

Weight—What to SAY?

It is important for providers to talk with women about their weight. One way to introduce the topic of weight is to say, “It is important for us to talk about weight. Weight affects you, and weight affects your baby.” The following questions and statements are intended to start conversations, rather than be used in their entirety.

Ask: (Start a conversation about weight)

- ☀️ “Tell me what you’ve heard about weight gain during pregnancy.”
- ☀️ “Can you share with me what you know about healthy weight gain in pregnancy?”
- ☀️ “What questions do you have about your weight and how it relates to having a healthy baby?”

Advise: (Give health-related information)

- ☀️ “Can I share with you what I know about healthy weight gain during pregnancy?”
- ☀️ “Choosing healthy foods will help you gain the best amount of weight for you and your baby.”
- ☀️ “Safe exercise helps with labor, helps you gain the right amount of weight, and makes you feel better while you’re pregnant.”

Assist: (Support the woman’s self-management efforts)

- ☀️ “We can work together at every visit to track your weight and make plans for what you’ll do between visits.”
- ☀️ “We can plan for how you can make the healthiest eating choices for your individual needs.”
- ☀️ “We will share healthy exercise guidelines that will help you pick the right activity level for you.”