Obesity and Pregnancy in Saudi Women

Obesity is increasingly becoming a problem in the Saudi population. This rise in obesity prevalence can be explained in part by sedentary lifestyle, unhealthy eating habits and diets rich in fat and carbohydrates. In addition to significant health repercussions for the infant, the risk of stillbirth is 40% higher in obese women than in non-obese women. The care of overweight and obese mothers is more complex and often requires additional pre- and post-natal care. This study aimed to identify the effect of maternal obesity on pregnancy and its outcome.

Measured outcomes included the frequency of body mass index distribution, maternal complications of obesity and foetal complications of obesity. A total of 737 women joined the study, 60.6% of which were classified as overweight, obese or morbidly obese. Overall, the resulted highlighted a significant increase in rates of abortion, postdate delivery and caesarean section in obese women compared to normal weight women.