



# Does use of a video module improve adherence to recommended gestational weight gain guidelines?

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## Background

- Approximately 70% of pregnant patients do not gain within the recommended guidelines of weight gain for their body mass index (BMI)
- Almost one third of women receive no counseling about gestational weight gain (GWG)
- There is currently no consensus on the optimal mode of counseling for GWG.

## Objectives

To determine if implementation of a video module can improve patient adherence to recommended GWG guidelines.

## Study Design

- Prospective cohort study conducted from February-October 2019
- Patients were recruited from a large academic practice during the first trimester

### Control Cohort

- First Trimester Visit
1. Complete baseline GWG knowledge questionnaire
  2. Routine provider counseling.

4 Weeks Later

- Repeat GWG knowledge questionnaire.

Delivery

- Collect weight on delivery admission & delivery data.

### Video Cohort

- First Trimester Visit
1. Complete baseline GWG knowledge questionnaire
  2. Watch GWG video.

- The GWG video module was 5 minutes long, created by the study team, with information from ACOG & March of Dimes

## Results

**Table 1. Demographics of participants in both the control and video cohorts.**

	Control Cohort n=79	Video Cohort n=76	p-value
<b>Race</b>			
Caucasian	44 (55.7)	51 (67.1)	0.06
Black	4 (5.1)	10 (13.2)	
Asian	7 (8.9)	3 (3.9)	
Hispanic	20 (25.3)	11 (14.5)	
Other	4 (5.1)	1 (1.3)	
<b>Education</b>			
<High school	5 (6.3)	2 (2.6)	0.016
High school	32 (40.5)	15 (19.7)	
College	22 (27.8)	33 (43.4)	
Graduate school	20 (25.3)	26 (34.2)	
<b>Marital Status</b>			
Single	28 (36.4)	24 (31.6)	0.532
Married	49 (63.6)	52 (68.4)	
<b>Pre-Pregnancy Weight (kg)</b>	72.65±21.7	75.2±20.7	0.424
<b>Pre-Pregnancy BMI (kg/m<sup>2</sup>)</b>	27.6±7.6	27.8±7.5	0.787
<b>Age (years)</b>	30.4±5.2	31.9±4.5	0.065
<b>Income (U.S. Dollars)</b>			
<30k	16 (20.8)	11 (14.9)	0.725
30-50k	15 (19.5)	12 (16.2)	
50-80k	13 (16.9)	16 (21.6)	
80-100k	7 (9.1)	10 (13.5)	
>100k	26 (33.8)	25 (33.8)	
<b>Insurance</b>			
None	1 (1.3)	0 (0)	0.206
Medicaid/Medicare	39 (49.4)	29 (38.2)	
Private	39 (49.4)	47 (61.8)	
<b>Provider</b>			
Residents	15 (19)	4 (5)	0.034
General Obstetricians	22 (28)	16 (22)	
Maternal-Fetal Medicine	14 (18)	18 (24)	
Certified Nurse Midwives	28 (35)	36 (49)	

**Table 2. Breakdown of GWG in both the control and video cohorts.**

Was the appropriate GWG achieved: yes or no?				
	Gained Recommended Amount of Weight n (%)	Did Not Gain Recommended Amount of Weight n (%)	p-value	
Control Cohort n = 74	18 (24.0%)	56 (76.0%)	0.926	
Video Cohort n = 68	17 (25.0%)	51 (75.0%)		
Was the appropriate GWG achieved: yes, no (too much GWG), or no (not enough GWG)?				
	Gained Recommended Amount of Weight n (%)	Gained Too Much Weight n (%)	Did Not Gain Enough Weight n (%)	p-value
Control Cohort n = 74	18 (24.0%)	44 (60.0%)	12 (16.0%)	0.745
Video Cohort n = 68	17 (25.0%)	43 (63.0%)	8 (12.0%)	

## Conclusion

### Primary Outcome

- Use of a video module did not improve patient adherence to recommended GWG guidelines.

### Future Directions

- Use of a continuous intervention throughout pregnancy, such as app-based technology or a recurring video series, may be a more effective way to improve adherence.



## References

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