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The effect of high body mass index on maternal and fetal outcome in North Lebanon

Increased rates of obesity among pregnant women are a public health concern. Studies have reported an association between maternal overweight, obesity and adverse pregnancy outcomes. This study aims to assess the maternal risk and fetal outcomes in correlation to early pregnancy high body mass index (BMI) in North Lebanon. A retrospective cohort study was conducted in North Lebanon in five hospitals and health care centers. Data were collected between 2016 and 2018. Anthropometric, maternal and fetal health data were obtained from the medical records of 1308 women and their fetuses. Anthropometric data at the beginning of pregnancy and gestational age were collected through two private clinics and one primary health care center. Socio-demographic and lifestyle data were gathered by a questionnaire through a telephone call to each woman. Maternal and fetal outcomes were compared by univariate, bivariate and logistics analysis through SPSS 13.0. This study shows a significant association between early pregnancy, high BMI and pre-eclampsia (p-value<0.0001), eclampsia (p-value<0.024), C-section, gestational diabetes, induction of labor, hemorrhage and severe hemorrhage (p-value<0.0001). Women with excess weight gain, older women 25-34 years old, smokers and women with sedentary lifestyle were more likely to undergo complications (p-value<0.0001). Women living in village had more complications than those who live in cities (p-value<0.0001). Low social level was significantly associated with maternal complications (p-value<0.0001). Concerning fetal adverse outcomes, there is significant association between high maternal BMI and macrosomia (p-value<0.0001).

Biography

Mayssa Traboulsi had completed her Master's degree in Nutrition and Public Health from the Holy Spirit University of Kaslik, Lebanon. Currently, she is pursuing her PhD in Caddy Ayyad University, Morocco. She was responsible of Nutrition Department at Dar Al Zahraa Hospital for two years. She was an Instructor at Lebanese International University since 2013 and has her own private diet clinic.

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