DEPARTMENT OF HEALTH & FAMILY SERVICES
Division of Public Health
DPH 4056 (Rev. 02/03)

STATE OF WISCONSIN
Bureau of Family & Community Health
WIC Program, Federal Reg. 246

PRENATAL WEIGHT GAIN & POSTPARTUM WEIGHT ASSESSMENT

Information gathered on this form is needed for WIC Certification. Personallly identifiable information is used to provide WIC services and may be disclosed to others only as allowed by state and federal laws.

Height		Prenatal BMI Cut-Offs (pregravid)			Postpartum BMI Cut-Offs (pregravid & current)		
Feet & Inches	Inches	BMI <19.8	BMI ≥ 26.1	BMI > 29	BMI < 18.5	BMI ≥ 25	BMI ≥ 30
4' 10"	58"	< 95	≥ 125	> 138	< 89	≥ 119	> 142
4' 11"	59"	< 98	≥ 129	> 143	< 92	≥ 124	> 147
5' 0"	60"	< 102	≥ 134	> 148	< 95	≥ 128	> 152
5' 1"	61"	< 105	≥ 138	> 153	< 98	≥ 132	> 157
5' 2"	62"	< 108	≥ 143	> 158	< 101	≥ 136	> 163
5' 3"	63"	< 112	≥ 147	> 163	< 105	≥ 141	> 168
5' 4"	64"	< 116	≥ 152	> 169	< 108	≥ 145	> 173
5' 5"	65"	< 119	≥ 157	> 174	< 111	≥ 150	> 179
5' 6"	66"	< 123	≥ 162	> 179	< 115	≥ 155	> 185
5' 7"	67"	< 127	≥ 167	> 185	< 118	≥ 159	> 190
5' 8"	68"	< 130	≥ 172	> 190	< 122	≥ 164	> 196
5' 9"	69"	< 134	≥ 177	> 196	< 125	≥ 169	> 202
5' 10"	70"	< 138	≥ 182	> 202	< 129	≥ 174	> 208
5' 11"	71"	< 142	≥ 187	> 208	< 133	≥ 179	> 214
6' 0"	72"	< 146	≥ 192	> 213	< 137	≥ 184	> 220

Prenatal BMI Determination and Weight Gain Plotting Directions: Round the pregnant woman/adolescent's height to nearest inch and pregravid weight to nearest pound (at and above the midpoint, round up). Using the Prenatal BMI Cut-Offs sections of the table, assess her pregravid weight as low (BMI <19.8), normal (BMI 19.8-26), overweight (BMI 26.1-29), or obese (BMI >29). On the appropriate weight grain grid, write her pregravid weight on the blank line to the left of the zero. At her current weeks gestation, plot her current weight. Next to the plot, write the weight and date. If pregravid weight is unknown, use professional judgment to select the appropriate grid and plot the current weight at the mid-point of the shaded area. At the next visit, count pounds gained or lost from that point.

Prenatal Weight Gain Recommendations:

