

The Mater Personalised Pregnancy Weight Tracker ©: an evidence-based resource that takes the guesswork out of healthy pregnancy weight gain.

What is the Weight Tracker?

The Mater Personalised Pregnancy Weight Tracker© is an evidence-based resource 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 (U.S.) pregnancy weight gain guidelines¹, provides women with the best chance of healthy weight gain during pregnancy. The Pregnancy Weight Tracker is designed to be delivered according to the 5As².

This easy-to-use tool takes the guess-work out of weight gain during pregnancy by allowing women to track their weight gain each week against international and Australian guidelines^{1,3}. Knowing how much weight to gain, having this tailored to each woman, AND getting continual feedback about how she is progressing, helps her and her health care professionals care for her during pregnancy.

Why track weight gain?

Monitoring weight gain during pregnancy is important for women's health and that of their baby's. Women who gain weight above recommendations are more likely to have longer hospital stays, caesarean sections, high blood pressure and diabetes in pregnancy. They are also more likely to have trouble losing this weight after their baby is born and have difficulty breastfeeding. Women who do not gain enough weight are more likely to deliver their baby early.

References

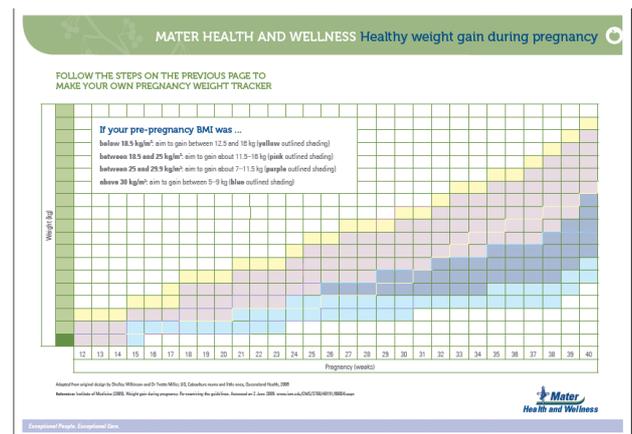
1. Institute of Medicine. Weight gain during pregnancy: Reexamining the guidelines. 2009, Washington, D.C.: The National Academies Press.
2. Glasgow RE, Emont S, & Miller DC. Assessing delivery of the '5As' for patient-centered counseling. Health Promotion International, 2006; 21(3), 245-255.
3. NHMRC. Eat for Health. 2013, Canberra, Australia: Department of Health and Ageing.

How do I use the Weight Tracker?

Calculating a woman's pre-pregnancy BMI will inform the amount of weight for her to gain (within a range) from week to week over pregnancy, as well as the overall goal range. Rather than a one-size-fits-all approach, this approach tailors a weight gain goal to each woman. The instructions on the back of the Pregnancy Weight Tracker show how to start using the tracker. It is just like the back of a stocking packet - the idea is to stay in the shaded area that's right for a specific pre-pregnancy BMI range!

Who is the Weight Tracker for?

The weight tracker is suitable for use with all Caucasian women who are carrying a singleton (one) baby. A Pregnancy Weight Tracker for women with multiple babies or those of Asian ethnicity require a modified tracker – this is currently under development.



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