

## **Exploring Future Research Related to The Outcomes of Maternal Weight Gain - Survey**

Thank you for your participation in the *Future Research Priorities for Understanding Weight Gain in Pregnancy in the Context of Maternal, Fetal, and Infant Health* project.

Our project team has compiled initial research questions. The purpose of this part of our work is to generate an exhaustive list of potential research questions. We would like your input in the following areas:

- The addition of new research questions
- Specific edits and/or refinements to the proposed research questions
- The exclusion of questions for which ongoing research is likely to provide appropriate answers to fill current evidence gaps
- Any additional general feedback on the research questions

We ask that you provide your edits/comments on the initial list of research questions as well as any new research questions by 05/27/2010.

There are several categories of future research questions in this survey. We ask that you view the survey in its entirety and answer accordingly. In particular, the categories are:

- General Evidence Gaps - 11 Questions
- General Evidence Gaps (Continued) - 11 Questions
- Interventions - 6 Questions
- Statistical Issues - 2 Questions
- Policy - 4 Questions
- Measurement - 3 Questions
- Additional Questions Relevant to Weight Gain during Pregnancy
- Additional Comments/Questions

If you have any questions or concerns regarding this survey or this project, please do not hesitate to contact Nikki McKoy at [jnikki.mckoy@Vanderbilt.edu](mailto:jnikki.mckoy@Vanderbilt.edu).

A. General Evidence Gaps - Please review and edit the following research questions related to the outcomes of Maternal Weight Gain.

1. Is total weight gain or rate of weight gain during pregnancy associated with (1) birth outcomes, (2) infant health outcomes, and (3) maternal health outcomes?

2. What factors confound the relationship between gestational weight gain (overall and patterns) and birth outcomes?

3. What factors modify the relationship between gestational weight gain (overall and patterns) and birth outcomes?

4. What is the impact of age on the relationship of weight gain and pregnancy outcomes?

5. Does age at menarche modify the relationship of weight gain and pregnancy outcomes?

6. Does weight gain above thresholds defined in the 2009 IOM body mass index (BMI) guidelines contribute to the following:  
(a) antepartum complications  
(b) postpartum complications  
(c) longer term maternal and infant complications

7. Does weight gain below thresholds defined in the 2009 IOM body mass index (BMI) guidelines contribute to the following:  
(a) antepartum complications  
(b) postpartum complications  
(c) longer term maternal and infant complications

- 8.** Does weight loss thresholds defined in the 2009 IOM body mass index (BMI) guidelines contribute to the following:
- (a) antepartum complications
  - (b) postpartum complications
  - (c) longer term maternal and infant complications

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- 9.** How do these relationships vary by sociodemographic characteristics (i.e., race and age)?

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- 10.** What are the harms or benefits of offering the same weight gain recommendations to all pregnant women, irrespective of age and body weight considerations (e.g., pregravid weight, actual body weight at a particular time point, or optimal body weight)? (AHRQ 2008)

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A. General Evidence Gaps (Continued) - Please review and edit the following research questions related to the outcomes of Maternal Weight Gain.

11. Which anthropometric tools are most appropriate for determining adiposity and are appropriate during pregnancy?

12. What are the risks and benefits of measuring adiposity for (1) clinical management of weight gain during pregnancy and (2) evaluation of the relationship between weight gain and outcomes of pregnancy?

13. What are the level of knowledge, attitudes, and self-efficacy of women regarding gestational weight gain? (AHRQ 2008)

14. Does weight gain influence lactation initiation and maintenance?

15. Does parity modify the relationship of weight gain and pregnancy outcomes?

16. Do genetic factors influence the relationship between weight gain and pregnancy outcomes?

17. Is there an interaction of stature and weight gain? (AHRQ 2008)

18. What is the impact of total weight gain vs. rate of weight gain vs. timing of weight gain on pregnancy outcomes? (AHRQ 2008)

**19.** What is the effect of gestational weight gain on infant (beyond birthweight) and childhood outcomes? (AHRQ 2008)



**20.** What are the optimal weight gains for obese women? (AHRQ 2008)



**21.** What research and databases describe the distribution of maternal weight (prior to during, and after pregnancy) among different populations of women in the United States? (NRC-IOM 2007)



**22.** What research and databases inform understanding of the effects of different weight patterns (including underweight and overweight) during pregnancy on maternal and child health outcomes? (NRC-IOM 2007)



B. Interventions - Please review and edit the following research questions related to the outcomes of Maternal Weight Gain.

1. Do women receive accurate weight gain guidance by their prenatal clinicians; whether clinicians have the knowledge, attitudes, and skills necessary to provide appropriate weight gain guidance? (AHRQ 2008)

2. What research has been conducted to describe the individual, community, and health care system factors that impede or foster compliance with recommended GWG guidelines? (NRC-IOM 2007)

3. What intervention(s) are effective for achieving recommended maternal weight gain?

4. What methods are effective for helping women understand goals for weight gain in pregnancy?

5. What role does physical activity play in achieving recommended maternal weight gain?

6. What role does nutrition play in achieving recommended maternal weight gain?

C. Statistical Issues - Please review and edit the following research questions related to the outcomes of Maternal Weight Gain.

1. How should outliers in pregravid weight, gestational weight gain, postpartum weight, and maternal height be handled in analyses?

2. What is the need for standardization of research measures to advance the field?

D. Policy - Please review and edit the following research questions related to the outcomes of Maternal Weight Gain.

1. How accurate is self-reported compared to measured weight (prepregnancy, in pregnancy, and post-partum) in all populations and among women of varying pregravid weights and gestational ages?

2. What are the tests of the reliability of self-reported weights in pregnancy by age, parity, and BMI? (AHRQ 2008)

3. What opportunities exist for Title V maternal and child health programs to build on this knowledge to help childbearing women achieve and maintain recommended weight? (NRC-IOM 2007)

4. What future research and data collection efforts could improve the efforts of Title V programs to support women from different racial and ethnic backgrounds in their efforts to comply with recommended weight guidelines and to improve their maternal health? (NRC-IOM 2007)



E. Measurement - Please review and edit the following research questions related to the outcomes of Maternal Weight Gain.

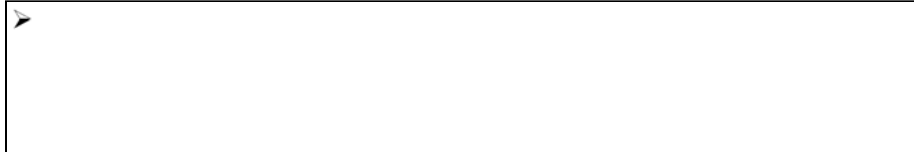
1. Is rate of weight gain, adequacy of rate of weight gain, or total weight gain superior for predicting adverse outcomes?

2. What are the preferred anthropometric measurements for predicting outcomes of interest? (AHRQ 2008)

3. Does direct measurement of body fat (prepregnancy, in pregnancy, post-partum) contribute to the understanding of outcomes?

F. Additional Questions Relevant to Maternal Weight Gain in Pregnancy

Please use this section to add any additional research questions you find to be imperative when addressing knowledge gaps and research needs in the context of maternal weight gain in pregnancy.



G. Additional Comments/Questions

