

Your Body Mass Index (BMI)

PATIENT NAME

HEIGHT

WEIGHT

BMI

WAIST CIRCUMFERENCE

| BMI index | |
|-------------------------------|------------------------------|
| Underweight | 18.5 and under |
| Healthy weight | 18.5–24.9 |
| Overweight | 25–29.9 |
| Obese | 30 and over |
| High-risk waist circumference | |
| Male | More than 40 inches (102 cm) |
| Female | More than 35 inches (88 cm) |

You Should Know...

Obesity can lead to increased risk of health conditions including:

- Type 2 diabetes
- High blood pressure
- Coronary heart disease
- Kidney disease
- Sleep apnea
- Some types of cancer

Moderate weight loss (as little as 5%) has been proven to reduce risk significantly for many of these conditions.

- Your health provider has pledged to calculate the BMI of each patient.

Learn more at www.treatobesityseriously.org

For additional information and resources, visit:
www.cdc.gov/obesity | www.yourweightmatters.org



Prescription: For a Healthy Baby

www.healthy-baby.org



A HEALTHY BABY
IS WORTH THE WEIGHT

As your health care provider, I recommend you gain:

- 28-40 pounds
- 15-25 pounds
- 25-35 pounds
- 15 pounds by delivery

Today's weight: _____ Date: _____

At your next visit, I would like you to have gained between _____ and _____ pounds.

Signature _____

Eating well and gaining enough weight is not only good for you but also good for your baby!

Gaining enough weight in pregnancy increases your chances of delivering a healthy weight baby, weighing 5 pounds 8 ounces or more.



Colorado Department
of Public Health
and Environment

Eat well and gain enough weight!

It's good for you and your baby.

First Trimester Tips:

- Avoid an empty stomach. Small frequent meals help with nausea.
- Expect to gain between 2-5 pounds.

Second and Third Trimester Tips:

- On average, expect to gain about 1 pound per week until delivery.
- Get more out of your snacks:
 - Apple slices with peanut butter, or peanut butter and jelly sandwich
 - Cheese and crackers, grilled cheese sandwich
 - Cereal with banana and milk
- Try not to worry too much if you have gained more than recommended between visits. Continue to eat lots of fruits and vegetables and cut back on foods high in sugar, fat, or calories. Many women return to their normal weight within 9 months of having their baby. Breastfeeding helps with this.