

National
Organization of
Mothers
Of
Twins
Clubs, Inc.

SUBJECT: **WEIGHT GAIN**
RESEARCHER: National Organization of Mothers of Twins Clubs, Inc.

DATE: September 1996 - August 1997

PURPOSE: The purpose of this study was to determine how and when extra weight is gained and to explore attitudes toward food, exercise and ideal body weight.

METHOD: A questionnaire was printed in MOTC's *Notebook* and a National Mailing. This survey was filled out by MOMs who perceived themselves as having gained an extra amount of weight at sometime during their lives but not just during their pregnancy.

BACKGROUND INFORMATION

350 responses were received. 44 respondents were less than thirty years old, 210 were between the ages of 30 and 39, 72 were between the ages of 40 and 49, 12 were between the ages of 50-59, and 12 were older than 59.

RESULTS

PART I General

1. 242/350 stated that they had not been overweight as children. 201/350 stated that they had not been overweight as teenagers. 111/350 stated that they had not been overweight before their multiple pregnancy.
2. These respondents felt that they were over their ideal weight by 10-30 pounds (174), 31-45 pounds (58), 46-60 pounds (44), 61-75 pounds (19), 76-90 pounds (13), 91-105 pounds (8), more than 105 pounds (10).
3. 184/350 stated that they felt overweight even when weight guidelines said they weren't.

PART II Eating Habits

1. 117/350 stated that their family ate a combination of healthy and hearty meals. 158/350 stated that their family ate a combination of healthy/hearty meals and frozen foods.
2. 68/350 stated that gaining weight had caused medical problems and 59/350 stated that it had aggravated existing problems.

3. 192/350 stated that they were embarrassed to be weighed at the doctor's office and 51/350 avoid going to the doctor's because of embarrassment about their weight.
4. 156/350 discuss their weight with their doctor. 25/350 felt that their doctor was condescending regarding their medical needs.
5. 158/350 felt that psychological factors contributed to their weight gain.

PART III

Multiple Birth

1. 63 of these respondents gained less than 25 pounds during their multiple pregnancy, 133 gained 26-42 pounds, 106 gained 43-61 pounds, 33 gained 62-80 pounds, 7 gained 81-99 pounds and two gained more than 100 pounds.
2. 175 respondents stated that they gained more than they lost, of those 32 gained a lot more. 31 lost more than they gained

PART IV

Exercise

1. Only 63 of these respondents said they'd exercised throughout their lives and 195 said they'd exercised off and on.
2. 185 stated they exercised before they gained weight and 227 stated that they exercised after they gained weight.
3. In the past, 34 of these respondents exercised once a week, 156 exercise 2-3 times per week, 54 exercised 4-5 times per week, 7 exercised 6-7 times per week and two exercised every other week.
4. Now, 27 of these respondents exercised once a week, 77 exercised 2-3 times per week, 34 exercised 4-5 times per week, 13 exercised 6-7 times per week and 12 exercised every other week.
5. The most common forms of exercise were aerobics and walking.

PART V

Dieting

1. 183 respondents stated that they had at some point in their lives lost a large amount of weight and gained it back.
2. 142 stated that they constantly thought about diet or weight loss.
3. 31 stated that they were resigned to being overweight and 155 stated that they sometimes were resigned to being overweight.
4. 58 stated that their husbands don't like their weight.
5. 70 stated that they were comfortable with their present weight.