1. Last Name	First Name	MI
2. Patient Number		
3. Date of Birth (MM/DD/YYYY)	Month / Day / Year	
4. Race ☐ American Indian or Alaska Native ☐ Asian ☐ Black/African American ☐ Native Hawaiian/Other Pacific Islander ☐ Unknown ☐ White		
5. Ethnic Origin ☐ Hispanic Cuban ☐ Hispanic Mexican American ☐ Hispanic Other ☐ Hispanic Puerto Rican ☐ Not Hispanic/Latino ☐ Unreported		
6. Gender ☐ Female ☐ Male		
7. County of Residence		

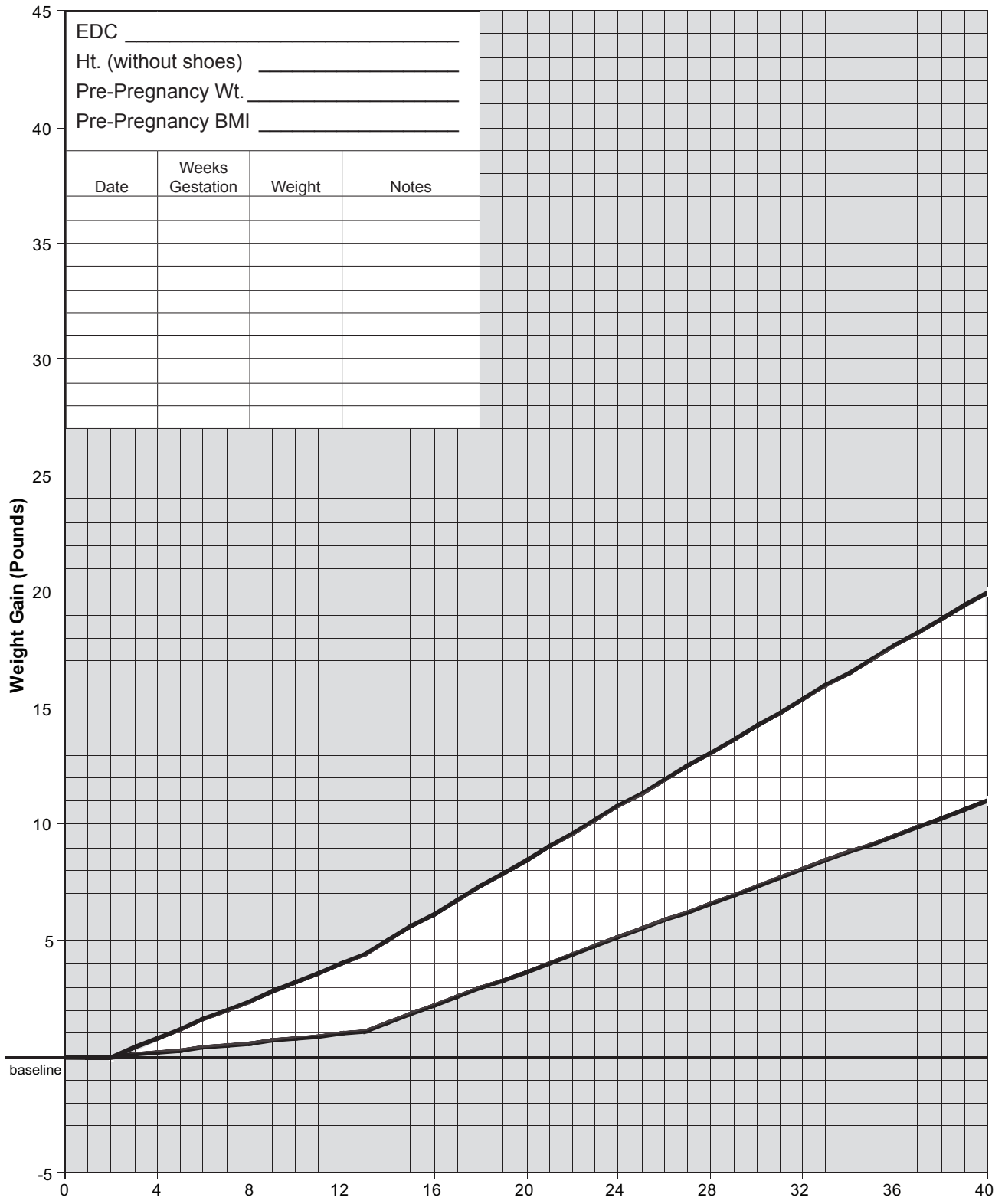
N.C. Department of Health and Human Services
Women's and Children's Health Section

PRENATAL WEIGHT GAIN CHART

Pre-Pregnancy Obese
BMI ≥ 30.0

Weight Gain Recommendations (singleton):

- 1.1–4.4 lb. gain 1st trimester
- 0.5 lb. gain per week 2nd and 3rd trimesters
- 11–20 lb. total weight gain



DHHS 2388D (Revised 06/10)
Women's and Children's Health Section (Review 06/13)

Source: Institute of Medicine, 2009. *Weight Gain During Pregnancy: Reexamining the Guidelines.* Washington, DC. National Academies Press; Committee to Reexamine IOM Pregnancy Guidelines.