



# The Relationship Between Doctor Recommendations and Pregnancy Weight Gain in the Pilot Los Angeles Mommy and Baby (LAMB) Survey

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## Background

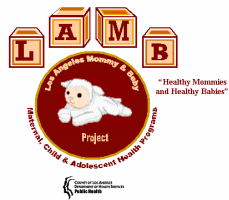
- Pregnancy weight gain relates to birth outcomes
- 1990 - IOM recommended ranges for pregnancy weight gain<sup>1</sup>

Pre-pregnancy BMI*	IOM Weight Gain Recommendation (lbs)
Low (<19.8)	28-40
Normal (19.8-26.0)	25-35
High (26.0-29.0)	15-25
Very high (>29.0)	>15

\*BMI is weight in kilos / (height in meters)<sup>2</sup>

## Study Question

- How do doctor's recommendations relate to women's pregnancy weight gain?



## Pilot Los Angeles Mommy and Baby Project

- Antelope Valley – one Service Planning Area in Los Angeles County
- Population-based
- Mail and telephone survey (~CDC PRAMS)
- Randomly sampled new mothers
  - 0-7 months postpartum
- October 2004 to April 2005



## Pilot Los Angeles Mommy and Baby Project

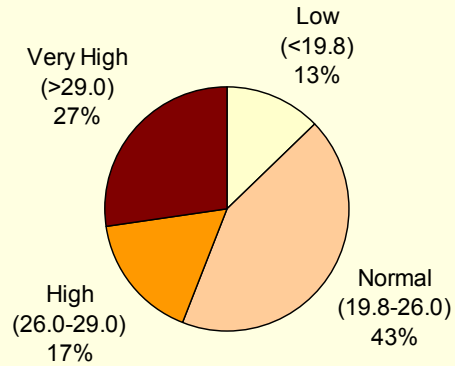
- 88 self-report questions
  - Independent variable – doctor’s pregnancy weight gain recommendations
  - Dependent variable – whether weight gain was within IOM ranges, calculated from women’s height, pre-pregnancy weight, and delivery weight
- Linked to birth certificate data

## Participant Characteristics (n=348)

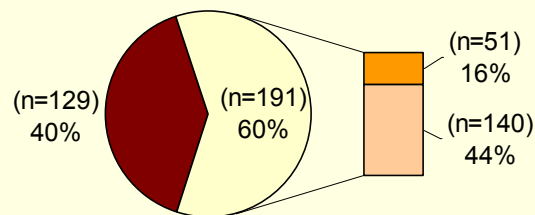
- Race
  - 30% White
  - 46% Latina
  - 18% African American
- Age
  - 13% <20 years
  - 27% 20-24 years
  - 46% 25-34 years
  - 14% 35+ years



## Women's Pre-pregnancy BMI Category Antelope Valley, 2004



## Doctor's Pregnancy Weight Gain Recommendations



- No Specific Recommendation
- Recommendation Outside IOM Range
- Recommendation Within IOM Range

## Analysis

- Logistic regression of pregnancy weight gain on doctor's recommendation
  - No specific recommendation given
  - Outside IOM ranges
  - Within IOM ranges



Adjusting for mother's age, race, pre-pregnancy BMI

## Results

- Women whose doctors gave recommendations within IOM ranges were most likely to gain weight in IOM ranges
  - vs. Recommendations outside IOM (OR=3.25, 1.47 – 7.15)
  - vs. No specific recommendation (OR=1.84, 1.04 – 3.26)



## Conclusions/Implications

- Doctor's recommendations within the IOM ranges were associated with pregnant women gaining weight within those ranges
- Recommendations should be based on the best evidence available

## Next Steps



- Expand LAMB project countywide
- Disseminate research to community
- Work with Los Angeles County providers to ensure the proper use of weight gain recommendations

## References

1. Institute of Medicine. *Nutrition during Pregnancy. Part I: Weight Gain*. Washington, D.C.: National Academy Press, 1990.

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