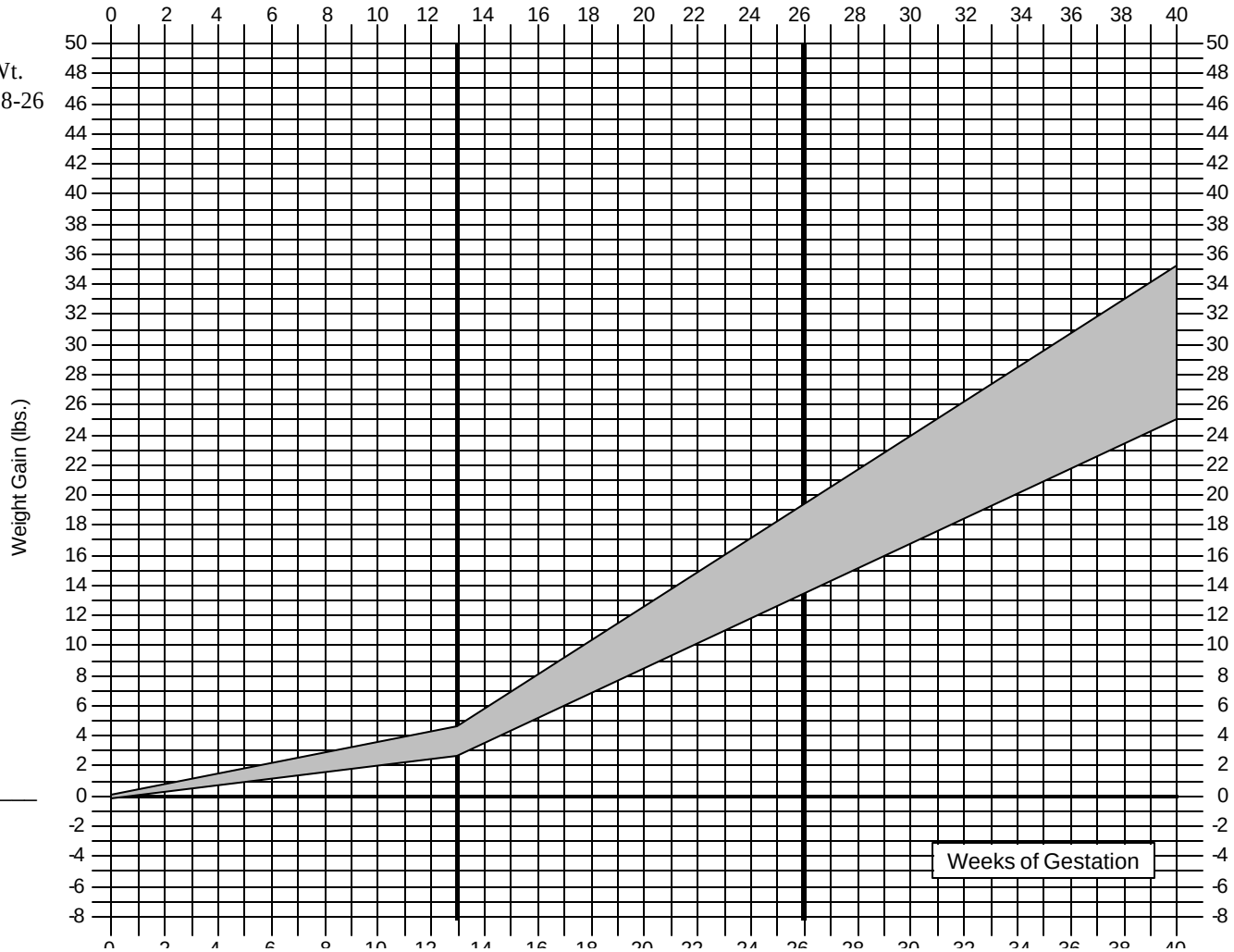
BMI < 19.8: 28-40 lbs. BMI 19.8 – 26.0: 25-35 lbs.
BMI ≥ 26.1 – 29.0: 15-25 lbs. BMI > 29: at least 15 lbs.

Twins: 35-45 lbs with gain of 4-6 lbs in first trimester and l.5 lbs/week in second and third. If pregravid underweight, gain at higher end of range; if overweight, lower end. Triplets: About 50 lbs; approximately 1.5 lbs/week throughout pregnancy.

Postpartum BMI Determination: Round the postpartum woman/adolescent's height to nearest inch and weight (Pregravid and/or current) to nearest pound. Using the Postpartum BMI Cut-Offs section of the table, assess her pregravid and/ or current as normal, low, overweight, obese.

