

Annex 8

Assessing nutritional status of pregnant mothers

8.1 Anthropometric assessment of pregnant women

Weighing, measuring height, assessing BMI (using BMI chart)

Measuring weight at the clinic setting

The weighing scale should be placed on a smooth, leveled surface.

Before weighing, the person should be asked to remove slippers, heavy clothes, handbags and any other heavy item (keys, coins etc.) with them.

The reading of the scale should be checked and it was adjusted to '0'.

Then the person should be asked to step onto the scale. It should be made sure that:

- ☐ Person stands upright, with her arms hanging loosely at sides.
- ☐ Person looked straight ahead and not moving

Reading of the scale display should be noted down to the nearest 0.1kg when it stopped changing.

Measuring height at the clinic setting

Microtoise tape should be used to measure the height.

Microtoise should be set up against a wall in full length.

Ask the mother to remove slippers and stand against the wall as straight as she can.

Look at the person from the front and made sure that she is under the Microtoise meter and keeping the feet slightly apart.

Look at the person from the side and make sure that her back of the head, shoulders, buttocks and her heels are touching the wall.

Lower the head piece of Microtoise until it hits firmly on the top of the head and made sure that it touched the head and not the hair.

The reading should be taken to the nearest 0.5cm.

Calculation of the Body Mass Index (BMI)

$$\text{BMI} = \frac{\text{Weight (Kg)}}{\text{Height (m}^2\text{)}}$$

Instead of calculating BMI, field health care workers can use the BMI chart or BMI wheel, which gives BMI comparing weight and height. For pregnant mothers BMI should be calculated before 12 weeks, ideally at the booking visit around 6-8 weeks.

Interpretation of BMI

<18.5 kg/m ²	Under nutrition
18.5 – 24.9 kg/m ²	Normal
25 – 29.9 kg/m ²	Over weight
≥ 30 kg/m ²	Obese

Monitoring of weight gain during pregnancy

Monitoring of the weight gain during pregnancy depend on the BMI during the booking visit/ first trimester. Expected weight gains according to the BMI as follows:

BMI (kg/m²) Expected Weight Gain in kg

BMI (kg/m ²)	Expected Weight Gain in kg
<18.5 (underweight)	12.5-18
18.5-24.9 kg/m ² (Normal)	11.5-16
25-29.9 kg/m ² (over weight)	7.0-11.5
>= 30 kg/m ² (Obese)	≤ 6.8

Maternal weight gain should be recorded on the weight gain chart in the pregnancy record.

Annex 8.2

Weight Gain Chart

Instructions to maintain weight gain chart and graph

1. Fill in the following information regarding the mother at the first clinic visit (before 12 weeks) in the box located in the left upper corner of the graph:
 - ☐ Height
 - ☐ Weight at the first clinic visit (before 12 weeks)
 - ☐ BMI at the first clinic visit (before 12 weeks)

During the first visit no data to plot on the graph.

2. During subsequent clinic visits POA and weight should be recorded on the table and weight gain should be calculated (by deducting the mother's weight at the first clinic visit from weight at the current clinic visit). Then the weight gain should be plotted on the graph according to the POA.
3. Poor weight gain as well as the excessive weight gain should be identified timely and relevant interventions should be carried out.
4. Recommended weight gain
 - ☐ It is assumed that woman's pre pregnancy BMI is more or less equal to the BMI at her first clinic (before 12 weeks)
 - ☐ For a woman with BMI less than 18.5kg/m² during first 12 weeks, recommended weight gain range is 12.5 – 18 kg. Her weight gain should be within the areas shown as A & B in the weight gain chart.
 - ☐ For a woman with normal BMI (18.5 - 24.9kg/m²), recommended weight gain range is 11.5 – 16 kg. Her weight gain should be within the areas shown as B&C in the weight gain chart.

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Weight gain

