Risk 131 - Low Prenatal Weight Gain

Risk description

A pregnant woman with a low weight gain <mark>or weight loss</mark> during pregnancy.

Reason for risk

Low weight gain <mark>or weight loss</mark> during pregnancy can affect the growth and health of the fetus and is associated with an increased risk of preterm delivery and small for gestational age infants.

Category	Pregnant Women
Risk level	Medium
For a pregnancy with one baby, **At risk if:**	Pregnancy weight gain in the second and third trimesters based on pre-pregnancy weight:
	Underweight (BMI less than 18.5) with less than 1 pound per week weight gain OR Plots below the bottom line on the appropriate weight gain range of 28 to 40 pounds
	Standard weight (BMI 18.5 to 24.9) with less than 3/4 pound per week weight gain OR Plots below the bottom line on the appropriate weight gain range of 25 to 35 pounds
	Overweight (BMI 25.0 to 29.9) with less than 1/2 pound per week weight gain OR Plots below the bottom line on the appropriate weight gain range of 15 ro 25 pounds

	Obese (BMI over or equal to 30.0) with less than 6 ounces per week weight gain OR Plots below the bottom line on the appropriate weight gain range of 11 to 20 pounds
For a pregnancy with twins, **At risk if:**	Pre-pregnancy underweight and standard weight women with overall weight gain of less than 37 pounds or less than 1.5 pounds of weight gain per week in the second and third trimesters
	Pre-pregnancy overweight with overall weight gain of less than 31 pounds or less than 1.5 pounds of weight gain per week in the second and third trimesters
	Pre-pregnancy obese with overall weight gain of less than 25 pounds or less than 1.5 pounds of weight gain per week in the second and third trimesters
For a pregnancy with triplets, **At risk if:**	For all weight ranges, less than 50 pounds of overall weight gain or less than 1.5 pounds per week throughout the pregnancy
Not at risk if:	Weight gain is above the levels described above
How is risk assigned?	Data system assigned based on prenatal weight gain and the due date entered into the data system.
Additional documentation	No additional documentation is required.