Background

- Approximately 50% of women exceed pregnancy weight gain guidelines set by the National Academy of Medicine.
- Excessive weight gain is associated with:
  - Maternal hypertensive disorders & diabetes
  - Preterm delivery & associated neonatal morbidity
  - Delivery complications & need for cesarean delivery
  - Postpartum weight retention
- Childhood obesity & macrosomia
- One third of women receive no counseling regarding gestational weight gain in pregnancy.
- Potential barriers to weight gain counseling include:
  - Lack of provider knowledge
  - Discomfort with discussing the subject
  - Lack of educational resources

Objectives

- Determine if implementation of a gestational weight gain video module will improve patient knowledge of weight gain guidelines set forth by the National Academy of Medicine.
- Determine if utilization of a gestational weight gain video module improves gestational weight gain adherence in pregnancy.
- Determine if utilization of a gestational weight gain video module improves maternal and neonatal pregnancy outcomes.

Study Design

- Prospective cohort study was performed from June to July 2019.
- Pregnant women were enrolled from the university’s Obstetrics & Gynecology outpatient office sites at time of routine prenatal visit.

Methods

- A gestational weight gain video module provides an interactive, convenient means to increase knowledge of individual weight gain goals in pregnancy.
- A total of 26 pregnant women were enrolled.
- Women enrolled in the study were approximately 30 years old, and primarily of varied racial backgrounds, multiparous, and obese.
- One third of women receive no counseling regarding gestational weight gain in pregnancy.
- Potential barriers to weight gain counseling include:
  - Lack of provider knowledge
  - Discomfort with discussing the subject
  - Lack of educational resources

Results

- Approximately 50% of women exceed pregnancy weight gain guidelines set by the National Academy of Medicine.
- Excessive weight gain is associated with:
  - Maternal hypertensive disorders & diabetes
  - Preterm delivery & associated neonatal morbidity
  - Delivery complications & need for cesarean delivery
  - Postpartum weight retention
- Childhood obesity & macrosomia
- One third of women receive no counseling regarding gestational weight gain in pregnancy.
- Potential barriers to weight gain counseling include:
  - Lack of provider knowledge
  - Discomfort with discussing the subject
  - Lack of educational resources

Conclusion

- Utilization of a gestational weight gain video module improves patient knowledge of gestational weight gain guidelines.
- A gestational weight gain video module provides an interactive, convenient means to increase knowledge of individual weight gain goals in pregnancy.

Future Directions

- Determine if utilization of a gestational weight gain video module improves gestational weight gain adherence in pregnancy.
- Determine if utilization of a gestational weight gain video module improves maternal and neonatal pregnancy outcomes.

Table 1. Maternal characteristics of enrolled patients

<p>| Age, years | 30.3 ±9.1 |</p>
<table>
<thead>
<tr>
<th>Race</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>9 (34.6)</td>
</tr>
<tr>
<td>African American</td>
<td>2 (7.7)</td>
</tr>
<tr>
<td>Asian</td>
<td>4 (15.4)</td>
</tr>
<tr>
<td>Hispanic</td>
<td>8 (30.8)</td>
</tr>
<tr>
<td>Other</td>
<td>3 (11.5)</td>
</tr>
<tr>
<td>Multiparous</td>
<td>17 (65.4)</td>
</tr>
<tr>
<td>BMI (kg/m²)</td>
<td>27.9 ±1.1</td>
</tr>
</tbody>
</table>

Figure 1. Comparison of baseline and post-video gestational weight gain knowledge

Figure 2. Images from GWG Video Module.

References