

CALCULATING BODY MASS INDEX

Body Mass Index (BMI) is a means to determine if a person is overweight, underweight, or normal weight, based on their weight for height. The BMI determination assists with recommendations regarding weight gain during pregnancy.

Following is the BMI mathematical formula (please note there are different ways to express this formula):

Weight in pounds

Height in inches ÷ Height in inches x 703 = BMI

BMI Mathematical Formula: Weight in pounds divided by height in inches divided by height in inches multiplied by 703 equals BMI.

GUIDELINES FOR USE OF PRENATAL WEIGHT GAIN CHART

1. Calculate the prenatal woman's Body Mass Index (BMI), using the BMI mathematical formula. In the information box in the upper left corner of the form, record the name, height, pre-gravid BMI, pre-gravid weight, and delivery date (EDC).
2. WIC Certifier, CPA or Nutritionist calculates the **completed weeks** gestation using the gestation (pregnancy) wheel.
3. Calculate the number of pounds gained or lost to date. Indicate number of pounds lost or gained by +/- sign when recording in the *Weight Change* column.
4. Determine the prenatal woman's recommended weight gain channel (recommended total weight gain range in pounds), according to the woman's pre-pregnancy weight group and Body Mass Index (BMI) on the following table [Adapted from National Academy of Science's Institute of Medicine (IOM) 1990, *Nutrition During Pregnancy*]:

| Pre-pregnancy Weight Group | Pre-pregnancy Body Mass Index (BMI) | Recommended Total Weight Gain Ranges for Pregnant Woman (pounds) |
|----------------------------|-------------------------------------|--|
| Underweight | <19.8 BMI | 28 - 40 lbs. |
| Normal Weight | 19.8 to 26.0 BMI | 25 - 35 lbs. |
| Overweight | 26.1 to 29.0 BMI | 15 - 25 lbs. |
| Obese* | >29.0 BMI | At least 15 lbs. |

- * Women in the Obese Pre-Pregnancy Weight Group do not have a recommended weight gain channel, but rather a recommended weight gain of at least 15 pounds.
5. WIC Certifier, CPA or Nutritionist highlights on the graph the **recommended weight gain channel**. Notice the variations in the shading of the weight gain channels. Some of the channels overlap slightly. These shaded areas follow the recommended weight gain channel throughout a 40-week, full-term singleton pregnancy.
 6. The informational box represents the information required at each of the prenatal woman's bimonthly (or monthly, if high risk) weight checks during the course of her pregnancy. Record the date, weight, weight change and weeks gestation each time her weight is measured and plotted. Initials of the person taking (and/or recording) the measurements should also be indicated.
 7. Plot the weight gain/loss on the graph. The vertical axis represents **Prenatal weight gain in pounds**. The horizontal axis represents **week's gestation**. Mark a dot at the intersection of the two lines. Circle the dot to signify the plot mark. Do not put a date by the dot indicating when the measurement was taken.

*Weight gain does not need to fall on a graphed line; rather the rate and pattern of gain parallel to the line should be monitored.

PRENATAL WEIGHT GAIN CHART

| NAME | | | | |
|------------------------|--------|---------------|-----------------|----------|
| HEIGHT (WITHOUT SHOES) | | PREGRAVID BMI | | |
| PREGRAVID WEIGHT | | EDC | | |
| Date | Weight | Weight Change | Weeks Gestation | Initials |
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