

Inadequate weight gain in overweight moms tied to SGA

5 August 2014



and decreased neonatal fat mass, lean mass, and head circumference," the authors write.

More information: [Abstract](#)
[Full Text \(subscription or payment may be required\)](#)

Copyright © 2014 [HealthDay](#). All rights reserved.

(HealthDay)—For overweight and obese women, inadequate weight gain is associated with increased risk of small for gestational age (SGA), according to a study published in the August issue of the *American Journal of Obstetrics & Gynecology*.

Patrick M. Catalano, M.D., from Case Western Reserve University in Cleveland, and colleagues examined the correlation between inadequate gestational weight gain and fetal growth in [overweight](#) and [obese women](#). In the prospective study, 1,053 women gained more than 5 kg and 188 lost weight or gained 5 kg or less. Anthropometry measures were used to assess birth weight, fat mass, and lean mass.

The researchers found that weight loss or gain of 5 kg or less correlated with SGA (9.6 versus 4.9 percent; adjusted odds ratio, 2.6; $P = 0.003$). Neonates of women who lost weight or gained 5 kg or less had significantly lower birth weight, fat mass, and lean mass (all P gestational age, and sex. Neonatal outcomes did not differ significantly for those who lost weight and those who gained 5 kg or less.

"In overweight and obese women, weight loss or gain ≥ 5 kg is associated with increased [risk](#) of SGA

APA citation: Inadequate weight gain in overweight moms tied to SGA (2014, August 5) retrieved 16 June 2021 from

<https://medicalxpress.com/news/2014-08-inadequate-weight-gain-overweight-moms.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.