The Complexities of Gestational Weight Gain and Downstream Effects

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Obesity is epidemic in the US. One of the many contributors to obesity is gestational weight gain, the effects of which extend far beyond pregnancy itself. The impact of gestational weight gain differs depending on the constellation of genetics, behaviors, and environment in which the pregnancy occurs. There are short-term (pregnancy complications, birth outcomes) and/or long-term detrimental effects of gestational weight gain on maternal and offspring health, including obesity. Our data suggest independent effects of gestational weight gain on maternal health and also on the children as teens/young adults. We do not know the underlying mechanisms, yet current research suggests intriguing alternatives to consider, with ramifications for how we approach obesity prevention, management and treatment.

Friday, December 4, 2015
Helen Wood Hall Auditorium
12:00 pm – 1:00 pm

Assorted wraps will be available while supplies last. Bring your own beverage.

ASL interpreters or other accommodations are available upon request.
Contact Jennifer VanRy @ 224-2061 with requests and/or questions

This seminar series is funded in part by Cooperative Agreement #5U36CD319276CFDA93.283 which is shared by the American Association for Medical Colleges and the Centers for Disease Control and Prevention

Live webcasting, archiving, ASL interpretation and closed captioning supported by HRSA grant 15-143, supporting the UR General Preventive Medicine and Public Health Residency. Please find live and archived sessions at https://www.urmc.rochester.edu/community-health/education/grand-rounds.aspx