

## **Relationship between sociodemographics, dietary intake and physical activity with gestational weight gain among pregnant women in Rafsanjan City, Iran**

Gestational weight gain (GWG) is a determinant of health and nutrition of mothers and offspring. However, many factors associated with GWG are not completely understood. The present study assessed the relationship between sociodemographics, dietary intake, and physical activity with GWG in 308 Iranian pregnant women attending government healthcare centres in Rafsanjan city, Iran. Women gained an average of  $12.87 \pm 3.57$  kg during pregnancy while 54% did not gain weight within the Institute of Medicine (IOM)-recommended range. Univariate logistic models showed that gestational weight gain was related to age, pre-pregnancy body mass index (BMI), energy intake, and sitting time. Cumulative logit model showed positive relationship between age ( $p=0.0137$ ) and pre-pregnancy BMI ( $p<0.0001$ ) with GWG. All pregnant women should be counselled on achieving the recommended GWG to prevent adverse maternal and prenatal outcomes. Pre-pregnancy and gestational nutritional status and physical activity should be emphasized in antenatal care.

**Keyword:** Dietary intake; Gestational weight gain; Physical activity; Pregnancy; Iran