132 Maternal Weight Loss During Pregnancy

Definition/Cut-off Value

Maternal weight loss during pregnancy is defined as follows:

<table>
<thead>
<tr>
<th>Definition</th>
<th>Trimester</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any weight loss below pregravid weight</td>
<td>1st</td>
</tr>
<tr>
<td>Weight loss of ≥ 2 pounds (≥ 1 kg)</td>
<td>2nd or 3rd (14-40 weeks gestation)</td>
</tr>
</tbody>
</table>

Participant Category and Priority Level

<table>
<thead>
<tr>
<th>Category</th>
<th>Priority</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pregnant Women</td>
<td>I</td>
</tr>
</tbody>
</table>

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.

References


Clarification

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