

Cynthia Murray

Memorial University of Newfoundland, Canada

**B**abies 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