P83: Gestational weight gain and relationship with sedentary physical activity in the second trimester of pregnancy

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Introduction: Pregnancy is phase of big changes for women. Although the growing evidence about the benefits of a physically active lifestyle during pregnancy is still high the number of sedentary pregnant or that interrupt physical exercise during pregnancy. Among other consequences, physical inactivity can be related to weight gain during pregnancy.

Objectives: To evaluate the weight gain in the second trimester of pregnancy and verify if the sedentary physical activity influences this weight gain.

Materials and Methods: Analytical cross-sectional study with an initial sample of 50 pregnant women. The evaluation of the participants was held in the second trimester of pregnancy (20-23 weeks). A questionnaire to characterize the sample was applied. To calculate weight, a portable digital scale was used and to calculate the height measurement was used a portable stadiometer. To assess physical activity levels was used an accelerometer Actigraph GT3X model and reviewing of records was made with Actilife software.

Results and Discussion: It was observed that the weight gain values were outside the recommended weight gain range, with a mean weight gain higher than expected in all pregnant women. For the time spent in sedentary activity, it was observed that the participants with overweight / obesity spend more time in sedentary activity, but there were no statistically significant differences between the means of categories of BMI ($p = 0.778$).

Conclusion: This study showed that all groups of pregnant women increased weight more than recommended. However, the study was inconclusive about the influence of sedentary physical activity in gestational weight gain.

References:

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