



Does use of a gestational weight gain video module decrease postpartum weight retention?

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Background

- Weight gain is a normal and expected part of pregnancy.
- Approximately 10-15% of women retain the weight they gained during pregnancy.
- Postpartum weight retention (PPWR) is associated with the development of obesity and chronic medical conditions.
- Gestational weight gain (GWG) is one of the strongest factors in predicting PPWR.

Objectives

To determine if implementation of a GWG video module decreases PPWR.

Study Design

- Prospective cohort study conducted from February-October 2019
- Patients were recruited from a large academic practice during the first trimester

Control Cohort

- First Trimester Visit
1. Complete baseline GWG knowledge questionnaire
 2. Routine provider counseling.

Video Cohort

- First Trimester Visit
1. Complete baseline GWG knowledge questionnaire
 2. Watch GWG video.

Delivery

Collect weight on delivery admission.

6 Weeks Postpartum

Collect weight at postpartum visit in the office.

- The postpartum and pre-pregnancy weight differences for the control and video cohorts were calculated.

Results

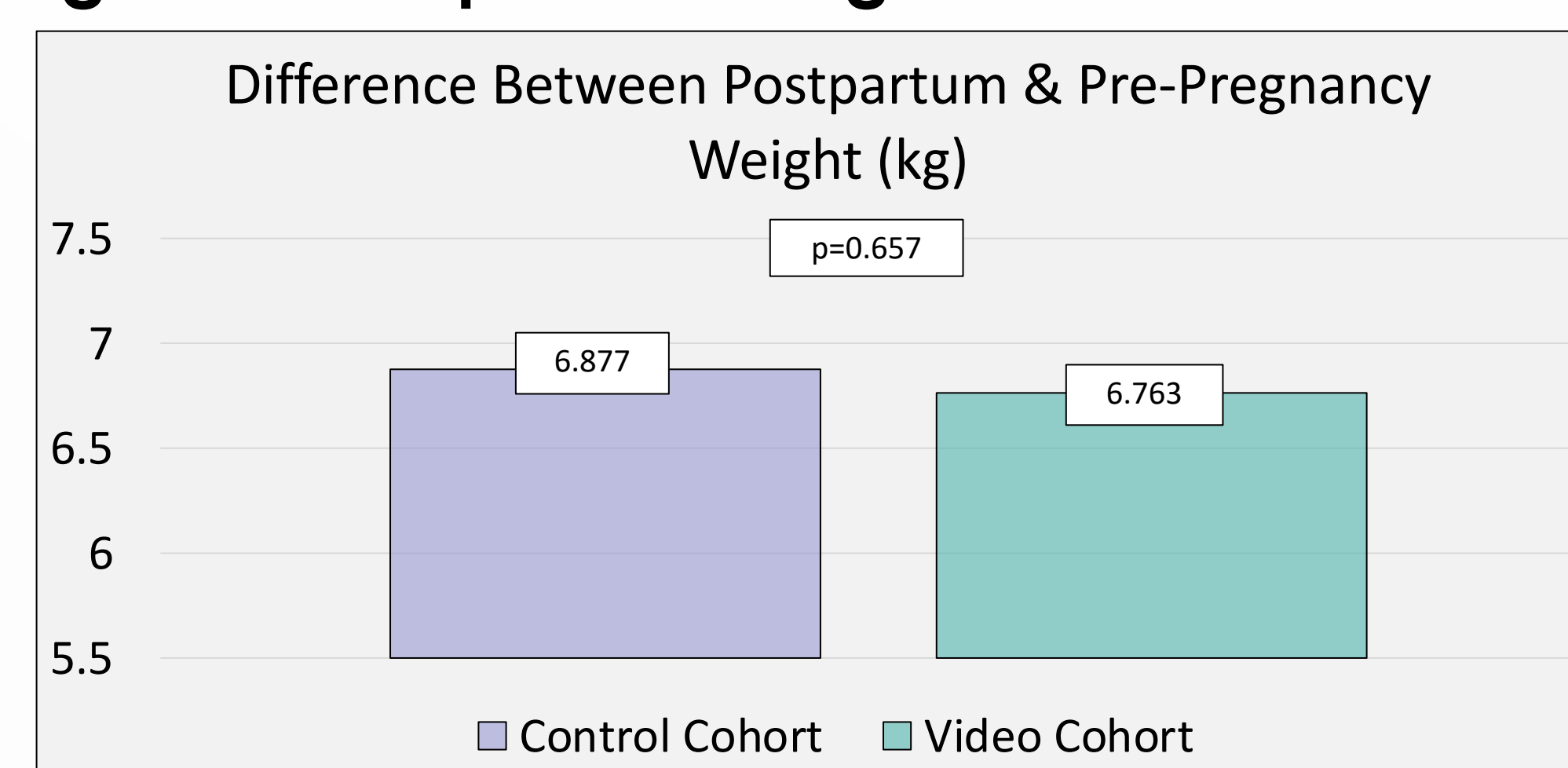
Table 1. Demographics for participants in both the control and video cohorts.

