

Implications of Weight Gain for Pregnancy Outcomes: Issues and Evidence

The National Academies
500 Fifth Street, NW
Washington, D.C.

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Keck 100
The National Academies

8:00–9:00 am **Registration**

INTRODUCTION

9:00 am **Welcome**
*Kathleen Rasmussen, Sc.D., Chair, Committee to Reexamine IOM
Pregnancy Weight Guidelines*

SESSION 1: TRENDS IN GESTATIONAL WEIGHT GAIN

9:10 am **Trends in Distribution of Prepregnancy Body Mass Index**
*Andrea Sharma, Ph.D., M.P.H., Division of Nutrition, Physical Activity,
and Obesity, CDC, Atlanta, GA*

9:30 **New Analyses from the Pregnancy Risk Assessment Monitoring
System**
*Patricia Dietz, Dr.P.H., M.P.H., Division of Reproductive Health, CDC,
Atlanta, GA*

9:50 **Pregnancy's Effects on Overall and Central Obesity in Women:
Influence of Race/Ethnicity**
Erica P. Gunderson, Ph.D., Kaiser Permanente, Oakland, CA

10:10 **Q&A**

10:30 **BREAK**

SESSION 2: DETERMINANTS OF GESTATIONAL WEIGHT GAIN

11:00 am **Psychosocial and Behavioral Influences on Obesity: Application to
Pregnancy**
Suzanne Phelan, Ph.D., Brown University

11:20 **Biological Determinants: Developmental Origins**
*Peter Nathanielsz, M.D., Ph.D., University of Texas Health Sciences
Center, San Antonio*

11:40 **Q&A**

12:00 noon **Break for Lunch**

SESSION 3: GESTATIONAL WEIGHT GAIN AND PREGNANCY OUTCOMES

1:00 pm **Gestational Weight Gain: Clinician Survey and Consequences for
Mother and Child**
Emily Oken, M.D., M.P.H., Harvard University

1:20 **Consequences of Gestational Weight Gain: Outcomes for the Mother
and Infant**
Ellen A. Nøhr, Ph.D., Aarhus University, Denmark

1:40 **Disparities in Fetal Growth and Ethnic-Specific Growth Standards**
Michael Kramer, M.D., McGill University

2:00 **Q&A**

2:20 **Clinic and Community-Based Intervention Programs: Impact on
Gestational Weight Gain**
Christine Olson, Ph.D., Cornell University

2:40 **Q&A**

2:50 **BREAK**

SESSION 4: PANEL DISCUSSION

3:15 pm **Determinants and Consequences of Gestational Weight Gain:
Clinical and Community Perspectives**
Moderator:
*Esa Davis, M.D., M.P.H., Case Western Reserve University, Case
Western Medical Center*
Panelists:
*Helen Jackson, Ph.D., R.D., L.D./N., Duval County Health Department,
Jacksonville, FL*
Margie Tate, M.S., R.D., Arizona Department of Health Services, Phoenix
Cheryl Harris, M.P.H., R.D., WIC State Agency, Washington, DC
*Deborah Bowers, M.D., Physician and Midwife Collaborative Practice,
Alexandria, VA*

4:15 **Open Discussion**

4:45 **Adjourn**