



POLICY: Body Mass Index in Pregnancy

Program Area: Obstetrics

Section: General

Reference Number: CLI.5810.PL.003

Approved by: Regional Lead - Acute Care & Chief Nursing Officer

Date: Issued 2017/Sept/14
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PURPOSE:

Evaluate Body Mass Index (BMI) for appropriate team planning and direction of care within the admission assessment criteria of each regional facility.

BOARD POLICY REFERENCE:

Executive Limitation (EL-01) – Global Executive Restraint and Risk Management
Executive Limitation (EL-02) – Treatment of Clients

POLICY:

Body Mass Index in Pregnancy

DEFINITIONS:

Body Mass Index (BMI) - a measure of body fat that is calculated using height and weight.

BMI Classification - is used to perform individual health assessments and to evaluate women’s health status and risks. BMI classifications for normal weight, overweight, and obesity.

Classification	BMI
Underweight	<18.5
Normal weight	18.5 – 24.99
Overweight (pre-obesity)	25.0 – 29.99
Obese class I	30 – 34.99
Obese class II	35 – 39.99
Obese class III (Morbid)	≥40

Table 2. Recommended Weight Gain during Pregnancy

Pre-pregnancy BMI	Total Weight Gain
Underweight (<18.5)	12.5–18 kg (27.5–40 lb)
Normal weight (18.5–24.9)	11.5–16 kg (25–35 lb)
Overweight (25.0–29.9)	7–11.5 kg (15–25.3 lb)
Obesity (>30.0)	5–9 kg (11–20 lb)

Obese - Pre-pregnancy body mass index of greater than or equal to 30.

PROCEDURE:

1. BMI is calculated and documented at the initial prenatal visit and at intervals throughout the pregnancy.
 - BMI can be discussed at any point in pregnancy, particularly for women who are at risk of approaching this target. (i.e. pre-pregnancy BMI greater than 35).
2. Women with a BMI between 40-45, require consideration relative to body composition and gestational weight gain when choosing a delivery location.
 - Consultation from an obstetrics provider (family physician or obstetrician) and/or anesthetist is required according to site admission criteria.
3. Women with a BMI greater than or equal to 45 at or before 36 weeks are counselled that delivery in a tertiary care centre may be required, according to site admission criteria.

SUPPORTING DOCUMENTS:

[BMI Calculator](#)

[CLI.4510.SG.001.SD.01](#) Risk Assessment & Venous Thromboembolism (VTE) Prophylaxis Recommendations

REFERENCES:

Health Canada. Body mass index (BMI) nomogram: Government of Canada; 2021. Available at <https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/healthy-weights/canadianguidelines-body-weight-classification-adults/body-mass-index-nomogram.html>.

[Body Mass Index \(BMI\) Nomogram - Canada.ca](#)