

Congratulations on your pregnancy!

REGIONAL PERINATAL SERVICE CENTER



At Kaiser Permanente, we want to help women with gestational diabetes (GDM) gain a healthy amount of weight during pregnancy.

Keep reading for:

- Your personalized weight gain recommendation
- Healthy eating and physical activity tips

Dear Jane Smith,

Weight gain during pregnancy provides your growing baby with good nutrition. But women with GDM who gain too much weight during pregnancy are at risk for developing chronic diabetes later in life, high blood pressure, having a cesarean section, and having a premature or larger than average baby. Women with GDM who gain too much weight may find it more difficult to control their blood glucose while they are pregnant. After delivery, they may also find it more difficult to lose the weight they gained during pregnancy.

Our records show that before pregnancy, your weight was 140 pounds (lbs.); your body mass index (BMI*) was 24.1. The Institute of Medicine recommends that women with your BMI gain 25 to 35 lbs. by the end of pregnancy. However, because you have GDM and are at high risk of having a large baby, we recommend that you gain a total of 25 lbs. by the end of pregnancy. Based on this information, we encourage you to:

Weigh about 165 lbs. by the end of your pregnancy.

In order to slow your weight gain and meet the recommendation, use the **healthy eating and physical activity tips on the next page**. Talk to your practitioner if you have questions.

*BMI helps to determine if you are at a healthy weight for your height. **Recommendations are for women having one baby. Talk to your practitioner if you are having more than one baby.**

Healthy Eating Tips

- Cut down on fats like butter, margarine, oil, gravy, mayonnaise, salad dressing, sour cream, and sauces. Olive oil and canola oil are healthy in small amounts.
- Choose lean meats, chicken or turkey (without skin), and fish.
- Limit fried foods and foods from fast-food restaurants.
- Drink nonfat or 1% milk. Eat nonfat or low-fat yogurt and low-fat cheeses.
- Add non-starchy vegetables such as broccoli and leafy greens to your meals and snacks. These will help you feel full longer and will help you increase your fiber intake.
- Drink water throughout the day and when you feel thirsty. Avoid regular soda and all juices.

Physical Activity Tips

- Walk every day for 30 minutes unless your practitioner tells you to rest more.
- Brisk walking, jogging, swimming, low-impact aerobics, racquet sports, golf, and yoga are generally safe during pregnancy. (“Brisk” walking means walking fast enough to increase your heart rate and breathing, but not so fast that you cannot talk comfortably.)

SUPPLEMENTARY DATA

Supplementary Table S1. Relative risks estimating differences between intervention and usual care conditions in the proportion meeting the multi-component intervention's postpartum weight goal, without and with adjustment for appropriate gestational weight gain, and the mediating effect of appropriate gestational weight gain: The GEM Trial

	RR (95% CI)	P value	Proportion mediated by appropriate gestational weight gain*, % (95% CI)	P value for mediation
Base model	1.22 (1.09-1.36)	0.0006		
Gestational weight gain-adjusted model	1.18 (1.06-1.31)	0.0023	24.58 (11.34-37.82)	0.0003

Analysis included 939 women from facilities assigned to the intervention and 1,028 women from facilities assigned to usual care.

Postpartum weight goal: a) reaching pre-pregnancy weight if pre-pregnancy BMI was $< 25.0 \text{ kg/m}^2$, or b) losing 5% of pre-pregnancy weight if BMI was $\geq 25.0 \text{ kg/m}^2$.

*Appropriate gestational weight gain: meeting the IOM guidelines for weekly rate of weight gain from GDM diagnosis to delivery.