



Weigh to a healthy pregnancy

This leaflet was developed by the PHA to introduce the Weigh to a health pregnancy programme, a weight management programme for pregnant women with a high body mass index (BMI). The programme offers extra support from midwives, dietitian and physiotherapist with the aim of keeping weight gain in pregnancy within the healthy range in order to reduce the risk of pregnancy complications for mother and baby.

It is available only to women who have been referred to the programme. It is accompanied by a booklet for healthcare professionals to complete when booking women onto the programme.

Published

29 August 2019

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24 November 2020

Details

Format

A5 8 page booklet

Target group

Pregnant women with a BMI of 38 and over

Downloads

Attachment	Size
Weigh to a healthy pregnancy A5 leaflet	216.09 KB
Weigh to a healthy pregnancy A4 booking booklet	250.97 KB

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