**What approximates the average daily calorie increase needed by pregnant individuals after 16 weeks gestation?**

1. 100 calories
2. 300 calories
3. 500 calories
4. 700 calories

**What is the total target prenatal weight gain for individuals with prepregnancy BMIs in the obese range?**

1. Underweight, BMI <18.5, 28-40 pounds (12.5-18.0 kg)
2. Normal weight, BMI 18.5-24.9, 25-35 pounds (11.4-15.9 kg)
3. Overweight, BMI 25.0-29.9, 15-25 pounds (6.8-11.4 kg)
4. Obese BMI > 30.0, 11-20 pounds (5.0-9.0 kg)

**What is the total target prenatal weight gain for individuals with prepregnancy BMIs in the underweight range?**

1. Underweight, BMI <18.5, 28-40 pounds (12.5-18.0 kg)
2. Normal weight, BMI 18.5-24.9, 25-35 pounds (11.4-15.9 kg)
3. Overweight, BMI 25.0-29.9, 15-25 pounds (6.8-11.4 kg)
4. Obese BMI > 30.0, 11-20 pounds (5.0-9.0 kg)

**What is the total target prenatal weight gain for individuals with prepregnancy BMIs in the overweight range?**

1. Underweight, BMI <18.5, 28-40 pounds (12.5-18.0 kg)
2. Normal weight, BMI 18.5-24.9, 25-35 pounds (11.4-15.9 kg)
3. Overweight, BMI 25.0-29.9, 15-25 pounds (6.8-11.4 kg)
4. Obese BMI > 30.0, 11-20 pounds (5.0-9.0 kg)

**An infant is born to a woman with a prepregnancy BMI of 39. The infant’s immediate birth weight is 4250 g (9.34 pounds). Which of the following is this infant most at risk for?**

1. Cardiac arrhythmias
2. Diuresis
3. Hypoglycemia
4. Respiratory distress

**What is the total target prenatal weight gain for individuals with prepregnancy BMIs in the normal range?**

1. Underweight, BMI <18.5, 28-40 pounds (12.5-18.0 kg)
2. Normal weight, BMI 18.5-24.9, 25-35 pounds (11.4-15.9 kg)
3. Overweight, BMI 25.0-29.9, 15-25 pounds (6.8-11.4 kg)
4. Obese BMI > 30.0, 11-20 pounds (5.0-9.0 kg)

**Which of these placental hormones has a tocolytic function?**

1. Adiponectin
2. Estrogen
3. Human placental lactogen
4. Leptin

**List three maternal conditions associated with prepregnancy obesity?**

Gestational diabetes

Gestational hypertension

Preeclampsia/eclampsia

Prolonged pregnancy

Postpartum hemorrhage

**Prepregnancy obesity increases perinatal risk for which of the following?**

1. Fetal growth restriction
2. Multiple gestation
3. Prolonged pregnancy
4. Oligohydramnios

**List at least 4 labor support techniques that promote vaginal birth in individuals with obesity or excessive gestational weight gain.**

* Waiting for spontaneous labor to start (instead of early induction of labor)
* Expecting longer labor curves, have patience with progressive cervical dilatation
* Upright positioning
* Ambulation during labor, mobility, position changes
* Encourage hydration

**Newborns of individuals with prepregnancy obesity are at highest risk for which of the following?**

1. Cardiac defects
2. Macrosomia
3. Pyloric stenosis
4. Omphalocele

**Which of the following disorders is associated obesity-related inflammation?**

1. Asymptomatic bacteriuria
2. Deep vein thrombosis
3. Postpartum hemorrhage
4. Prolonged pregnancy