

Title: Poster Presentation- **"Maternal Obesity outcomes and overcomes"**

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Maternal Obesity outcomes and overcomes-it is a major concern of developed and developing countries all around the world. In this poster presentation prevalence of maternal obesity , rate, occurrences, outcomes, risks associated with maternal obesity and as well as overcomes and preventions of obesity during were mentioned by analyzing and collecting data of group of pregnant obese women in a government hospital of Dhaka, Bangladesh. All the possible occurrences and risks to mother and child and overcomes were identified and given.

"Maternal Obesity outcomes and overcomes"

- **Prevalence:**

More than 2 in 5 women are obese

- 29 % of women have a BMI > 30Kg/m^2
- 5% have a BMI > 40 Kg/m^2

During Pregnancy:

- 5% BMI> 35Kg/m^2
- 2% BMI> 40Kg/m^2
- 0.3% BMI> 50Kg/m^2

10%-30% women are reported to be obese internationally

- **Outcomes and risks associated with Maternal obesity:**

To mother	During pregnancy	To offspring
• Gestational Diabetes • Gestational Hypertension • Pre-eclampsia • Venous thromboembolism • Obstructive sleep apnoea • Pelvic pain during late pregnancy • Post cesarean wound	• Failed trial of labor • Uterine rupture • Maternal morbidity • Neonatal injury	• Macrosomia • Structural Birth defects • Prematurity • Hypoglycemia • Still birth • Asthma, Autism, attention deficit/ attention-hyperactivity disorders

infection • Post-partum complications (anaemia, depression and weight gain)		• Early metabolic development diseases • Cardiovascular diseases • Cancer • Mental health illness

- **Overcomes and preventions of Maternal Obesity**:

  - Proper follow-up of weight gaining and maintaining.
  - Healthy and balanced nutrition and diet during pregnancy day 1.
  - Regular physical activity and maternal exercise.
  - Sufficient and adequate rest and sleep.

Biography:

Dr. M. S. Moly has completed her MBBS from a renowned Government medical college of Bangladesh and completed her **MPhil** in nutrition and Food Science from University of Dhaka, Bangladesh and also joined for **PhD** in nutrition and Food Science in University of Dhaka , Bangladesh. She is continuing her assistances in two publications in the relevant field.

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