

Introducing the Mater Personalised Pregnancy Weight Tracker.

The pregnancy weight tracker was developed to support healthy lifestyles during pregnancy through an increase in self-efficacy by self-awareness, goal setting, and self-monitoring. The pregnancy weight tracker, in conjunction with calculation of pre-pregnancy BMI and provision of Institute of Medicine pregnancy weight gain guidelines¹ (see Table), provides women with the best chance of healthy weight gain during pregnancy through tracking of weight gain. The pregnancy weight tracker is designed to be delivered according to the 5As².

Recommended weight gain based on pre-pregnancy BMI¹.

Pre-pregnancy BMI (kg/m ²)	Recommended weight gain (kg)
≤ 19.8	12.5 - 18
19.8 - 26.0	11.5 - 16
26 - 29	7 - 11
≥ 29	5-9

How to use the Personalised Pregnancy Weight Tracker following the 5As framework.

- 1. Assess:** At the beginning of antenatal care, screening is recommended to identify women who may require additional support to change health related behaviours. Specific to appropriate weight gain, assessment of a woman's body mass index (BMI), derived from height and pre-pregnancy weight provides the detail of the recommended weight gain range during pregnancy.
- 2. Advise:** Providing clear and specific weight gain targets has been strongly associated with actual weight gain³. Therefore, after pre-pregnancy BMI is calculated, all women are advised of their individual recommended weight gain guideline.

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- 3. Agree:** Based on the recommended weight gain guidelines, it is important to reinforce this information with the women. Studies have shown that antenatal information distributed at appointments is often ignored unless midwives specifically indicate important sections to women⁴. A consistent message from all health care professionals is important.

- 4. Assist:** Nutrition information is an essential part of all antenatal care. Accurate and complete information should be provided to all women at their first antenatal appointment. To assist with meeting weight goals, a weight tracker, provides women with a tool to self-monitor their weight changes.

- 5. Arrange:** Health professionals following women's weight tracker progress at subsequent appointments provide further support for healthy behaviour changes when required. Identification of weight change trajectories that are not consistent with expected and recommended weight gain also allows referral for specialised dietetic input. Additionally, information is provided for women to self-refer to the dietitian when they note their weight gain deviates from expected trends.

Please note, this tracker is not suitable for women carrying multiple babies or those of Asian ethnicity.

References

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