

Obesity and pregnancy: complications and cost

Coinciding with the rise of overweight and obesity prevalence, overweight has become one of the most common obstetric complications. The aim of this study was to analyse the complications and the costs associated obesity and pregnancy.

While many studies have focused on the pregnancy complications associated with being overweight or obese, little information is available regarding the costs associated with such pregnancies. On average, the cost of prenatal care was five times higher among overweight mothers compared to the control group of normal weight women. This was due to:

- Longer day and night hospitalisation with women with a BMI>29 staying longer in the hospital
- A higher percentage of infant requiring admission to a neonatal intensive care unit in case of maternal obesity. This number was 3.5 times higher.

As shown through this study, maternal overweight and obesity has severe health and economic consequences, both for the mother and the infant.

Reference: Galtier-Dereure F, Boegner C, Bringer J. Obesity and pregnancy: complications and cost. *Am J Clin Nutr.* 2000;71(5):1242S-1248S. [doi:10.1093/ajcn/71.5.1242s](https://doi.org/10.1093/ajcn/71.5.1242s)