



## Attitudes of pregnant women towards regular gestational weight monitoring

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### Background

The Dept of Health Pregnancy Care Guidelines recommend that all pregnant women are given the opportunity to be weighed at each antenatal clinic attendance.

Assessing women's views towards antenatal weight management is key to implementing guidelines in clinical practice.

### Aim

To increase understanding of the attitudes of pregnant women towards regular gestational weight monitoring.

### Method

#### Study Design & Setting

Cross-sectional survey completed during antenatal clinic attendance at The Royal Women's Hospital (RWH).

#### Assessment tool

Attitudes assessed by 10 item Likert-style questionnaire developed, validated (content-validity) and piloted by the research team.

Other data obtained:

- Demographic characteristics
- Pre-preg weight, body mass index (BMI)
- General body image pre-pregnancy
- Frequency of weighing pre-pregnancy
- Knowledge of their own GWG target
- Expectations of being weighed during pregnancy
- Actual GWG for the current pregnancy

#### Data Analysis

Questionnaire was scored per participant; total possible score range: -20 to 20.

#### Participants

330 adult, English-speaking women with a singleton pregnancy.

### Results

	Mean	Range
<b>Maternal Age (years) (n=325)</b>	32	18-45
<b>Pre-pregnancy BMI (kg/m<sup>2</sup>) (n=292)</b>	24.6	16.1-46.9
<b>Gestation (weeks)</b>	27	8-40
	n (%)	
<b>Parity (n=330)</b>		
Multiparous	148 (44.8)	
Primiparous	182 (55.1)	
<b>Pre-preg BMI category (n=292)</b>		
Obese (≥30kg/m <sup>2</sup> )	43 (14.7)	
Overweight (25.0-29.9kg/m <sup>2</sup> )	62 (21.2)	
Healthy weight (18.5-24.9kg/m <sup>2</sup> )	<b>175 (59.9)</b>	
Underweight (<18.5kg/m <sup>2</sup> )	12 (4.1)	
<b>Expect to be weighed in routine antenatal care (n=328)</b>		
No	26 (7.9)	
Neutral	54 (16.4)	
Yes	<b>248 (75.6)</b>	
<b>Attitude score (total of 10 item questionnaire) (n=329)</b>		
Very negative (-20/20 to -10/20)	0	
Negative (-9/20 to 0/20)	45 (13.7)	
Positive (1/20 to 9/20)	<b>174 (52.9)</b>	
Very positive (10/20 to 20/20)	110 (33.4)	

### Results

When the attitude score was stratified by pre-pregnancy BMI category:

BMI (kg/m <sup>2</sup> )	Very positive attitude score	Positive attitude score	Negative attitude score
	10/20 to 20/20 (n=96)	1/20 to 9/20 (n=156)	-9/20 to 0/20 (n=39)
Obese (≥30kg/m <sup>2</sup> )	10 (10.4%)	24 (15.4%)	9 (23.1%)
Overweight (25.0 - 29.9kg/m <sup>2</sup> )	17 (17.7%)	31 (19.9%)	13 (33.3%)
Healthy weight (18.5-24.9kg/m <sup>2</sup> )	63 (65.6%)	97 (62.1%)	15 (38.5%)
Underweight (<18.5kg/m <sup>2</sup> )	6 (6.3%)	4 (2.6%)	2 (5.1%)

### Significance of findings for allied health

Many pregnant women felt positive towards, and expect, regular weighing, although this was particularly the case for women with a healthy BMI pre-pregnancy.

Allied health staff in maternity healthcare are well placed to provide support to pregnant women to achieve optimal GWG.