



Advances in Understanding Gestational Weight Gain

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Deadline for manuscript
submissions:

closed (15 July 2020)

Message from the Guest Editor

Dear Colleagues,

Gestational weight gain (GWG) is a complex prenatal exposure that is a critical research focus because it is one of few modifiable behaviors during pregnancy. Low and high GWG, independent of pre-pregnancy body mass index (BMI) status, are associated with adverse short- and long-term maternal and offspring health outcomes, including gestational diabetes, preeclampsia, intrauterine growth restriction, small-for-gestational age, macrosomia, as well as maternal and offspring obesity. The influence of GWG on health outcomes likely varies by timing and rates of gain during the course of pregnancy. For example, greater GWG in early-to-mid pregnancy is associated with greater offspring fat mass and poor cardio-metabolic health indicators during childhood.

This Special Issue seeks papers examining advances in our understanding of GWG including methods to measure and assess GWG; prenatal counseling and management of GWG during pregnancy; predictors of GWG, particularly psychosocial, dietary, and physical activity factors; and outcomes of GWG throughout the life course. The inclusion of ethnically, culturally.

Prof. Andrea L. Deierlein

Guest Editor





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Message from the Editor-in-Chief

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