

Maternal obesity in Africa: a systematic review and meta-analysis

Prevalence of maternal obesity is increasing worldwide and has both short- and long-term complications both for the mother and the infant at the different stages of pregnancy (pre-pregnancy, delivery and post-delivery). The aim of this systematic review was to investigate maternal obesity in Africa through the assessment of different components.

A total of twenty-nine studies were included in this review. Overall, prevalence of maternal obesity ranged between 6.0% and 50.7%. Among common complications, obese mothers were at an increased risk of experiencing labour complications as well as adverse child and maternal outcomes. As the first comprehensive systematic review conducted in Africa, it highlights the increasing prevalence of maternal obesity along with the adverse effects associated with it. Additionally, the study also flags some measurement errors.

Reference: Onubi OJ, Marais D, Aucott L, Okonofua F, Poobalan AS. Maternal obesity in Africa: a systematic review and meta-analysis. *J Public Health (Bangkok)*. 2016;38(3):e218-e231. [doi:10.1093/pubmed/fdv138](https://doi.org/10.1093/pubmed/fdv138)