Maternal and fetal outcomes during pregnancy and puerperium in obese and overweight pregnant women. A cohort study.

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Abstract (300-word limit)

Statement of the Problem: Obesity is a chronic disease of multifactorial origin that shows an increasing prevalence worldwide. According to recent estimates, in Spain more than 50% of the adult population is obese or overweight and a notable rise has been seen in women of reproductive age. This is thus a growing problem in Obstetrics. **Methodology & Theoretical Orientation:** This retrospective cohort study compares pregnancy outcome indicators by body mass index (BMI) in 1236 pregnant women managed over the period January 2017 to May 2018. Data were collected regarding personal history (smoking, diabetes and hypertension), obstetrics and BMI (kg/m^2) (normoweight 18.5-24.9, overweight 25-29.9, obese ≥30). **Findings:** Of the 1236 women, 354 (28.6%) were overweight and 206 (16.7%) were obese at the start of pregnancy follow up. Mean age at this time was 33 years (SD 6). Risk factors for a cesarean-section delivery assessed through logistic regression were maternal age (OR 1.05 95%CI 2.06-6.15; *P<0.001*) and previous C-section (OR 4.21 95%CI 2.89-6.14; *P<0.001*) regardless of BMI. In a propensity score analysis, pregnancy weight gain was found lower in obese vs normoweight (-2.73 kg 95%CI -3.74 to -1.72 *P<0.001*), and newborn weight higher in obese vs normoweight women (161.21 g 95%CI 57.94- 264.48 *P=0.002*). Labor duration and weight gain were reduced in overweight vs normoweight subjects (-0.72 hours 95%CI -1.27 to -0.17 *P=0.010* and 0.81 kg 95%CI -1.50 to -0.12 *P=0.021*, respectively). **Conclusion & Significance:** In this cohort, obese women showed higher rates of prenatal complications yet obesity and overweight were not related to worse puerperium outcomes.

Image

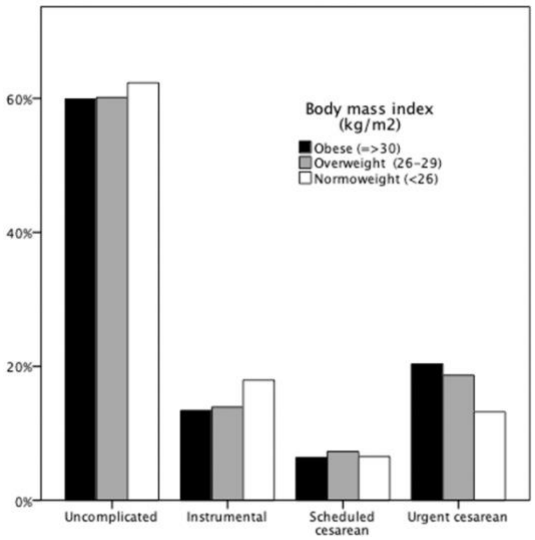


Figure 1. Type of delivery according to body mass index in pregnant women with no prior cesarean section (p = 0.128)

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Biography (150-word limit)

Dr. Cristina Gómez Fernández is a fourth-year resident of Obstetrics and Gynecology at Hospital Universitario Lucus Augusti (Lugo, Spain). As part of her interest towards research, she acquired a degree in Fundamentals of Design and Statistics (Universidad Autónoma de Barcelona 2019-2020). She has developed her research in various fields of Obstetrics such as pre-eclampsia or obesity. She has been invited as speaker to other conferences, such as the National Congress of Perinatal Medicine which was held in Cordoba in 2020.

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Notes/Comments: