**Children born to obese mothers are likely to die eight years earlier than kids with slim mums**

The study, published today, suggests babies of mothers with a BMI of up to 25 could live eight years longer than those whose mothers’ BMI was over 30

* **4**SHARES
* [COMMENTS](http://www.mirror.co.uk/lifestyle/health/children-born-obese-mothers-likely-9067356#comments-section)

**BY**[ANDREW GREGORY](http://www.mirror.co.uk/authors/andrew-gregory/)

* 01:00, 18 OCT 2016
* **UPDATED**13:56, 18 OCT 2016

[**LIFESTYLE**](http://www.mirror.co.uk/lifestyle/)

**The study warns women of childbrearing age to stay healthy** (Photo: Getty)

* **4**SHARES

Top of Form

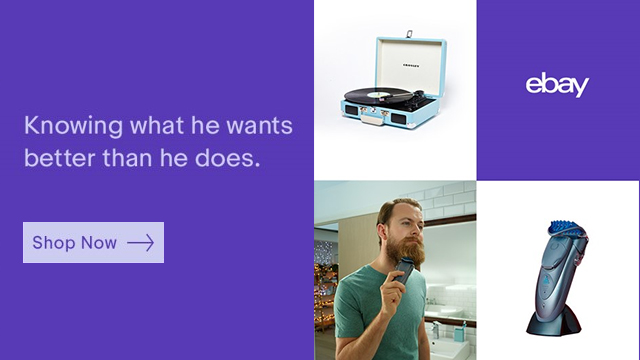
Get **Daily** updates directly to your **inbox**

+ Subscribe

Bottom of Form

Children of fat mothers are likely to die up to eight years before kids of slimmer mums, a study suggests.

Experts have discovered that obese women have shorter telomeres, a part of DNA vital to maintaining health.

[](https://rover.ebay.com/rover/1/710-227944-62300-9/4?mpt=1481722279460&siteid=3&ipn=admain2&placement=451900&ck=27679_main&mpvc=)

The research is the first to find a link between a mum’s[**body mass index**](http://www.mirror.co.uk/all-about/obesity) and her child’s life expectancy.

Obesity, usually defined as having a BMI of 30 or over, is increasingly common in the UK. One in five pregnant women are now in this category.



**One in five pregnant women are classed as obese** (Photo: Getty Images)

**READ MORE**

* [As a 20 stone nurse I felt guilty telling patients to lose weight - so I lost nine stone](http://www.mirror.co.uk/news/real-life-stories/20-stone-nurse-felt-guilty-8964576)

Prof Tim Nawrot of Hasselt University in Belgium, which did the study, said: “Compared with newborns of mothers with a normal BMI, newborns of women with obesity are older on a molecular level, because shortened telomere lengths mean that their cells have shorter lifespans.

[**Have your say in the comments below**](http://www.mirror.co.uk/lifestyle/health/children-born-obese-mothers-likely-9067356#comments-section)

“So maintaining a healthy BMI during a woman’s reproductive age may promote molecular longevity in the offspring.”

**READ MORE**

* [Morbidly obese mum pregnant again despite her - and doctors' - best efforts](http://www.mirror.co.uk/news/real-life-stories/morbidly-obese-mum-pregnant-again-9057539)

The study, published today in journal BMC Medicine, suggests that babies of mothers with a BMI of up to 25 could live eight years longer than those whose mothers’ BMI was over 30.

Prof Nawrot added: “The public health impact of our findings is considerable as in affluent societies about 30% of women of reproductive age are overweight.”