



What does the USPSTF recommend?



For pregnant adolescents and adults:

Offer effective behavioral counseling interventions aimed at promoting healthy weight gain and preventing excess gestational weight gain in pregnancy.



To whom does this recommendation apply?

Pregnant adolescents and adults.



What's new?

This is a new recommendation.



How to implement this recommendation?

- 1. Identify** patients (adolescents and adults) who are pregnant.
- 2. Offer** effective behavioral counseling or refer patients to behavioral counseling in other settings.

Effective behavioral counseling interventions varied in the following:

- *Content:*
 - o Individual focus on nutrition, physical activity, or lifestyle and behavioral change
 - o Multiple components, most commonly including active/supervised exercise or counseling about diet and physical activity
- *When to start/stop:* Generally started at the end of the first trimester or the beginning of the second trimester and ended prior to delivery
- *Duration and intensity:* Varied from 15 to 120 minutes and consisted of <2 contacts to ≥12 contacts
- *Who delivered the intervention:* Highly diverse and included clinicians, registered dietitians, qualified fitness specialists, physiotherapists, and health coaches across different settings (eg, local community fitness center)
- *How the intervention was delivered:* Delivery methods included individual or group counseling that was delivered in person, by computer/internet, or by telephone calls



What are other relevant USPSTF recommendations?

The USPSTF has made recommendations on [screening for obesity in adults](#), [screening for gestational diabetes mellitus](#), [behavioral counseling interventions to promote a healthy diet and physical activity for cardiovascular disease prevention in adults with cardiovascular risk factors](#) and [behavioral counseling interventions to promote a healthy diet and physical activity for cardiovascular disease prevention in adults without cardiovascular risk factors](#).



Where to read the full recommendation statement?

Visit the USPSTF website to read the [full recommendation statement](#). This includes more details on the rationale of the recommendation, including benefits and harms; supporting evidence; and recommendations of others.