OBESITY AND PREGNANCY:

* It is important to maintain ideal weight during pregnancy.
* Pre-pregnancy BMI should be brought down to < 30 kg/m2 even though ideal would be < 25 kg/m2.
* BMI criteria :
  + Normal (18 - 22.9)
  + Overweight (23 - 24.9)
  + Obese (> 25)

COMPLICATIONS IN PREGNANCY:

* **MOTHER:**

1. Miscarriage.
2. Gestational diabetes.
3. Hypertension in pregnancy.
4. Venous thromboembolism.
5. Prolonged pregnancy.
6. Operative vaginal delivery.
7. High chance for cesarean section.
8. Anaesthetic complications
9. Wound infection- perineum/ cesarean scar
10. Endometriosis

* **FETUS:**

1. Congenital anomalies
2. 2. Prematurity
3. 3. Macrosomia
4. Small for gestational age
5. Stillbirth
6. Birth injuries - shoulder dystocia
7. Metabolic disorders of newborn

Women should be supported to lose weight postpartum to reduce the risk for subsequent pregnancies and also to avoid complications such as chronic hypertension, diabetes, and cardiovascular disorders in the future.