	Control Cohort n=79	Video Cohort n=76	p-value		Control Cohort n=79	Video Cohort n=76	p-value
Race			0.06	Income (U.S. Dollars)			0.725
Caucasian	44 (55.7)	51 (67.1)		<30k	16 (20.8)	11 (14.9)	
Black	4 (5.1)	10 (13.2)		30-50k	15 (19.5)	12 (16.2)	
Asian	7 (8.9)	3 (3.9)		50-80k	13 (16.9)	16 (21.6)	
Hispanic	20 (25.3)	11 (14.5)		80-100k	7 (9.1)	10 (13.5)	
Other	4 (5.1)	1 (1.3)		>100k	26 (33.8)	25 (33.8)	
Education			0.016	Insurance			0.206
<High school	5 (6.3)	2 (2.6)		None	1 (1.3)	0 (0)	
High school	32 (40.5)	15 (19.7)		Medicaid/Medicare	39 (49.4)	29 (38.2)	
College	22 (27.8)	33 (43.4)		Private	39 (49.4)	47 (61.8)	
Graduate school	20 (25.3)	26 (34.2)					
Marital Status			0.532	Provider			0.034
Single	28 (36.4)	24 (31.6)		Residents	15 (19)	4 (5)	
Married	49 (63.6)	52 (68.4)	General Obstetricians	22 (28)	16 (22)		
			Maternal-Fetal Medicine	14 (18)	18 (24)		
Pre-Pregnancy Weight (kg)	72.65±21.7	75.2±20.7	0.424	Certified Nurse Midwives	28 (35)	36 (49)	
Pre-Pregnancy BMI (kg/m²)	27.6±7.6	27.8±7.5	0.787				
Age (years)	30.4±5.2	31.9±4.5	0.065				

Table 2. Weight gain characteristics for participants in both the control and video cohorts.

