



Ohio MCH Fact Sheet

Women's Health, Birth Outcomes, Newborn Health Pre-pregnancy Body Mass Index (BMI)

MCH Block Grant Needs Assessment Information

Key Data Summary – Ohio

- From 2000 to 2005, the pre-pregnancy BMI distribution remained about the same. Women were most frequently classified as normal (about 50 percent) or obese (about 25 percent), as shown in the first graph.
- A higher proportion of women in WIC had an obese pre-pregnancy BMI when compared with all women, as shown in the second graph.
- White women were more likely to have a normal pre-pregnancy BMI, while black women were more likely to have an obese pre-pregnancy BMI, as shown in the third graph.
- A similar racial distribution in pre-pregnancy BMI was seen in Ohio women participating in WIC.

Healthy People 2010 Objective

- 19-1: Increase the proportion of adults who are at a healthy weight (BMI between 18.5-25) to 60 percent.
- 19-2: Reduce the proportion of adults who are obese (BMI of 30 or more) to 15 percent.

U.S./Ohio Comparison

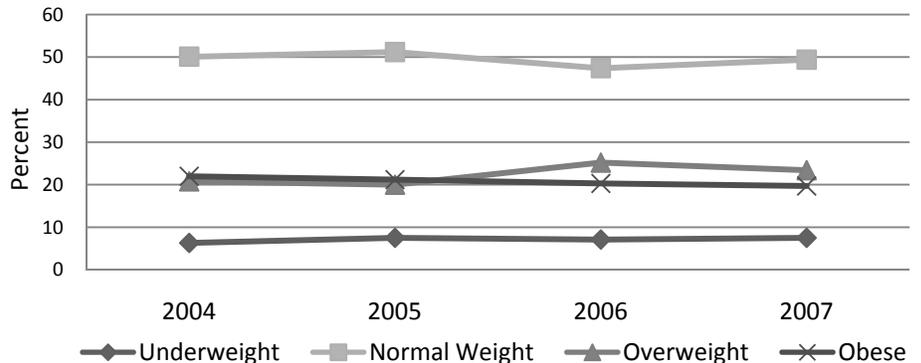
- The prevalence and trends of overweight in low-income pregnant women, the majority participating in WIC, was similar in the United States and Ohio in 2006.

Additional Information

- BMI was calculated using self-reported height and weight for mothers of all ages.
- Women who enter pregnancy overweight/obese are at higher risk for:
 - Gestational diabetes
 - Pregnancy-related high blood pressure
 - Premature delivery
 - Cesarean delivery
 - Late fetal death or infant death shortly after delivery
- Infants born to women who are overweight or obese are at a higher risk for birth defects.
- Children born to overweight mothers often struggle with obesity as well.

Source: City Match (<http://www.citymatch.org>)

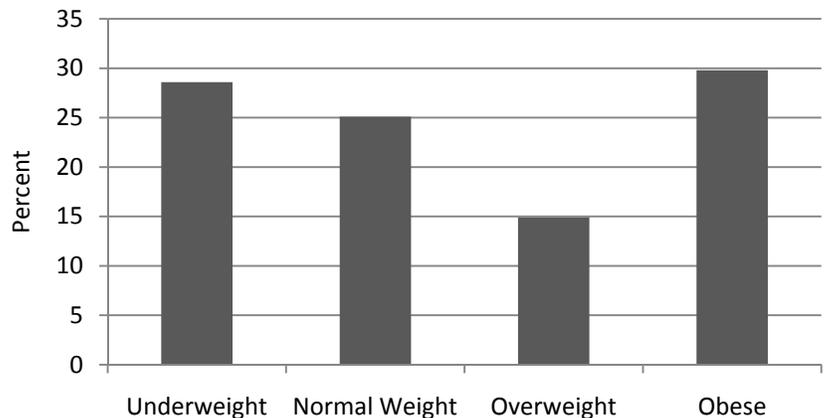
Pre-pregnancy BMI* of Women with Live-born Infants, Ohio



Source: Ohio Pregnancy Risk Assessment Monitoring System (PRAMS)

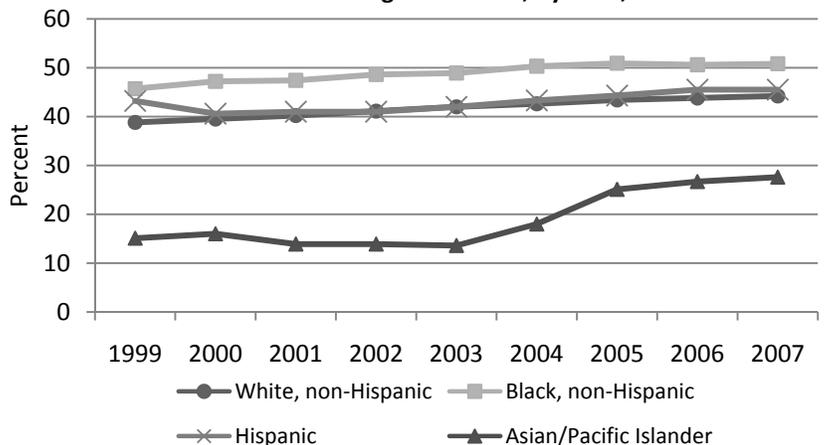
*PRAMS uses World Health Organization (WHO) BMI thresholds: underweight (BMI <18.5), normal weight (BMI of 18.5 – 24.9), overweight (BMI of 25.0 – 29.9) and obese (BMI >29.9).

Pre-pregnancy BMI of Women in WIC, Ohio, 2007



Source: CDC Pregnancy Nutrition Surveillance

Women in WIC with Pre-pregnancy BMI** Considered Overweight or Obese, by Race, Ohio



Source: CDC Pregnancy Nutrition Surveillance

**CDC uses Institute of Medicine (IOM) BMI thresholds: underweight (BMI <19.8), normal weight (BMI of 19.8 – 26.0), overweight (BMI of 26.1 – 29.0) and obese (BMI >29.0).