



NATIONAL Academies
Sciences
Engineering
Medicine

Prepregnancy BMI and Gestational Weight Gain

New Evidence, Emerging Innovations, and Policy Implications

Day 1 September 4 · 1 – 4:30PM ET
Day 2 September 5 · 1 – 4:30PM ET

September 4, 2025

1:00 pm Welcome
Kathleen M. Rasmussen, Sc.D., Cornell University

1:05 pm Opening Remarks from Study Sponsors
Cindy Davis, Ph.D., National Program Leader for Human Nutrition, Agricultural Research Service, U.S. Department of Agriculture
Sacha Uelmen, R.D.N., CDCES, Director, Professional and Clinical Affairs, Endocrine Society

SESSION 1: Setting the Stage

Moderator: Kathleen Rasmussen, Sc.D., Cornell University

1:20 pm Epidemiology of Obesity and Pregnancy Weight Gain
Monique Hedderson, Ph.D., Kaiser Permanente Northern California

1:35 pm Reflections on the 2009 IOM Gestational Weight Gain Guidelines
Lisa Bodnar, Ph.D., R.D., University of Pittsburgh School of Public Health

1:50 pm Results of 2025 NASEM Scoping Review on Prepregnant Weight and Gestational Weight Gain and the Consequences for Mothers and their Children
Lisa Bodnar, Ph.D., R.D., University of Pittsburgh School of Public Health

2:05 pm Response of the Research Community to the Recommendations in the 2009 IOM Report: Interventions and Observational Studies
Leanne Redman, Ph.D., Pennington Biomedical Research Center

2:20 pm	The New Brazilian Gestational Weight Gain Guidelines <i>Gilberto Kac, Ph.D., Federal University of Rio de Janeiro</i>
2:40 pm	Accounting for Differences in Severity of Adverse Maternal and Child Health Outcomes Linked with Gestational Weight Gain: Delphi Panels <i>Jennifer Hutcheon, Ph.D., University of British Columbia</i>
3:00 pm	Break
3:15 pm	The Role of Diet and Dietary Patterns in Weight Gain and Pregnancy-Related Outcomes <i>Christine Garner, Ph.D., R.D., C.L.C., Texas Tech University Health Sciences Center</i>

SESSION 2: Challenges Posed by Extremes of Weight and Weight Management Strategies

Moderator: Esa M. Davis, M.D., M.P.H., University of Maryland School of Medicine

3:30 pm	Challenges Created by Underweight <i>Elizabeth Widen, Ph.D., R.D., The University of Texas at Austin</i>
3:45 pm	Challenges Created by Severe Obesity <i>Michelle Kominiarek, M.D., Northwestern University Feinberg School of Medicine</i>

4:00 pm DAY 1 PANEL DISCUSSION

Moderator: Emily Oken, M.D., M.P.H., Harvard Medical School

Panelists:

- *Lisa Bodnar, Ph.D., R.D., University of Pittsburgh School of Public Health*
- *Monique Hedderson, Ph.D., Kaiser Permanente Northern California*
- *Jennifer Hutcheon, Ph.D., University of British Columbia*
- *Gilberto Kac, Ph.D., Federal University of Rio de Janeiro*
- *Michelle Kominiarek, M.D., Northwestern University Feinberg School of Medicine*
- *Leanne Redman, Ph.D., Pennington Biomedical Research Center*
- *Elizabeth Widen, Ph.D., R.D., The University of Texas at Austin*
- *Christine Garner, Ph.D., R.D., C.L.C., Texas Tech University Health Sciences Center*

4:25 pm	Closing Remarks <i>Kathleen Rasmussen, Sc.D., Cornell University</i>
---------	---

4:30 pm	Adjourn Day 1
---------	---------------

September 5, 2025

1:00 pm Workshop Day 1 Recap
Kathleen M. Rasmussen, Sc.D., Cornell University

SESSION 3: Social and Economic Predictors of Prepregnancy BMI and Gestational Weight Gain

Moderator: Aline Andres, Ph.D., R.D., University of Arkansas for Medical Sciences

1:05 pm The Contribution of Social and Economic Predictors and Related Policy Issues to Prepregnancy BMI and Gestational Weight Gain in the United States
Angela Odoms-Young, Ph.D., Cornell University

