

# Excessive gestational weight gain tied to maternal morbidity

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(HealthDay)—Gestational weight gain in excess of guidelines from the

Institute of Medicine (IOM) is associated with increased risk of severe maternal morbidity, according to a study published in the March issue of *Obstetrics & Gynecology*.

Marissa H. Platner, M.D., from the Emory University School of Medicine in Atlanta, and colleagues conducted a retrospective cohort study using linked 2008 to 2012 New York City discharge and birth certificate datasets to examine the correlation between gestational weight gain and severe maternal morbidity. Data were included for 515,148 term singleton live births in New York City.

The researchers found that [women](#) gained below, within, 1 to 19 lbs above, and 20 lbs or more above the IOM recommended gestational weight gain guidelines in 24.8, 35.1, 32.1, and 8.0 percent of the births. Women who had gestational weight gain 1 to 19 lbs above or 20 lbs or more above the IOM recommendations had higher odds of overall severe maternal morbidity compared with women who gained within the guideline after adjustment for maternal demographic and socioeconomic characteristics (adjusted odds ratios, 1.08 and 1.21, respectively), resulting in absolute rate increases of 2.1 and 6.0 cases of severe maternal [morbidity](#) per 1,000 deliveries, respectively.

"Prenatal counseling should involve discussions of prepregnancy BMI and the role of appropriate [weight gain](#) to optimize pregnancy outcomes," the authors write.

**More information:** [Abstract/Full Text](#)

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