

Body Mass Index (BMI) chart

BMI is a calculation based on your weight and height measurements that health professionals use to work out whether you are a healthy weight.

The calculation is weight in kilograms divided by your height in meters squared or look at the chart below and plot your weight and height to see your BMI and what category you fall into.

Healthy weight

A BMI of 18.5–24.9 is the ideal BMI for pregnancy and puts mother and baby at the lowest risk of suffering from weight related problems during pregnancy and birth.

Overweight

A BMI of 25–29.9 can increase the risk of health problems during pregnancy.

Very overweight

A BMI of 30+ puts you and your baby at greater risk of developing complications. For you, these include gestational diabetes, pre-eclampsia and the need for caesarean delivery and possible miscarriage; for your baby, increased risk of abnormalities, stillbirth and long-term health problems. The higher your BMI, the greater the risk to you and your baby. We will help you to manage the risks to you and your baby and guide you in controlling your weight during pregnancy.

*Please note that the categories in the table may not accurately represent borderline BMIs due to rounding to the nearest whole number. See www.tommys.org for an accurate BMI calculator.

		height (m)																
		1.38	1.42	1.46	1.50	1.54	1.58	1.62	1.66	1.70	1.74	1.78	1.82	1.86	1.90	1.94	1.98	
weight (kg)	150	79	74	70	67	63	60	57	54	52	50	47	45	43	42	40	38	23s 8
	148	78	73	69	66	62	59	56	54	51	49	47	45	43	41	39	38	23s 3
	146	77	72	68	65	62	58	56	53	51	48	46	44	42	40	39	37	22s 13
	144	76	71	68	64	61	58	55	52	50	48	45	43	42	40	38	37	22s 9
	142	75	70	67	63	60	57	54	52	49	47	45	43	41	39	38	36	22s 4
	140	74	69	66	62	59	56	53	51	48	46	44	42	40	39	37	36	22s
	138	72	68	65	61	58	55	53	50	48	46	44	42	40	38	37	35	21s 10
	136	71	67	64	60	57	54	52	49	47	45	43	41	39	38	36	35	21s 5
	134	70	66	63	60	57	54	51	49	46	44	42	40	39	37	36	34	21s 1
	132	69	65	62	59	56	53	50	48	46	44	42	40	38	37	35	34	20s 10
	130	68	64	61	58	55	52	50	47	45	43	41	39	38	36	35	33	20s 6
	128	67	63	60	57	54	51	49	46	44	42	40	39	37	35	34	33	20s 2
	126	66	62	59	56	53	50	48	46	44	42	40	38	36	35	33	32	19s 12
	124	65	61	58	55	52	50	47	45	43	41	39	37	36	34	33	32	19s 7
	122	64	61	57	54	51	49	46	44	42	40	39	37	35	34	32	31	19s 3
	120	63	60	56	53	51	48	46	44	42	40	38	36	35	33	32	31	18s 13
	118	62	59	55	52	50	47	45	43	41	39	37	36	34	33	31	30	18s 8
	116	61	58	54	52	49	46	44	42	40	38	37	35	34	32	31	30	18s 4
	114	60	57	53	51	48	46	43	41	39	38	36	34	33	32	30	29	17s 13
	112	59	56	53	50	47	45	43	41	39	37	35	34	32	31	30	29	17s 9
	110	58	55	52	49	46	44	42	40	38	36	35	33	32	30	29	28	17s 5
	108	57	54	51	48	46	43	41	39	37	36	34	33	31	30	29	28	17s
	106	56	53	50	47	45	42	40	38	37	35	33	32	31	29	28	27	16s 10
	104	55	52	49	46	44	42	40	38	36	34	33	31	30	29	28	27	16s 5
	102	54	51	48	45	43	41	39	37	35	34	32	31	29	28	27	26	16s 1
	100	53	50	47	44	42	40	38	36	35	33	32	30	29	28	27	26	15s 10
98	51	49	46	44	41	39	37	36	34	32	31	30	28	27	26	25	15s 6	
96	50	48	45	43	40	38	37	35	33	32	30	29	28	27	26	24	15s 2	
94	49	47	44	42	40	38	36	34	33	31	30	28	27	26	25	24	14s 11	
92	48	46	43	41	39	37	35	33	32	30	29	28	27	25	24	23	14s 7	
90	47	45	42	40	38	36	34	33	31	30	28	27	26	25	24	23	14s 2	
88	46	44	41	39	37	35	34	32	30	29	28	27	26	24	23	22	13s 12	
86	45	43	40	38	36	34	33	31	30	28	27	26	25	24	23	22	13s 8	
84	44	42	39	37	35	34	32	30	29	28	27	25	24	23	22	21	13s 3	
82	43	41	38	36	35	33	31	30	28	27	26	25	24	23	22	21	12s 13	
80	42	40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	12s 8	
78	41	39	37	35	33	31	30	28	27	26	25	24	23	22	21	20	12s 4	
76	40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	19	12s	
74	39	37	35	33	31	30	28	27	26	24	23	22	21	20	20	19	11s 9	
72	38	36	34	32	30	29	27	26	25	24	23	22	21	20	19	18	11s 5	
70	37	35	33	31	30	28	27	25	24	23	22	21	20	19	19	18	11s	
68	36	34	32	30	29	27	26	25	24	22	21	21	20	19	18	17	10s 10	
66	35	33	31	29	28	26	25	24	23	22	21	20	19	18	18	17	10s 6	
64	34	32	30	28	27	26	24	23	22	21	20	19	18	18	17	16	10s 1	
62	33	31	29	28	26	25	24	22	21	20	20	19	18	17	16	16	9s 11	
60	32	30	28	27	25	24	23	22	21	20	19	18	17	17	16	15	9s 6	
58	30	29	27	26	24	23	22	21	20	19	18	18	17	16	15	15	9s 2	
56	29	28	26	25	24	22	21	20	19	18	18	17	16	16	15	14	8s 11	
54	28	27	25	24	23	22	21	20	19	17	17	16	16	15	14	14	8s 7	
52	27	26	24	23	22	21	20	19	18	17	16	16	15	14	14	13	8s 3	
50	26	25	23	22	21	20	19	18	17	17	16	15	14	14	13	13	7s 12	
48	25	24	23	21	20	19	18	17	17	16	15	15	14	14	13	13	7s 8	
46	24	23	22	20	19	18	18	17	16	15	15	14	13	13	12	12	7s 3	
44	23	22	21	20	19	18	17	16	15	15	14	13	13	12	12	11	6s 13	
42	22	21	20	19	18	17	16	15	15	14	13	13	12	12	11	11	6s 9	
40	21	20	19	18	17	16	15	15	14	13	13	12	12	11	10	10	6s 4	
38	20	19	18	17	16	15	14	14	13	13	12	11	11	11	10	10	6s	
36	19	18	17	16	15	14	14	13	13	12	12	11	11	10	10	9	5s 9	
		4'6 ^{1/2}	4'8	4'9 ^{1/2}	4'11	5'0 ^{1/2}	5'2	5'4	5'5 ^{1/2}	5'7	5'8 ^{1/2}	5'10	5'11 ^{1/2}	6'1	6'3	6'4 ^{1/2}	6'6	
		height (ft/in)																

