

# Maternal Obesity
## Outcomes & Overcomes

More than 2 in 5 women are obese

29% of women have a BMI > 30kg/m$^2$
5% of women have a BMI > 40kg/m$^2$

## During Pregnancy:

5% BMI> 35kg/m$^2$

2% BMI> 40kg/m$^2$

0.3% BMI> 50kg/m$^2$

## Outcomes & Risks associated with Maternal Obesity:

10%-30% of pregnant women are reported to be obese internationally.



### To mother

- Gestational Diabetes
- Gestational Hypertension
- Pre-eclampsia
- Venous thromboembolism
- Obstructive sleep apnoea
- Pelvic pain during late pregnancy
- Post cesarean wound infection
- Post partum complications (Anaemia, depression and weight retention)



### During delivery

- Failed trial of labor
- Uterine repture
- Maternal morbidity
- Neonatal injury



### To offspring

- Mocrosomia
- Structural birth defects
- Prematurity
- Hypoglycemia
- Still birth
- Asthma, autism, attention-deficit/ attention-hyperactivity disorders.
- Early metabolic development diseases
- Cardiovasculer diseases
- Cancer
- Mental health illness.

## Overcomes & Preventions of Maternal Obesity

### Proper followup of weight gaining and weight maintaining

| Your BMI | Average Weight Gain |
|---|---|
| Underweight BMI < 18.5 | 28-40 lbs |
| Normal Weight BMI 18.5-24.0 | 25-35 lbs |
| Over Weight BMI 25-29 | 15-25 lbs |
| Obese BMI > 30 | 11-20 lbs |

| Pregnancy Weight Gain & Distribution Chart | |
|---|---|
| placenta | 2-3 lbs |
| Amniotic Fluid | 2-3 lbs |
| Breast Tissue | 2-3 lbs |
| Blood | 4 lbs |
| Stored Fat | 5-9 lbs |
| Uterus | 2-5 lbs |
| Baby | 6-8 lbs |
| Total | 23-35 lbs |

### Healthy and balanced nutrition and diet during pregnancy from day 1

| Examples | How Much |
|---|---|
| Grains | 8-9 ounces every day |
| Vegetables | 3-3$^1/_2$ cups every day |
| Fruits | 2 cups every day |
| Oils | 7-8 teaspoons every day |
| Dairy | 3 cups every day |
| Protein | 6$^1/_2$-9 ounces every day |
| Fluids | 8 glasses every day |

### Regular physical activity and maternal exercise



### Sufficient and adequate rest and sleep




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