

# **Effect of overweight and obesity during pregnancy, delivery and postpartum on women and her baby.**

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## **ABSTRACT**

**Introduction:** Pregnancy in obese women is a major public health concern with short- and long-term outcomes for maternal and child health. Pregnant women can experience many Complications during pregnancy, delivery , and postdelivery , There are many causes for these complications As we studied one of these causes , which is obesity and overweight.

**Objective:** knowing whether over weight and obesity leads to problems or complication during pregnancy, delivery and postpartum on women and her baby or not.

**Methods:** quantitative cross sectional study design was used to knowing complication during pregnancy, delivery and postpartum on women and her baby , the participant was obese and overweight women in productive age , we can find in (Rafedia hospital ) and Data was analyzed by using SPSS.

**Results:** The relationship between obesity and maternal complication during pregnancy (66%) whereas the most common was UTI (23.43) ,Gestational diabetes (22%) and Gestational hypertension(15.3%), and with maternal complication during delivery and postpartum period ( 27.1%) whereas the most common was c/s delivery (55.3%) and Anemia was (28.7%) ,and the effect of obesity for baby during pregnancy and postpartum period was (49.8%) , whereas the most common was big baby (46.7)

**Conclusion:** The overweight and obesity can cause complication during pregnancy , delivery , and postpartum period on mother and her baby , it is important to control weight gain , healthy diet during this period , and exercise , to prevent the obesity and its complication.

Key words: pregnancy, obesity , woman , complication, antenatal care , delivery , BMI , overweight ,baby of obese mothers .