**Cross-sectional study of weight gain and increase in BMI throughout pregnancy**

**Summary / Zusammenfassung**
Objective: To generate reliable new reference ranges for weight gain and increase in body mass index (BMI) from a large population.
Design: A prospective cross-sectional study.
Setting: Obstetric outpatient clinic, Zurich University Hospital.
Sample: Accurately dateable singleton pregnancies (Caucasian: n = 3242, Asian [predominantly from Sri Lanka, Thailand and the Philippines]: n = 578; Black: n = 214).
Methods: Between January 1996 and February 2000 weight gain and BMI, before gestation and at the booking visit, were determined in 4034 pregnant women. Women with known insulin-dependent diabetes mellitus before pregnancy were excluded.
Main outcome measures: Weight gain and BMI

**Publications / Publikationen**

**Keywords / Suchbegriffe**
reference indices, maternal blood gain, pregnancy

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**Funding Source(s) / Unterstützt durch**
Universität Zürich (position pursuing an academic career), Others

**In Collaboration with / In Zusammenarbeit mit**
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**Duration of Project / Projektdauer**
Jun 2001 to May 2004