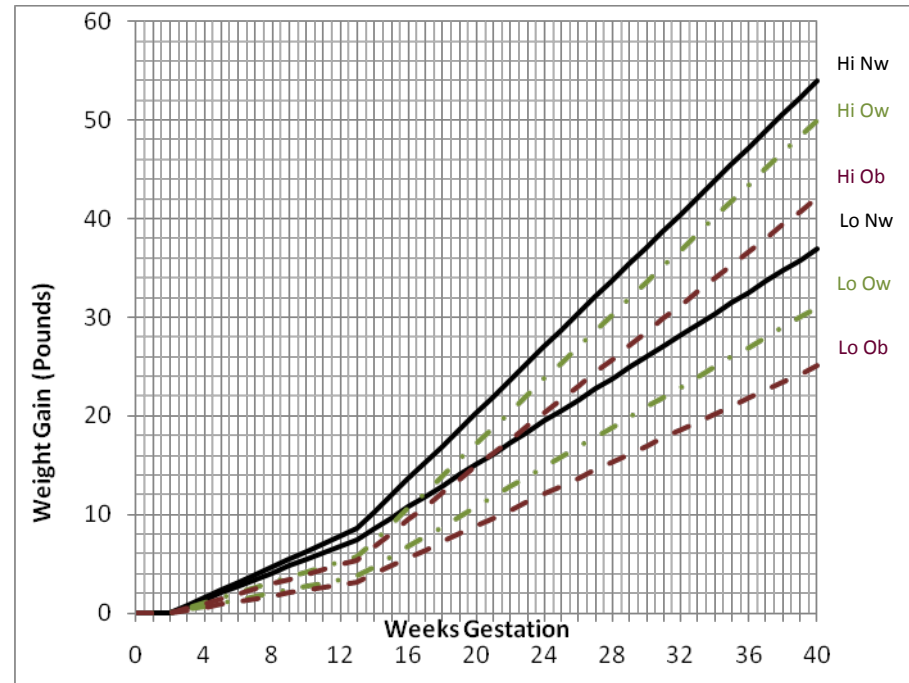
*IOM 2009, *Weight Gain During Pregnancy: Reexamining the Guidelines*. Washington, D.C.: National Academies Press.
 Twins - Consistent rate of weight gain with 1.5 pound/week gain in 2nd and 3rd trimesters
 Triplets - Overall weight gain of 50 pounds with 1.5 pound/week gain throughout the pregnancy

Prenatal Weight Gain Grid



Notes: _____

Multi-fetal Weight Gain Grid



BMI Table for Determining Weight Classification for Women*

Height (Inches)**	Underweight BMI <18.5	Normal Weight BMI 18.5 – 24.9	Overweight BMI 25.0 – 29.9	Obese BMI ≥30.0
54"	<77	77 – 103	104 – 124	≥124
55"	<80	80 – 107	108 – 129	≥129
56"	<83	83 – 110	111 – 134	≥134
57"	<86	86 – 115	116 – 138	≥138
58"	<89	89 – 118	119 – 142	≥142
59"	<92	92 – 123	124 – 147	≥147
60"	<95	95 – 127	128 – 152	≥152
61"	<98	98 – 131	132 – 157	≥157
62"	<101	101 – 135	136 – 163	≥163
63"	<105	105 – 140	141 – 168	≥168
64"	<108	108 – 144	145 – 173	≥173
65"	<111	111 – 149	150 – 179	≥179
66"	<115	115 – 154	155 – 185	≥185
67"	<118	118 – 158	159 – 190	≥190
68"	<122	122 – 163	164 – 196	≥196
69"	<125	125 – 168	169 – 202	≥202
70"	<129	128 – 173	174 – 208	≥208
71"	<133	133 – 178	179 – 214	≥214
72"	<137	137 – 183	184 – 220	≥220
73"	<140	140 – 188	189 – 227	≥227
74"	<144	144 – 194	195 – 234	≥234
75"	<148	148 – 199	200 – 239	≥239
76"	<152	152 – 204	205 – 246	≥246

Calculating BMI: Body Mass Index (BMI) is an anthropometric index of weight and height that is defined as body weight in kilograms (kg) divided by height/stature in meters squared (Keys et al., 1972).

$$\text{BMI} = \text{weight (lbs)} \div \text{stature (in)} \div \text{stature (in)} \times 703$$

$$\text{BMI} = \text{weight (kg)} \div \text{stature (m)}^2$$

$$\text{BMI} = \text{weight (kg)} \div \text{stature (cm)} \div \text{stature (cm)} \times 10,000$$

*Adapted from the Clinical Guidelines on the Identification, Evaluation of Overweight and Obesity in Adults. National Heart, Lung and Blood Institute (NHLBI), National Institutes of Health (NIH), NIH Publication No. 98-4083. *This chart applies to prenatal, breastfeeding and postpartum women.*

**When a woman's height is ≥ halfway between two values, round up to the next value (e.g.: for a height ≥62 ½", use 63").