

Healthy Gestational Weight Gain

A tool for health professionals

1

Determine pre-pregnancy BMI

Use your preferred BMI tool OR calculate using this formula:

$$\text{BMI} = \frac{\text{pre-pregnancy weight in kilograms}}{(\text{height in metres})^2}$$

OR

$$[\text{weight (lbs)} \div \text{height (in)}^2] \times 703$$

If pre-pregnancy weight is unknown, use weight at earliest prenatal appointment.

To access gestational weight gain practice guidelines and tracking charts, and for more information:

www.simcoemuskokahealth.org/JFY/PCPortal/PCPCategories/MaternalAndChildHealth/GestationalWeightGain.aspx

2

Inform woman of her recommended weight gain rate and range

Canadian Gestational Weight Gain Recommendations

Pre-pregnancy BMI category	Mean ^(A) rate of weight gain in the 2nd and 3rd trimester		Recommended ^(B) range of total weight gain	
	kg/week	lb/week	kg	lbs
BMI < 18.5 (Underweight)	0.5	1.0	12.5 - 18	28 - 40
BMI 18.5 - 24.9 (Normal weight)	0.4	1.0	11.5 - 16	25 - 35
BMI 25.0 - 29.9 (Overweight)	0.3	0.6	7 - 11.5	15 - 25
BMI ≥ 30 ^(C) (Obese)	0.2	0.5	5 - 9	11 - 20

Using tracking charts to plot weight gain may be helpful in identifying unusual patterns over time.

(A) Rounded values.

(B) Calculations assume a total of 0.5 - 2 kg (1.1 - 4.4 lbs) weight gain in the first trimester.

(C) A narrower range of weight gain may be advised for women with a pre-pregnancy BMI of 35 or greater. Individualized advice is recommended for these women.

3

Explore risks for gaining outside recommended weight gain rate and range

- What are your thoughts about the recommended weight gain rate and range?
- May I ask a few questions about your eating and physical activity habits?
- How many times did you eat vegetables and fruit yesterday? Is this typical?
- How often do you eat from a fast food restaurant?
- How do you stay physically active? (Complete PARmed-X for Pregnancy)
- Do you ever have difficulty making ends meet at the end of the month?
- How may I support you to gain a healthy amount of weight?
- What other supports might be helpful for you? (refer to section below)

Characteristics of Canadian women associated with excess gestational weight gain:

- pre-pregnancy BMI >27
- first pregnancy
- Aboriginal
- did not finish high school
- under 25 years old

Maternity Experiences Survey, 2009

4

Refer woman for information and/or support

Simcoe Muskoka District Health Unit

Your Health Connection

1-877-721-7520

A public health nurse will provide information, support and referrals to support a healthy pregnancy.

Clinical Referrals

Healthy Eating

- Registered Dietitian from Family Health Team or Community Health Centre
- www.dietitians.ca Find-A-Dietitian \$
- Simcoe County Eating Disorders Service ≤ 18 years 705-728-9090 ext 47230

Mental Health

- Mental Health Services from Family Health Team or Community Health Centre
- Workplace Employee Assistance Program

Additional Support

- Simcoe Muskoka District Health Unit — Healthy Babies Healthy Children Program / Aboriginal Healthy Babies Healthy Children 1-877-721-7520

\$ = fee for service

Patient Resources

Healthy Eating

- eatrightontario.ca (Talk with a Registered Dietitian) 1-877-510-5102
- Canada Prenatal Nutrition Program
 - MotherCare in Simcoe County 705-733-3227 x2291
 - Great Beginnings in Muskoka 705-645-3155

Physical Activity

- ePARmed-X+Online for Pregnancy www.eparmedx.com

Mental Health

- Canadian Mental Health Association Crisis Services 1-888-893-8333

Additional Support

- Dial 211 or go to www.211ontario.ca for local programs and services including food banks, Good Food Box, YMCA, Parks and Recreation

Patient Handouts

- [Healthy Weight Gain During Pregnancy](#)
- [Canada's Food Guide](#)
- [My Food Guide Servings Tracker](#)
- [Active Pregnancy Resource](#)

AGENCY/SERVICE

SERVICES PROVIDED

Simcoe Muskoka District Health Unit
Health Connection
705-721-7520 or 1-877-721-7520
www.simcoemuskokahealth.org

Information and resources on prenatal health, breastfeeding, parenting, local community programs and support services and much more. Call 705-721-7520 or 1-877-721-7520 and speak with a public health professional Monday to Friday from 8:30 a.m. to 4:30 p.m. or click [Health Connection](#).

Simcoe Muskoka District Health Unit
Healthy Babies Healthy Children Program
705-721-7520 or 1-877-721-7520
www.simcoemuskokahealth.org

For women and their families in the prenatal period, and families with children from birth until their transition to school. The program offers home visits to those experiencing difficulties and provides assessment, teaching, referral and service coordination in areas such as healthy pregnancy, adjusting to parenthood, baby care, feeding (including breastfeeding), nutrition, healthy child development, safety and more. Self-referral is encouraged.

EatRight Ontario
1-877-510-5102
www.eatrightontario.ca

Information and advice on nutrition and healthy eating. Registered dietitian available by phone or online.

Canada Prenatal Nutrition Program
MotherCare in Simcoe County
705-733-3227 x2291
(Community Action Program for Children-CAPC)

Free, informal, drop-in for pregnant women and new mothers. Participants receive information and support to promote a healthy pregnancy, breastfeeding, healthy pre and postnatal nutrition and connection to community resources.

Great Beginnings in Muskoka
705-645-3155

ePARmed-X+
Online for Pregnancy
www.eparmedx.com

The ePARmed-X+ is an electronic, consumer version of the physical activity clearance form PARmed-X for Pregnancy. Based on their responses, pregnant women are able to determine whether they are clear to participate in exercise as recommended for low-risk pregnant women, or if they should consult with their Health Care Provider due to the presence of risk factors or absolute contraindications to exercise.

Canadian Mental Health Association
Crisis Service
1-888-893-8333

Telephone crisis line for youth and adults experiencing a personal crisis in Simcoe County/Muskoka District. Services available 24 hours, 7 days a week. Call to speak with a professionally trained mental health and addictions counselor.

211 Ontario
www.211ontario.ca

Find local community programs and supports, eg. prenatal education, doulas, lactation consultants, dietitians, First Nations, Metis, Inuit or Francophone services, food banks, Good Food box, community agencies, YMCA and municipal parks and recreation 24 hours, 7 days a week.