

The American College of Obstetricians and Gynecologists (ACOG) founded in 1951, is the preeminent organization of physicians and partners dedicated to advancing women's health. With more than 58,000 fellows, ACOG's key activities include producing clinical guidance and developing professional learning opportunities for its members. Fellows of ACOG are board certified obstetrician gynecologists whose professional activities are devoted to the practice of obstetrics and/or gynecology, who possess unrestricted licenses to practice medicine, and have attained a high ethical and professional standing. ACOG's members comprise over 90% of board-certified obstetrician-gynecologists in the U.S. who conduct approximately 85% of the deliveries for the 4 million pregnancies annually.

Obstetrician gynecologists are often the primary health care providers for women across their life span and more than a third of ob-gyns surveyed indicate they provide primary care services to women¹. As such, obstetrician-gynecologists are well-placed to counsel women on maintaining a healthy lifestyle throughout their lifetime. Identifying and treating obesity before pregnancy can be both beneficial to the patient and their children. ACOG recommends that routine medical examinations include an assessment of the patient's weight and BMI, and when overweight and obesity are diagnosed, consider referral of evaluation and treatment for obesity. ACOG developed [a toolkit](#) to aid providers in assessing overweight and obesity more efficiently and assisting patients in behavior modification. The most recent Dietary Guidelines were featured as a resource to providers in the toolkit.

The benefits of breastfeeding for both women and their infants are numerous. [Committee Opinion #658, Optimizing Support for Breastfeeding as Part of Obstetric Practice](#), ACOG recommends exclusive breastfeeding for the first six months of life, with continued breastfeeding as complementary foods are introduced through the infant's first year of life, or longer as mutually desired by the women and her infant. ACOG established a Breastfeeding Expert Work Group in 2014 to further promote breastfeeding clinical guidance and resources for providers and their breastfeeding patients and to continue to demonstrate ACOG's commitment to helping women achieve their goals for the best care for their infants.

The current dietary guidelines provide nutrition and food-based recommendations focused on health promotion and disease prevention for individuals aged two and older. The guidelines do not have significant guidance for women during pregnancy, breastfeeding women, or infants and toddlers under two years of age. The guidance directed towards pregnant and breastfeeding women are found in the appendices rather than in the main text of the document.

1. Simon, A, Uddin, S.. Trends in Seeing an Obstetrician-Gynecologist Compared with a General Physician Among US. Women 2000-2015. *Obstet Gynecol* 2017; 130:677-683.