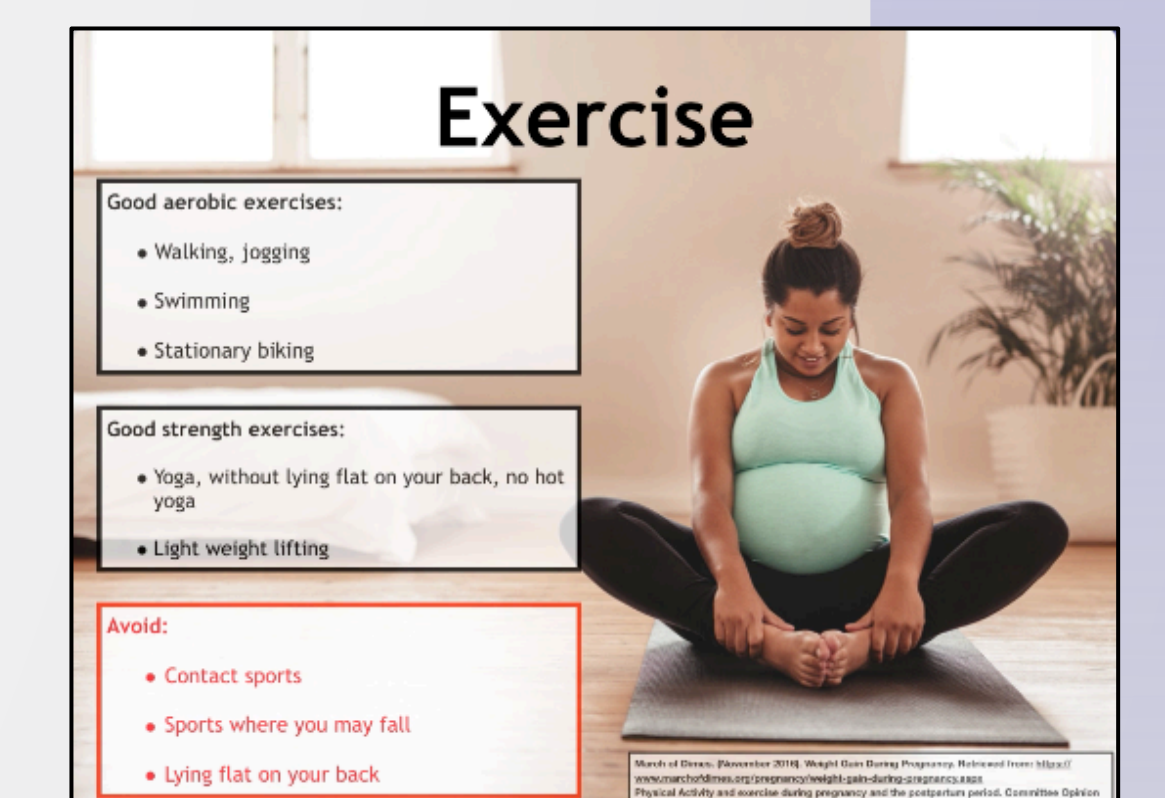
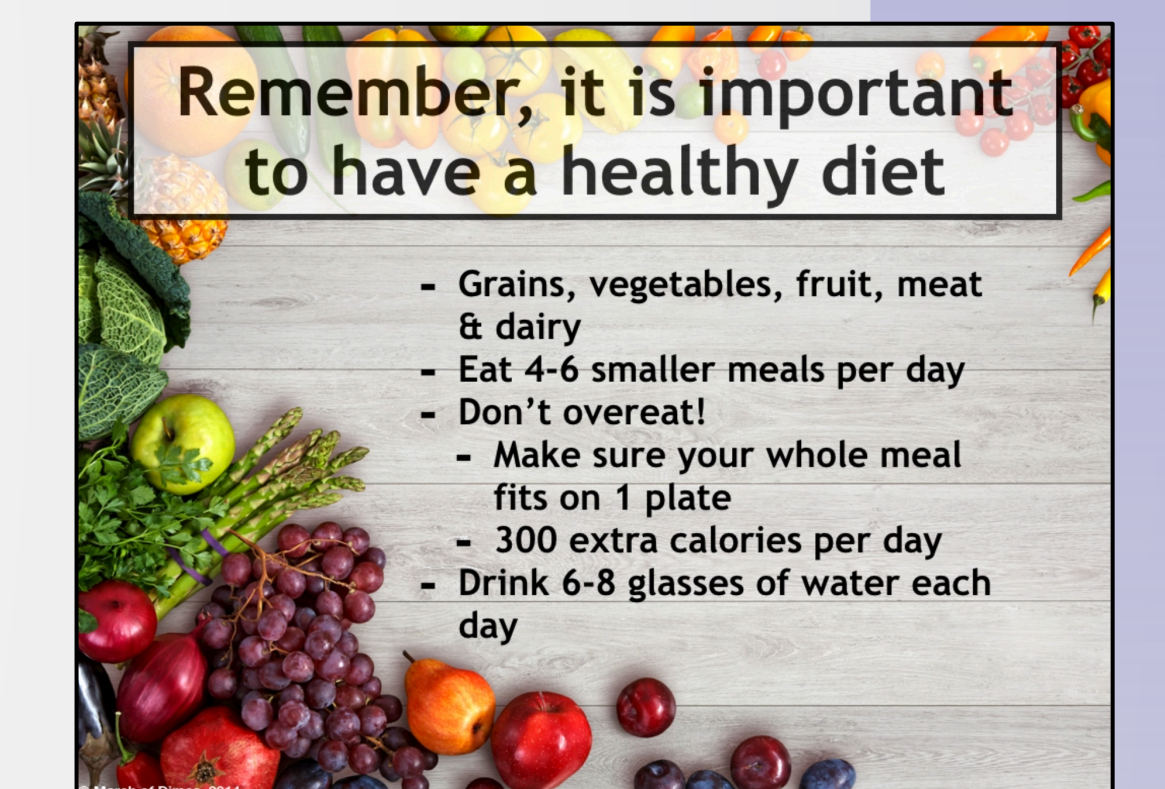
	Control Cohort n=74	Video Cohort n=68	p-value
Pre-Pregnancy Weight (kg)	72.65±21.7	75.2±20.7	0.424
Delivery Admission Weight (kg)	86.26±20.54	91.14±19.14	0.049
Gestational Weight Gain (kg)	14.90±7.32	15.08±16.49	0.93

Figure 1. Postpartum weight retention.



Conclusion

- Use of a video module did not improve postpartum weight retention.
- Due to the COVID-19 pandemic, only 34.78% of patients in the video cohort attended an in-person postpartum visit where their postpartum weight was recorded.
- An intervention later in pregnancy or in the immediate postpartum period may have a more substantial impact on reducing PPWR.



References

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