Overweight and obesity in mothers and risk of preterm birth and low birth weight infants: systematic review and meta-analyses

Overweight and obesity have been identified as one of the most common complications of pregnancy, and preterm birth as the leading neonatal mortality cause, followed by low birth weight. The objective of this systematic review was to determine whether an association exists between maternal overweight and obesity with preterm birth and low birth weight in singleton pregnancies.

Through the eighty-four included studies, it appeared that the risk of induced preterm birth before 37 weeks was higher among overweight and obese women. Similarly, these women also had an increased risk of preterm birth before 33 weeks.