

# Inadequate weight gain in overweight moms tied to SGA

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and decreased neonatal fat mass, lean mass, and head circumference," the authors write.

**More information:** [Abstract](#)  
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(HealthDay)—For overweight and obese women, inadequate weight gain is associated with increased risk of small for gestational age (SGA), according to a study published in the August issue of the *American Journal of Obstetrics & Gynecology*.

Patrick M. Catalano, M.D., from Case Western Reserve University in Cleveland, and colleagues examined the correlation between inadequate gestational weight gain and fetal growth in [overweight](#) and [obese women](#). In the prospective study, 1,053 women gained more than 5 kg and 188 lost weight or gained 5 kg or less. Anthropometry measures were used to assess birth weight, fat mass, and lean mass.

The researchers found that weight loss or gain of 5 kg or less correlated with SGA (9.6 versus 4.9 percent; adjusted odds ratio, 2.6;  $P = 0.003$ ). Neonates of women who lost weight or gained 5 kg or less had significantly lower birth weight, fat mass, and lean mass (all  $P$  gestational age, and sex). Neonatal outcomes did not differ significantly for those who lost weight and those who gained 5 kg or less.

"In overweight and obese women, weight loss or gain  $\geq 5$  kg is associated with increased [risk](#) of SGA

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