

## JOINT EVENT

10<sup>th</sup> International Conference on **Childhood Obesity and Nutrition**  
&  
2<sup>nd</sup> International Conference on **Metabolic and Bariatric Surgery**

June 12-13, 2017 Rome, Italy

**Implications of the relationship between high gestational weight gain and childhood obesity for health care professionals****Cynthia Murray**

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Babies born to pregnant women who exceed gestational weight gain guidelines are at greater risk of being large for gestational age (LGA) at birth. High gestational weight gain and LGA are associated with obesity in childhood and later in life. Prevalence rates of high gestational weight gain and childhood obesity are increasing in many countries worldwide. While gestational weight gain is complex and multifactorial, high weight gain in pregnancy is considered to be a modifiable risk factor for macrosomia. With a better understanding of pregnant women's perspectives of their experiences of high gestational weight gain, health care professionals could be more informed in their efforts to promote healthy gestational weight gains. The experience of over-gaining in pregnancy can involve confusion from the perspective of pregnant women who have had the experience. Pregnant women with high gestational weight gain have reported receiving mixed messages from their health care providers about their weight gain. Researchers have also found a lack of knowledge concerning the topics of healthy eating and weight gain among low-income overweight or obese pregnant women who were over-gaining. Furthermore, pregnant women report feeling ambivalent about gaining weight: they recognize the need to gain weight, yet they do not welcome the weight due to societal attitudes about weight and ideals of feminine beauty. In their efforts to promote healthy weight gains for pregnant women and their children, health care professionals need to be supportive and provide direct and clear messages to pregnant women about medical guidelines on healthy weight gain ranges.

**Biography**

Cynthia Murray completed her BN and MN at Memorial University of Newfoundland, Canada and PhD in Nursing at University of Alberta in Edmonton, Canada. She is an Associate Professor at Memorial University of Newfoundland, School of Nursing. Her areas of research include "Weight and health during pregnancy and childhood".

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