

# Postpartum Visit Algorithm: Overweight/Obesity

Remember the ABCs:

- folic **A** cid
- B** reastfeeding
- C** ontraception

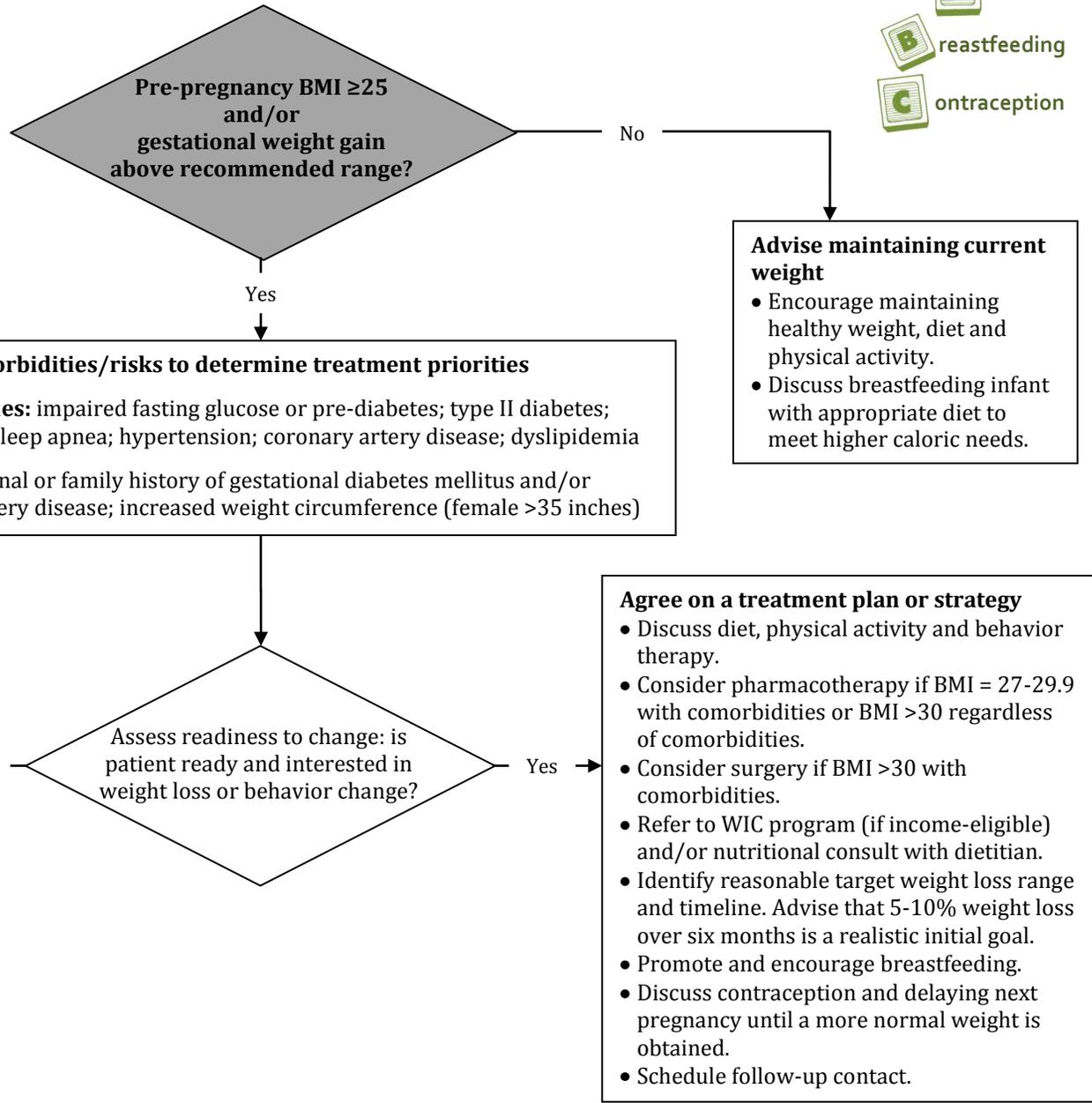
**BMI classification**

BMI = [weight (lbs) x 703]/height<sup>2</sup> (in<sup>2</sup>) or  
 BMI = weight (kg)/height<sup>2</sup> (m<sup>2</sup>)

- Underweight = <18.5 kg/m<sup>2</sup>
- Normal weight = 18.5-24.9 kg/m<sup>2</sup>
- Overweight = 25-29.9 kg/m<sup>2</sup>
- Obesity I = 30-34.9 kg/m<sup>2</sup>
- Obesity II = 35-39.9 kg/m<sup>2</sup>
- Obesity III (extreme obesity) = ≥40 kg/m<sup>2</sup>

**Institute of Medicine Pregnancy Weight Gain Guidelines** (singleton pregnancy)

- Underweight: gain 28-40 lbs.
- Normal weight: gain 25-35 lbs.
- Overweight: gain 15-25 lbs.
- Obese: gain 11-20 lbs.



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### EVERY DAY

#### Checklist for Healthy Women

**Exercise** – 30 minutes a day, 5 days a week

**Vitamin** – 400 micrograms of Folic Acid per day

**Educate** yourself about medicines and chemicals that can cause birth defects

**Reproductive life planning** – set your personal goals for birth control and future children

**Yearly doctor visits** to discuss physical and mental wellness

**Diet** – Vegetables, fruits, and whole grains daily

**Avoid** tobacco, drugs, and alcohol

**Your partner, friends, and family** should be sources of support

*Content from everywomanocalifornia.org used with permission from the Preconception Health Council of California.*

### References:

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