Name_____ Certification Date_____ EDC_____

PrePG Wt.
BMI 19.8-26

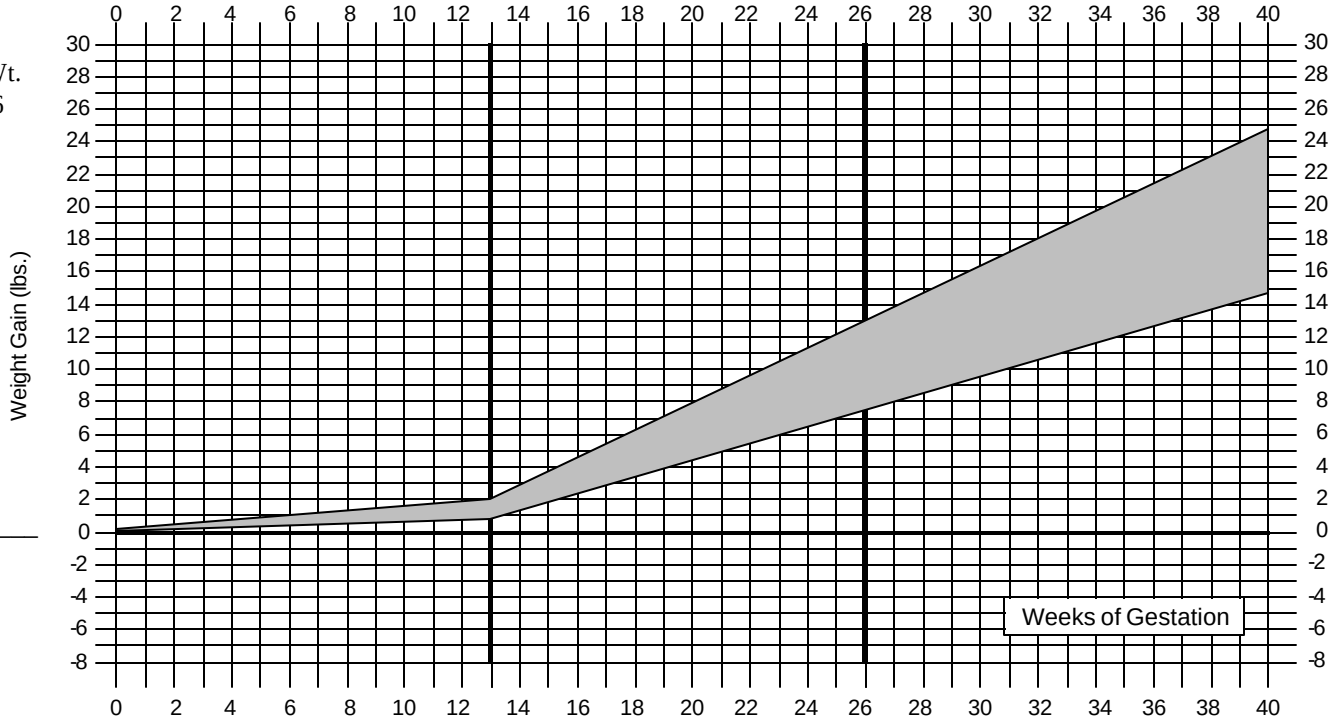


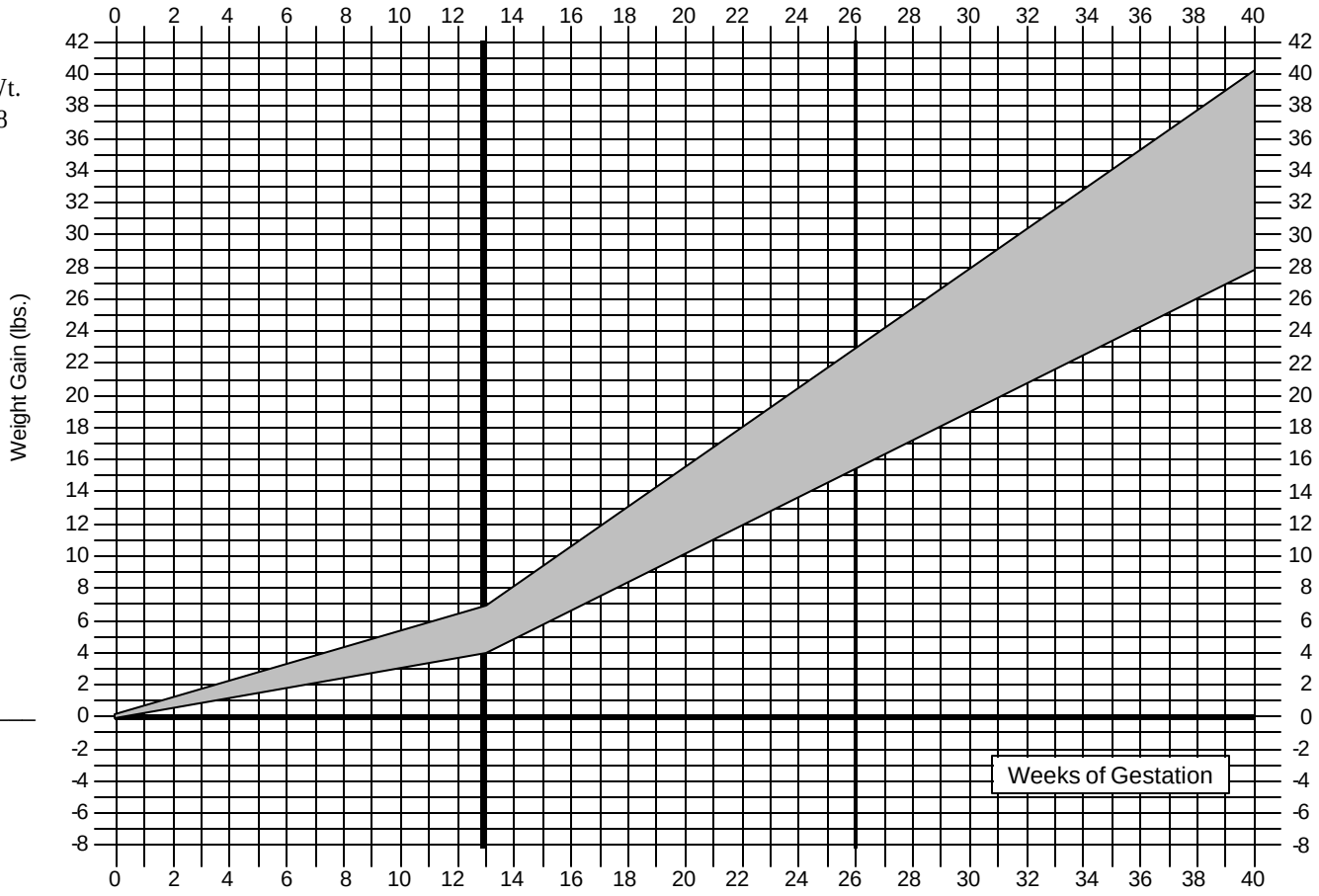
PrePG
Wt.: _____

Name_____ Certification Date_____ EDC_____

PrePG Wt.
BMI >26

PrePG
Wt.: _____



PrePG Wt.
BMI 19.8

PrePG
Wt.: _____