

Inadequate weight gain in overweight moms tied to SGA

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(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 *America 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 <u>overweight</u> and <u>obese women</u>. 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 <u>risk</u> of SGA and decreased neonatal fat mass, lean mass, and head circumference," the authors write.

More information: Abstract

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