

Table 4. WEIGHT GAIN RANGES BASED ON WEIGHT CATEGORIES AND BODY MASS INDEX ¹, revised January 2005

Weight Category*	BMI	Recommended Total Weight Gain Ranges
Underweight **	< 19.8	28 - 40 lbs.
Normal ***	19.8 - 24.9	25 - 35 lbs.
Overweight ***	25.0 - 29.0	15 - 25 lbs.
Obese **	> 29.0	at least 15 lbs

* As more data about population-specific BMI cut-offs and risk factors become available, population-specific cut-off points may need to be considered for determining a "Weight Category". Certain Asian populations may need lower BMI cut-off points for each "Weight Category" and this might impact weight gain goals for pregnancy.

** Underweight and obese categories are based on the IOM recommendations ²

*** Normal and overweight categories have been modified by CDAPP to reflect the guidelines set by the Institute of Health, Heart and Lung ¹

(Reference: WHO Expert Consultation. Appropriate body-mass index for Asian populations and its implications for policy and intervention strategies. Lancet, Volume 363, January 10, 2004, pages 157-63.)

REFERENCES

1. National Institute of Health, National Heart, Lung and Blood Institute. Clinical guidelines on the identification, evaluation and treatment of overweight and obesity in adults-The evidence report. *Obes Res* 1998 (2); 515: viii.
2. Subcommittee on Nutrition During Lactation. Committee on Nutritional Status During Pregnancy and Lactation. Food & Nutrition Board. Institute of Medicine: Nutrition during pregnancy. Summary, conclusions and recommendations. Washington DC: National Academy Press, 1991: 10, 44.