Very overweight BMI 30+	Overweight BMI 25-29.9
Healthy BMI 18.5-24.9	Underweight BMI <18.5

How Weigh to a Healthy Pregnancy works:

Approximate times*	
At booking (10–14 weeks)	You will be informed about Weigh to a Healthy Pregnancy and meet your dietitian (in person or by phone afterwards).
16–18 weeks	Appointment with the dietitian to discuss how you can improve your diet.
18–24 weeks	You may be offered an ante-natal group session with other pregnant women on the programme and their family support members. Also referral to a physiotherapist may be offered.
(24, 28, 32 weeks)	Telephone/text or face-to-face contact from your Weigh to a Healthy Pregnancy midwife or dietitian.
(36–40 weeks)	Catch up with your Weigh to a Healthy Pregnancy midwife before the birth of your baby.
Discharge after the birth	Your weight is recorded before you go home.
Post-natal (up to 10 weeks)	Appointment with the dietitian to discuss the help you need to continue on your weight loss journey.

As part of the Weigh to a Healthy Pregnancy programme, we will give you extra support and information on healthy eating and being active. As well as helping you to control weight gain throughout your pregnancy, we hope that once your baby is born you will be able to continue on your weight loss journey.

To find out how well the programme is working and to support the development of future services for pregnant women, we will undertake an evaluation. Participation in Weigh to a Healthy Pregnancy is voluntary and you are free to withdraw at any time. Please initial the boxes if you agree to take part in the programme.

I confirm I have read the above information and I am ready to take part in the Weigh to a Healthy Pregnancy programme and agree to attend the support outlined above.

I give permission for the information within my *Weigh to a Healthy Pregnancy* booklet to be used as part of the service evaluation process.

