



Effective Health Care Prevention of Excessive Weight Gain During Pregnancy Nomination Summary Document

Results of Topic Selection Process & Next Steps

- Prevention of excessive weight gain during pregnancy was found to be addressed by three recent Cochrane reviews: a 2012 review on interventions to prevent excessive weight gain during pregnancy, a 2012 review on interventions to support weight loss in the postpartum period, and a 2009 review on health promotion for women pre-pregnancy. Given that the existing reviews cover this nomination, no further activity will be undertaken on this topic.
 - Muktabhant B, Lumbiganon P, Ngamjarus C. Interventions for preventing excessive weight gain during pregnancy. Cochrane Database of Systematic Reviews 2012, Issue 4. PMID: 22513947. <http://summaries.cochrane.org/CD007145/interventions-for-preventing-excessive-weight-gain-during-pregnancy>
 - Amorim Adegboye A, Linne Y, Lourenco P. Diet or exercise, or both, for weight reduction in women after childbirth. Cochrane Database of Systematic Reviews 2012, Issue 2. PMID: 17636810. <http://summaries.cochrane.org/CD005627/diet-or-exercise-or-both-for-weight-reduction-in-women-carrying-excess-weight-after-childbirth>
 - Whitworth M, Doswell T. Routine pre-pregnancy health promotion for improving pregnancy outcomes. Cochrane Database of Systematic Reviews 2009, Issue 4. PMID: 19821424. <http://summaries.cochrane.org/CD007536/health-promotion-before-pregnancy-to-improve-outcomes-for-mothers-and-babies>

Topic Description

Nominator: Organization

Nomination Summary: The nominator states that knowing which interventions are the most effective in supporting appropriate maternal weight gain will assist pregnant women, women planning pregnancy, women in the postpartum period, and the organizations that care for them to better understand how to prevent excessive weight gain during pregnancy. Interventions of interest are any that would assist women in meeting the IOM guidelines for maternal weight gain and may include counseling, education, and specialty care and should include considerations of cultural appropriateness. Additionally, attention should be paid to interventions targeting women from populations disproportionately affected by poor birth outcomes, such as low-income women, minorities, teens, and women with intellectual disabilities.

Staff-Generated PICO

Population(s): Pregnant women, women planning pregnancy, postpartum women; subpopulations may include women who are underweight, overweight, or obese upon conception; parity status; women with intellectual disabilities

Intervention(s): Interventions to assist women in meeting IOM guidelines for maternal weight gain, including counseling on health diet and physical activity; education of women on maternal and fetal risks of obesity in pregnancy; education of women and providers about IOM guidelines for maternal weight gain; referrals to dietitians, physical activity specialists, or other providers; monitoring, such as measuring body mass index (BMI) and charting weight at prenatal visits; culturally appropriate educational tools

Comparator(s): Interventions compared to each other or in combination

Outcome(s): Improvements in achieving maternal weight gain consistent with IOM guidelines; decrease in health risks to women and infants; improvements in maternal and child health; prevention of pregnancy and birth complications; prevention of postpartum maternal overweight and obesity; healthy birth weight; nutritional deprivation of growing infant and/or mother; harms of outreach (e.g., social stigma); long-term maternal obesity-related health outcomes

Key Questions from Nominator: 1. What is the comparative effectiveness of interventions to prevent excessive weight gain during pregnancy?

Considerations

- The topic meets EHC Program appropriateness and importance criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- This topic has three main areas:
 1. Prevention of excessive weight gain during pregnancy
 2. Interventions to support healthy weight at conception
 3. Prevention of weight retention in the postpartum period.
- The topic of prevention of excessive weight gain during pregnancy was found to be addressed by a 2012 systematic review by the Cochrane Collaboration titled *Interventions for preventing excessive weight gain during pregnancy*. Interventions focusing on nutrition, exercise, health education, weight measurement, and counseling were included in this review.
- The topic of interventions to support healthy weight at conception was found to be addressed by a 2009 review by the Cochrane Collaboration titled *Routine pre-pregnancy health promotion for improving pregnancy outcomes*. The objective of this review is to assess the effectiveness of routine pre-pregnancy health promotion for improving pregnancy outcomes when compared with no pre-pregnancy care or usual care.
- The topic of prevention of weight retention in the postpartum period was found to be addressed by a 2012 review by the Cochrane Collaboration titled *Diet or exercise, or both, for weight reduction in women after childbirth*. The review assesses the impact of diet, exercise, or both on maternal body composition, cardiorespiratory fitness, breastfeeding performance, and other maternal and child health outcomes.