

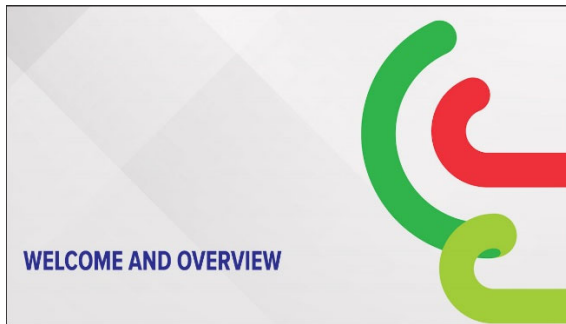


# Maternal Weight During Pregnancy and Smoking Discussion Guide

## GENERAL INSTRUCTIONS

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*Facilitators: Use this discussion guide as a companion to the Maternal Weight and Smoking videos for the group training. The training is divided into sections when the video is paused and you facilitate discussion about the topic. Discussion questions are designed to generate ideas among WIC staff about how the information and associated WIC codes apply to working with participants and what staff experiences have been.*



## VIDEO 1: Welcome and Overview

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This first video introduces the training topics of maternal weight gain and smoking exposure.



## DISCUSSION POINT 1: Recommended Weight Gain Experience

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Question on screen:

What has your experience been with participants gaining the recommended amount of weight? Do they tend to not gain enough, gain the recommended amount, or too much?

For participants not gaining enough or gaining too much weight during pregnancy, what reasons do they give?

*Facilitator: Lead a general discussion, encouraging input from everyone in the group.*

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What pregnancy nutrition myths and misunderstandings do you encounter with participants referred for nutrition services?



## **VIDEO 2: Recommended Maternal Weight Gain During Pregnancy**

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This video covers recommended weight gain during each trimester for women with singleton and multiples pregnancies.



## **DISCUSSION POINT 2: Recommended Weight Gain Percentages**

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Interactive on screen:

Considering whether women gain the recommended weight, not enough weight, or too much weight; which percentages do you think go with each category? Match the weight amount with the percentages.

Prompts: Recommended, Not Enough, Too Much

Answer choices: 32%, 21%, 48%

*Facilitator: Ask the group for their guesses. Answer based on the majority guesses. Click SUBMIT and discuss the correct answer percentages (Too much 48%, Recommended 32%, Not Enough 21%). Are the numbers surprising to staff?*



## **VIDEO 3: Low Maternal Weight Gain During Pregnancy**

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This video covers why low maternal weight gain during pregnancy is a concern for healthy outcomes for mom and baby. It includes information about pregnancy weight gain related to obese participants.



## **DISCUSSION POINT 3: Pregnant Participant Not Gaining Enough Weight**

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Scenario on screen:

Sabrina is not gaining enough weight during her pregnancy. She says her doctor told her she needs to eat more. When you asked about her typical eating and drinking, she said she doesn't typically eat breakfast and usually waits till lunch to have anything to eat. Sabrina mentioned adding a protein shake for breakfast each day and wondered if that would be enough.

How do you respond to her idea and what other suggestions might you offer?

*Expected answers:*

- *Affirm her choice of a protein shake.*
- *Let her know the shake is a good first step in getting more nutrition and gaining weight.*
- *Ask what she plans to put in the shake.*
- *Discuss nutrient-dense ingredients.*
- *Ask if her doctor provided information about recommended food for gaining weight.*



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- *Offer referral to an RD/State-Approved Nutritionist who can help with identifying food for healthy weight gain as her pregnancy progresses.*
- *Review the food package assigned and how the foods support the goal of gaining weight.*



Do you have experience with receiving a prescription for medical foods due to a pregnant participant's insufficient weight gain? If so, tell us about it.

If not, in working with participants who need to gain weight during pregnancy, what are they most receptive to? What misunderstandings or myths about what to eat to gain weight do you deal with?



## **VIDEO 4: Pre-Pregnancy Overweight or Obese Classification**

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This video covers low weight gain related to participants classified as overweight or obese. It discusses whether losing weight is beneficial while pregnant and potential delivery or birth complications.



## **DISCUSSION POINT 4: Obese Pregnant 17-Year Old**

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Scenario on screen:

Tanya is a new client. You are in the lab weighing and measuring her. Her BMI is 31, which is the obese classification. She is being certified today. While being weighed she mentions that she heard that pregnant teenagers should gain more weight but she wants to lose weight.