Mother's name _____

Date _____ Signature _____

Name midwife/dietitian obtaining consent _____

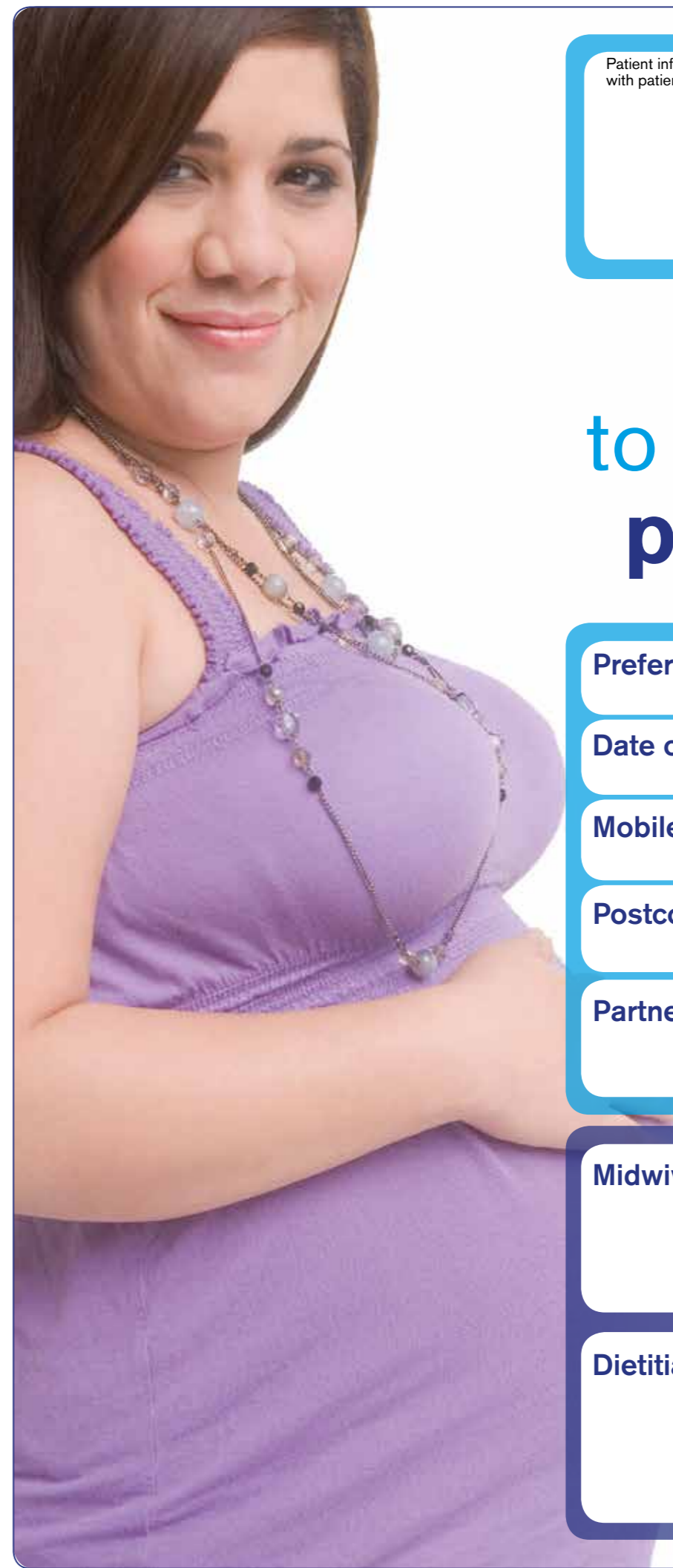
Date _____ Signature _____



Find us on:

Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114. www.publichealth.hscni.net



Patient information hospital sticker (Please use hospital sticker with patient's details, including name and address)

Weigh to a healthy pregnancy

Preferred name

Date of birth

Mobile telephone

Postcode

Partner's name

Midwives names and telephone

Dietitian name and telephone

Booking appointment

Expected date of delivery:

Pre-pregnancy weight (self-reported):

Height:

Date of booking:

Booking weight:

Booking BMI:

Midwife support

Weigh to a Healthy Pregnancy booklet given

Weigh to a Healthy Pregnancy programme explained

Risks to mother and baby explained

Group sessions offered

Breastfeeding discussed

Signposted to www.tommys.org/overweight

Referral to physiotherapist offered

Preferred time to ring patient

Comments

Signature

Dietitian support at booking or 1st contact

Telephone

Assessment of needs

Date for 16–18 week appointment given

Date

Face to face

Challenges identified and goals agreed

Tele-health support arranged

Comments

Signature

Dietitian support at 16–18 weeks

Date

Weight

Comments

Goals revisited

Dietary changes discussed

Signature

Group session

Date

Time

Comments

Venue

Attended

Weight

Signature

Physiotherapy support

Date

Time

Comments

Venue

Attended

Weight

Signature

Midwife/dietitian telephone/text contacts (at 24, 28 and 32 weeks)

Midwife

Dietitian

Comments

Telephone

Telephone

Telephone

Text

Text

Text

Date

Date

Date

Midwife

Dietitian

Comments

Telephone

Telephone

Telephone

Text

Text

Text

Date

Date

Date

Midwife

Dietitian

Comments

Telephone

Telephone

Telephone

Text

Text

Text

Date

Date

Date

Midwife support at 36–40 weeks

Date

Weight

Comments

Goals revisited

Breastfeeding information

Signature

Early post-natal midwife support (where possible)

Date of discharge

Weight

discharge date given to dietitian

Method of feeding:

Exclusive breastfeeding

Mixed breastfeeding and infant formula

Infant formula

Comments

Signature

Dietetic support 6 weeks post-natal

Date of appointment

Weight

Comments

Commercial weight loss programme information

Long-term goals discussed

Postnatal exercise discussed

Method of feeding:

Exclusive breastfeeding

Mixed breastfeeding and infant formula

Infant formula