1:20 pm The Contribution of Population-Level Health Inequalities to Prepregnancy BMI and Gestational Weight Gain in the United States
Stephanie Navarro Silvera, Ph.D., Montclair University

1:35 pm Maternal and Infant Health Research with the Marshallese Community
Britni Ayers, Ph.D., University of Arkansas for Medical Sciences

SESSION 4: Opportunities for Innovation to Address Prepregnancy BMI and Gestational Weight Gain

I. Public health and Environmental Approaches to Innovation to Assist Women to Have Successful Pregnancy Outcomes

Moderator: Richard Legro, M.D., Penn State University College of Medicine

2:00 pm General Public Health and Environmental Approaches to Address Pregnancy BMI and Excessive Gestational Weight Gain
Leah Lipsky, Ph.D., M.H.S., National Institutes of Health

2:15 pm Food is Medicine Intervention for Low-Income Pregnant Women at Risk for Diet-Related Health Conditions in Sonoma County
Cathryn Couch, M.B.A., Ceres Community Project

II. Innovations in Research Approaches

Moderator: Lisa Bodnar, Ph.D., R.D., University of Pittsburgh School of Public Health

2:30 pm Data Aggregation and Linkage
Stephanie Leonard, Ph.D., M.S., Stanford University

2:50 pm Using Systems Science to Address Adverse Maternal Health Outcomes
Irene Headen, Ph.D., M.S., Drexel University

3:10 pm DAY 2 PANEL DISCUSSION

Moderator: Emma Eggleston, M.D., M.P.H., West Virginia University School of Medicine

Panelists:

- *Britni Ayers, Ph.D., University of Arkansas for Medical Sciences*
- *Cathryn Couch, M.B.A., Ceres Community Project*
- *Irene Headen, Ph.D., M.S., Drexel University*
- *Stephanie Leonard, Ph.D., M.S., Stanford University*
- *Leah Lipsky, Ph.D., M.H.S., National Institutes of Health*
- *Angela Odoms-Young, Ph.D., Cornell University*
- *Stephanie Navarro Silvera, Ph.D., Montclair University*

3:30 pm Break

3:45 pm PANEL DISCUSSION: CLINICAL INNOVATIONS

Moderator: Esa M. Davis, M.D., M.P.H., University of Maryland School of Medicine

Panelists:

- *Amoreena Howell, M.D., M.S.P.H., FAAFP, University of Maryland School of Medicine*
- *Laura Riley, M.D., Weill Cornell Medical College*
- *Nanette Santoro, M.D., University of Colorado*
- *Judy Simon, M.S., R.D.N., C.D., University of Washington Medical Center*
- *Lawrence Tabone, M.D., M.B.A., FACS, FASMBS, West Virginia University Medicine*

4:25 pm Recap and Closing Remarks

Kathleen M. Rasmussen, Sc.D., Cornell University

4:30 pm Adjourn Workshop

WORKSHOP PLANNING COMMITTEE

Kathleen M. Rasmussen, Sc.D. (Chair)

Nancy Schlegel Meinig Professor of
Maternal and Child Nutrition,
Emeritus
Cornell University

Aline Andres, Ph.D., R.D.

Professor
University of Arkansas for Medical
Sciences

Esa M. Davis, M.D., M.P.H.

Professor, Family & Community Medicine
Senior Associate Dean, Population Health
& Community Medicine
Associate Vice President, Community
Health
University of Maryland, School of
Medicine

Emma M. Eggleston, M.D., M.P.H.

AVP of Community Health Innovation
Chief, Diabetes and Obesity Prevention
Director of WVU Medicine East Center for
Diabetes and Metabolic Health
West Virginia University School of
Medicine

Richard S. Legro, M.D.

Chair of Department of Obstetrics and
Gynecology
Penn State Health

Emily Oken, M.D., M.P.H.

Professor and Chair, Department of
Population Medicine
Harvard Medical School and Harvard
Pilgrim Health Care Institute
Professor, Department of Nutrition
Harvard TH Chan School of Public Health

Leanne Redman, Ph.D.

Associate Executive Director for Scientific
Education
Professor of Reproductive Endocrinology
& Women's Health
Director, Nutrition Obesity Research
Center
Pennington Biomedical Research Center

Lisa M. Bodnar, Ph.D., R.D. (Consultant)

Professor of Epidemiology
School of Public Health
University of Pittsburgh