The Risks Associated with Obesity in Pregnancy

About one-third of all women of reproductive age are overweight or obese. There are considerable maternal and foetal morbidity risks associated with pregnancy among overweight and obese women. In fact, the risk of pregnancy-associated disorder is positively associated with the severity of obesity.

These risks include risk of becoming obese later-on in life, a higher prevalence of foetal malformations, increased risks of intrauterine foetal death, elevated postnatal mortality risks, foetal macrosomia and the likelihood of vaginal delivery decreases as obesity increases. The prevalence of obesity-related maternal and foetal increases in morbidity during pregnancy is well supported by evidence extracted from the studies included in this systematic review.