What do you discuss with her?

*Expected answers:*

- *The recommendation for gaining more weight was made in the past but now your recommended weight gain is based on your pre-pregnancy weight, instead of your age.*
- *Review the recommended weight gain for her BMI.*
- *Stress the importance of discussing her weight during pregnancy with her healthcare provider.*
- *Emphasize nutrition needs during pregnancy for her and the baby.*
- *Discuss WIC food packages for pregnancy.*
- *Offer referral to an RD/State-Approved Nutritionist.*



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What nutrition advice is most important for obese pregnant participants regardless of whether they are losing weight?



## VIDEO 5: Nutrition Education and Referrals

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This video covers the importance of assessment for determining the possible reasons for or causes of lack of weight gain. It also emphasizes the importance of making referrals based on the assessment information.



## DISCUSSION POINT 5: Low Weight Gain Assessment and Education

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Graph with plot points and scenarios on screen:

Participant #1 has normal pre-pregnancy BMI and weight gain is below the bottom line at 8 weeks.

Participant #2 has underweight pre-pregnancy BMI, and has three weight measurements below the bottom line at 7 weeks, 15, week, and 23 weeks.

What do you discuss with Participant #1 about weight gain during first trimester?

For Participant #2, what does the assessment need to explore? What referrals are needed?

*Expected answers:*

*Participant #1:*

- *How has she been feeling?*





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- *Has she had morning sickness?*
- *Has she seen a health care provider yet?*

### *Participant #2:*

- *Overall poor nutrition*
- *Medical conditions*
- *Healthcare--make sure she is being followed by a doctor*
- *Adequacy of resources*
- *Perceptions around weight gain and desired gain*
- *Knowledge of implications for her and the baby of low weight gain*
- *Substance use/abuse*
- *Referrals to nutrition counseling, food assistance programs, housing, other services as appropriate*



How is the food packaged tailored to help with weight gain? What recommendations do you find most helpful for participants who need to gain weight while pregnant?



## **VIDEO 6: Maternal Smoking and Tobacco Smoke Exposure**

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This video covers the potential negative health outcomes of smoking for pregnant women and babies in-utero. It also covers the health hazards for anyone exposed to tobacco smoke and the potential long-term health consequences for children and adults.



## **DISCUSSION POINT 6: Pregnancy and Son with Asthma**

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Scenario on screen:

You are meeting with Robin towards the end of her first trimester. The pregnancy is going well but she mentions being concerned about her son, Ryan, who has asthma. Robin reports not being a smoker, yet you have noticed tobacco odors when she arrived for the meeting.

How do you approach the subject of smoke exposure if Robin is not a smoker? What health connections do you discuss about Ryan's asthma, and possibly the pregnancy?

*Expected Answers:*

- *Encourage Robin to say more about her concerns about Ryan.*
- *Ask if there are any smokers inside the home.*
- *If there are smokers in the household, provide information about the impact of smoke exposure on asthma and for her and the baby during pregnancy.*



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- *Inquire about whether she'd like information about resources for smoking cessation.*



During pregnancy, are there different nutritional needs for smokers or participants exposed to tobacco smoke?



## **VIDEO 7: Wrap-up**

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The last video summarizes key points about the Low Maternal Weight Gain (code 131), Smoking (code 371), and Environmental Exposure to Tobacco Smoke (code 904). WIC staff are reminded to use AZDHS and other resources for doing a thorough assessment and to provide the best nutrition and education support to participants.

*Facilitator: After the summary video, you may ask some or all of these reflection questions.*

- *What do you think is the most important information to remember from this training?*
- *What do you still need to learn more about (or what are you confused about)?*
- *Based on the content in this training, what is something you can do to provide exemplary service to participants?*



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## Resources

<https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-weight-gain.htm>

<https://azdhs.gov/documents/prevention/azwic/agencies/nutrition-care-guidelines.pdf>

<https://azdhs.gov/documents/prevention/azwic/manuals/nutrition-risk-manual.pdf>

<https://azdhs.gov/prevention/azwic/agencies/index.php>

Tobacco Free Arizona <https://www.azdhs.gov/prevention/tobacco-chronic-disease/tobacco-free-az/index.php>

ASHline <https://ashline.org/>

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