



A WORKSHOP

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

## 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  
*Elizabeth Widen, Ph.D., R.D., The University of Texas at Austin*
- 3:45 pm      Challenges Created by Severe Obesity  
*Michelle Kominiarek, M.D., Northwestern University Feinberg School of Medicine*

## 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  
*Kathleen Rasmussen, Sc.D., Cornell University*
- 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