REFERENCE LIST

INFORMED CONSENT DISCUSSION WEIGHT GAIN & OBESITY DURING PREGNANCY

Allen-Walker V, Hunter AJ, Holmes VA, McKinley MC. Weighing as part of your care: a feasibility study exploring the re-introduction of weight measurements during pregnancy as part of routine antenatal care. BMC Pregnancy and Childbirth (2020) 20:328. https://doi.org/10.1186/s12884-020-03011-w.

Arthur C, Di Corleto E, Ballard E, Kothari A. A randomized controlled trial of daily weighing in pregnancy to control gestational weight gain. Arthur et al. BMC Pregnancy and Childbirth (2020) 20:223. https://doi.org/10.1186/s12884-020-02884-1.

Brownfoot FC, Davey M-A, Kornman L. Routine weighing to reduce excessive antenatal weight gain: a randomized controlled trial. BJOG; 2015, DOI: 10.1111/1461-0528.13735.

Christenson A, Johansson E, Reynisdottir S, Torgerson J, Hemmingsson E (2019) "...or elsel close my ears" How women with obesity want to be approached and treated regarding gestational weight management: A qualitative interview study. PLoS ONE 14(9): e0222543. https://doi.org/10.1371/journal.pone.0222543.

Daley AJ, Jolly K, Jebb SA, Lewis AL, et al. Feasibility and acceptability of regular weighing, setting weight gain limits and providing feedback by community midwives to prevent excess weight gain during pregnancy: randomized controlled trial and qualitative study. BMC Obesity (2015) 2:35. DOI 10.1186/s40608-015-0061-5.

Elliot DE, Bjelajac P, Fallot RD, Markoff LS. Trauma-informed or trauma-denied: principles and implementation of trauma-informed services for women. *J Community Psychology.* 2005;33(4)461–477.

Holton S, East C, Fischer J. Weight management during pregnancy: a qualitative study of women's and care providers' experiences and perspectives. BMC Pregnancy and Childbirth (2017) 17:351. DOI 10.1186/s12884-017-1538-7.

International Weight Management in Pregnancy (i-WIP) Collaborative Group. Effec of diet and physical activity based interventions in pregnancy on gestational weight gain and pregnancy outcomes: meta-analysis of individual participant data from randomized trials. BMJ. 2017 Jul 19. doi: 10.1136/bmj.j3119.

Jevitt, C. Obesity and socioeconomic disparities: rethinking causes and perinatal care. *J Perinatal & Neonatal Nurs.* 2019;33(2):126-135.

Jevitt, C. (2016). Best practices in weight management counseling with pregnant women. In Anderson, B., Rooks, J., and Barroso, R. (Eds.), *Best practices in midwifery: Using the evidence to implement change* (2nd Ed.). NY, NY: Springer Publishing Company.

McCann MT, Newson L, Burden C, Rooney JS, Charnley MS, Abayomi JC. A qualitative study exploring midwives' perceptions and knowledge of maternal obesity: Reflecting on their experiences of providing healthy eating and weight management advice to pregnant women. *Matern Child Nutr.* 2018;14:e12520. https://doi.org/10.1111/mcn.12520.

Rasmussen KM, Catalano PM, Yaktine A. New guidelines for weight gain during pregnancy: what obstetrician/gynecologists should know Curr Opin Obstet Gynecol. 2009; 21(6): 521–526. doi:10.1097/GCO.0b013e328332d24e.

Rogozinska E, Marlin N, Jackson L, et al. Effect of antenatal diet and physical activity on maternal and fetal outcomes: individual patient data meta-analysis and health economic evaluation. Health Technology Assessment. 2017;21(41). DOI: 10.33 10/hta21410.

Wilkinson S, Beckman M, Donaldson E, McCray S. Implementation of gestational weigh gain guidelines-what's more effective for ensuring weight recording in pregnancy? BMC Pregnancy and Childbirth (2019) 19:19 https://doi.org/10.1186/s12884-018-2162-x.

CLINICAL PRACTICE GUIDELINES

American College of Obstetricians and Gynecologists (ACOG). Obesity in pregnancy. ACOG Committee Opinion #549. 2013. Washington, DC: ACOG.

Denison FC, Aedla NR, Keag O, Hor K, Reynolds RM, Milne A, Diamond A, on behalf of the Royal College of Obstetricians and Gynaecologists. Care of Women with Obesity in Pregnancy. Green-top Guideline No. 72. *BJOG* 2018; https://doi.org/10.1111/1471-0528.15386.000:1-45.

National Institute for Health and Care Excellence. Intrapartum care for women with existing medical conditions or obstetrics complications and their babies-obesity, 2019. https://www.nice.org.uk/guidance/ng121/chapter/Recommendations#obesity.

National Institute for Health and Care Excellence. NICE Guideline PH 27: Weight management before, during and after pregnancy. 2010, reviewed and revised 2017. Available from: https://www.nice.org.uk/guidance/ph27/resources/surveillance-report-2017-weight-management-before-during-and-after-pregnancy-2010-nice-guideline-ph27-4424111104/chapter/Surveillance-decision.

Ontario Association of Midwives. Clinical Practice Guideline 12: The management of high or low body mass index during pregnancy. 2019. https://www.ontariomidwives.ca/sites/default/files/2020-06/CPG-Management-low-or-high-body-mass-index-2019-PUB.pdf

SOGC CLINICAL PRACTICE GUIDELINE. Maxwell C, Gaudet L, Cassir G, et al. Guideline No. 391-Pregnancy and Maternal Obesity Part 1: Pre-conception and Prenatal Care. Society of Obstetricians and Gynecologists of Canada. | VOLUME 41, ISSUE 11, P1623-1640, NOVEMBER 01, 2019DOI: https://doi.org/10.1016/j.jogc.2019.03.026

SOGC CLINICAL PRACTICE GUIDELINE. Maxwell C, Gaudet L, Cassir G, et al. Guideline No. 392-Pregnancy and Maternal Obesity Part 2: Team Planning for Delivery and Postpartum Care. VOLUME 41, ISSUE 11, P1660-1675, NOVEMBER 01, 2019. DOI:https://doi.org/10.1016/j.jogc.2019.03.027