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# **HSE/ICGP Healthy Weight Management Guidelines Before, During & After Pregnancy**

**Author:** ICGP;HSE

**Publication Year:** 2013

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(220k)

## **Contents**

Body Weight and Conception

Pre-Pregnancy

Body Weight and Assisted Reproduction

National Physical Activity Guidelines

During Pregnancy

Breastfeeding

Post Pregnancy

## **Description**

Reviewed: 2014, no updates required, Next Review: 2017

The National Weight Management Treatment Group have developed HSE / ICGP Healthy Weight Management Guidelines Before, During and After Pregnancy: A Quick Reference Guide for Primary Care. The working group was chaired by Prof. Fidelma Dunne, University Hospital Galway & NUIG. Dr Sinead Murphy represented ICGP with input from Dr. Emma Kilgarrieff. These were developed in conjunction with the ICGP Quality in Practice Committee.

The aim was to provide a blueprint for GPs and primary care staff to assist in the prevention, detection and management of overweight and obesity in the community. The HSE in developing this and other supports for all areas of the health service, is advocating healthy lifelong weight management for all.

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