



Risks associated with maternal obesity (BMI >30)

BMI = (weight in pounds/ (height in inches x height in inches))x703

A BMI less than 18.5 is *underweight*

A BMI of 18.5–24.9 is *normal weight*

A BMI of 25.0–29.9 is *overweight*

A BMI of 30.0–39.9 is *obese*

A BMI of 40.0 or higher is *severely (or morbidly) obese*

In Pounds and Inches			
Height (inches)	Overweight Point (lbs)	Obesity Point (lbs)	Severe Obesity Point (lbs)
4' 9"	115.29	138.35	184.47
4' 10"	119.38	143.25	191.00
4' 11"	123.53	148.23	197.64
5' 0"	127.75	153.30	204.40
5' 1"	132.04	158.45	211.27
5' 2"	136.41	163.69	218.25
5' 3"	140.84	169.01	225.35
5' 4"	145.35	174.42	232.56
5' 5"	149.93	179.91	239.89
5' 6"	154.58	185.49	247.32
5' 7"	159.30	191.16	254.88
5' 8"	164.09	196.91	262.54
5' 9"	168.95	202.74	270.32
5' 10"	173.88	208.66	278.21
5' 11"	178.89	214.66	286.22
6' 0"	183.96	220.75	294.34
6' 1"	189.11	226.93	302.57
6' 2"	194.32	233.19	310.92

Increased risks for the Mother:

- ❖ Miscarriage
- ❖ Diabetes
- ❖ Preeclampsia
- ❖ Hypertension
- ❖ Blood clots: Stroke, pulmonary embolism
- ❖ Induction
- ❖ Cesarean Delivery
- ❖ Complications from anesthesia
- ❖ Hemorrhage
- ❖ Wound infection
- ❖ Death

Increased risks for the Infant:

- ❖ Stillbirth
- ❖ Neonatal death
- ❖ Birth trauma
- ❖ Childhood and adolescent obesity
- ❖ Childhood and adolescent diabetes
- ❖ Autism

Weight gain recommendations during pregnancy by weight status

underweight BMI less than 18.5 27-40 lbs
normal weight BMI of 18.5–24.9 25-35 lbs
overweight BMI of 25.0–29.9 15-25 lbs
obese BMI of 30.0–39.9 less than 15 lbs

Why Breast feeding is important

- ❖ Decreased risk of breast cancer
- ❖ Decreased risk of ovarian cancer
- ❖ Reach pre pregnancy weight faster
- ❖ Healthier Baby
- ❖ Convenient
- ❖ Less expensive