Gestational weight gain was within the recommended range for 32% of women giving birth to full-term, singleton infants in 2015, with 48% gaining more weight and 21% less weight than recommended. Approximately 44% of women who were underweight before pregnancy gained within the recommendations, compared with 39% of women who were normal weight, 26% of women who were overweight, and 24% of women with obesity before pregnancy. Weight gain above the recommendations was highest among women who were overweight (61%) or had obesity (55%) before pregnancy.


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