

# Impacts of gestational weight gain seen 50+ years later

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Gestational weight gain might have implications that extend beyond the pregnancy window to long-term health, according to a study published in the Nov. 18 issue of *The Lancet*.

Stefanie N. Hinkle, Ph.D., from the Perelman School of Medicine at the University of Pennsylvania in Philadelphia, and colleagues assessed whether gestational weight change was associated with mortality more than 50 years later. The analysis included 46,042 participants in the Collaborative Perinatal Project (1959 to 1965).

The researchers found that for participants with underweight before pregnancy ([body mass index](#) [BMI],

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