

Maternal Weight Loss During Pregnancy

Definition/ cut-off value

- C **Any weight loss below pregravid weight during 1st trimester, or**
 C Weight loss of ≥ 2 pounds (≥ 1 kg) in the 2nd or 3rd trimesters (14-40 weeks gestation).

Participant category and priority level

Category	Priority
Pregnant	I

Justification

Weight loss during pregnancy may indicate underlying dietary or health practices or health or social conditions associated with poor pregnancy outcomes. These outcomes could be improved by the supplemental food, nutrition education and referrals provided by the WIC Program.

Clarification/ Guidelines

For further guidelines regarding weight loss, refer to risk code 131, Low Maternal Weight Gain, “Clarification/Guidelines” section.

The Centers for Disease Control and Prevention (CDC) defines a trimester as a term of three months in the prenatal gestation period with the specific trimesters defined as follows in weeks:

- First Trimester: 0 through 13 weeks
- Second Trimester: 14 through 26 weeks
- Third Trimester: 27 through 40 weeks.

Further, CDC begins the calculation of weeks starting with the first day of the last menstrual period. If that date is not available, CDC estimates that date from the estimated date of confinement (EDC). This definition is used in interpreting CDC’s Prenatal Nutrition Surveillance System data, comprised primarily of data on pregnant women participating in the WIC Program.

1. Institute of Medicine: WIC Nutrition Risk Criteria: A Scientific Assessment; 1996;pp. 81-82.
2. Metropolitan Life Insurance Co.: New Weight Standards fro Men and Women;1959;40:1-4.
3. Brown, Judith E., RD, MPH,PhD: Final report on Prenatal Weight Gain Considerations for WIC; September 1998; commissioned by the Risk Identification and Selection Collaborative.

References

4. Institute of Medicine: WIC Nutrition Risk Criteria: A Scientific Assessment; 1996;pp. 81-82.
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6. Brown, Judith E., RD, MPH,PhD: Final report on Prenatal Weight Gain Considerations for WIC; September 1998; commissioned by the Risk Identification and Selection Collaborative.
7. Centers for Disease Control and Prevention: Prenatal Nutrition Surveillance System User's Manual. Atlanta, GA: CDC; 1994; page 8-3.