

## How much weight should pregnant women gain?

The Institute of Medicine and the National Research Council recently issued revised weight-gain guidelines for obese pregnant women. This is in response to rising levels of obesity and growing evidence that weight gain can cause health problems for women and their infants. These guidelines are based on body mass index (BMI).

BMI can be calculated by using the formula:  $\text{Weight (kg)} / \text{Height}^2$  (Meters) or by going to a website such as:  
<http://www.cdc.gov/healthyweight/assessing/bmi/>

These new guidelines suggest the following:

BMI > 30	Obese	Weight gain 11-20 lbs
BMI 25-29.9	Overweight	Weight gain of 15-25 lbs
BMI 18.6-24.9	Normal	Weight gain of 25-35 lbs
BMI < 18.5	Underweight	Weight gain of 28-40 lbs