

Pre-pregnancy Body Mass Index (BMI) & Gestational Weight Gain, South Dakota, 2014

A high pre-pregnancy BMI and excessive weight gain during pregnancy are associated with adverse pregnancy outcomes including increased risk of maternal hypertension and increased rates of cesarean section.

Gestational Weight Gain Guidelines[^]

Pre-pregnancy BMI (kg/m ²)	Gestational Weight Gain (pounds)		
	Inadequate	Recommended	Excessive
Underweight (<18.5)	<28	28-40	>40
Normal weight (18.5-24.9)	<25	25-35	>35
Overweight (25-29.9)	<15	15-25	>25
Obese (30+)	<11	11-20	>20

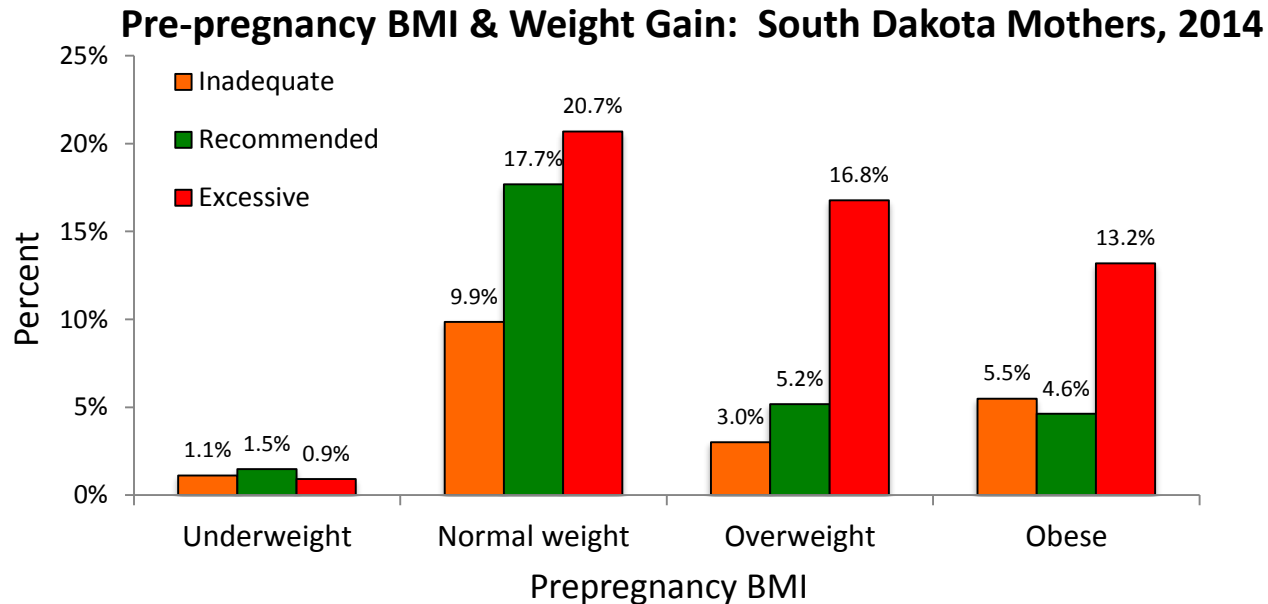
[^] Institute of Medicine Recommendations, 1990

South Dakota Women in 2014¹:

- 69% had a preventive medical visit in previous year¹

South Dakota Mothers Who Gave Birth in 2014²:

- 48% were overweight or obese prior to pregnancy
- 52% gained excessive weight during pregnancy
- 28% were talked to about being a healthy weight before pregnancy
- 48% were talked to after delivery about getting to and staying at a healthy weight



¹ Data from South Dakota BRFSS, 2014 (<https://www.hrsa.gov/about/organization/bureaus/mchb/fad-resource-document.pdf>)

² Data from SD PRAMS-like report (see <http://doh.sd.gov/documents/statistics/2014-SD-PRAMS.pdf>)