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Early Intervention in Maternal and Child Health

Maternal obesity in Europe: where do we stand and how to move forward?

Roland Devlieger

MD, PhD

University Hospitals KULeuven, BASO, EBCOG

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Celebrating 21 Years of Setting the Agenda in Women's Health

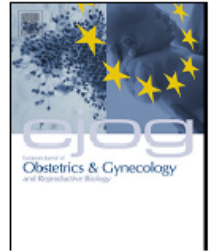


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Review

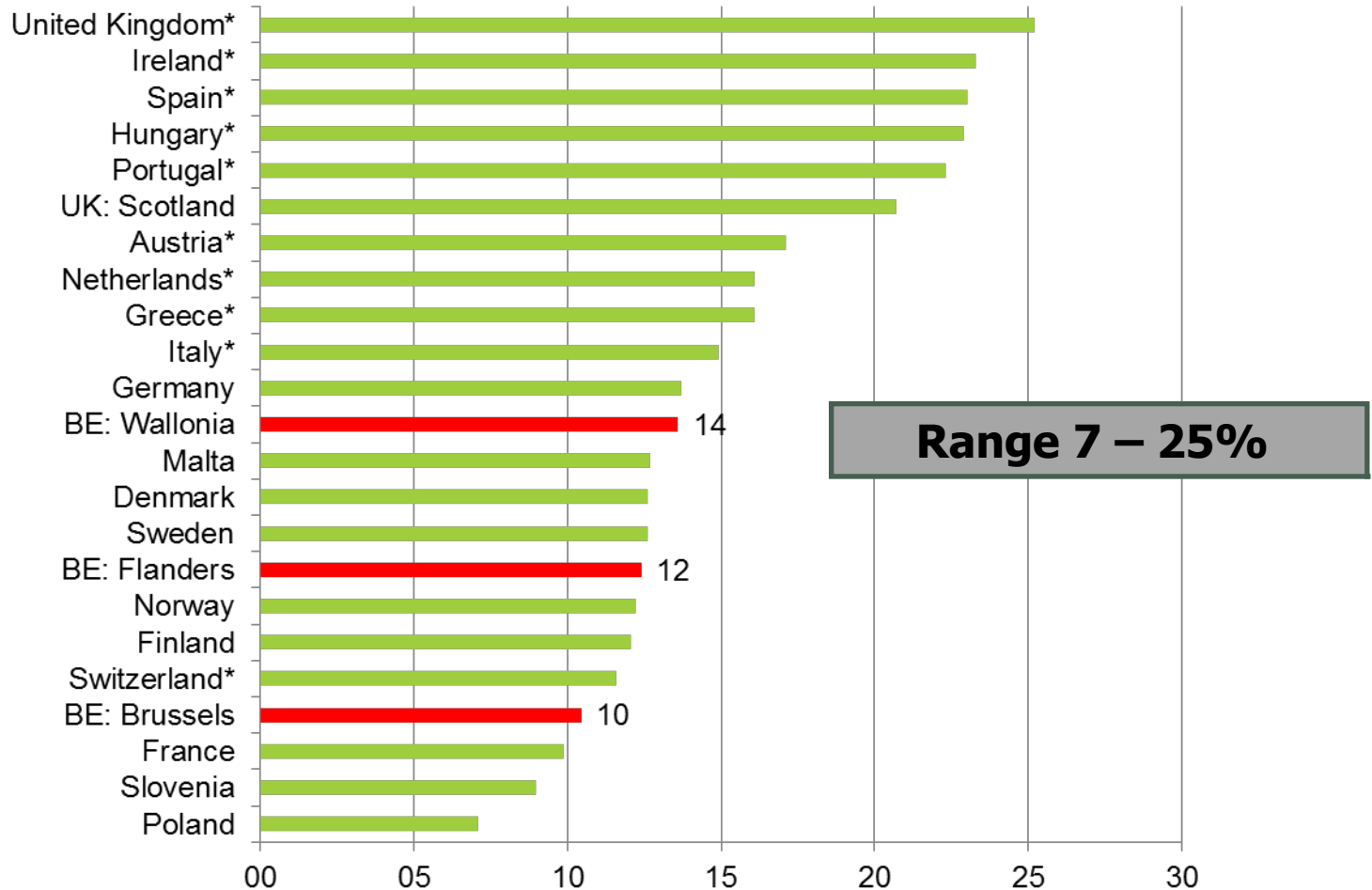
Maternal obesity in Europe: where do we stand and how to move forward?

A scientific paper commissioned by the European Board and College of Obstetrics and Gynaecology (EBCOG)

Roland Devlieger^{a,b,c,*}, Katrien Benhalima^d, Peter Damm^e, André Van Assche^{a,b},
Chantal Mathieu^d, Tahir Mahmood^f, Fidelma Dunne^g, Annick Bogaerts^{a,h,i}

Background

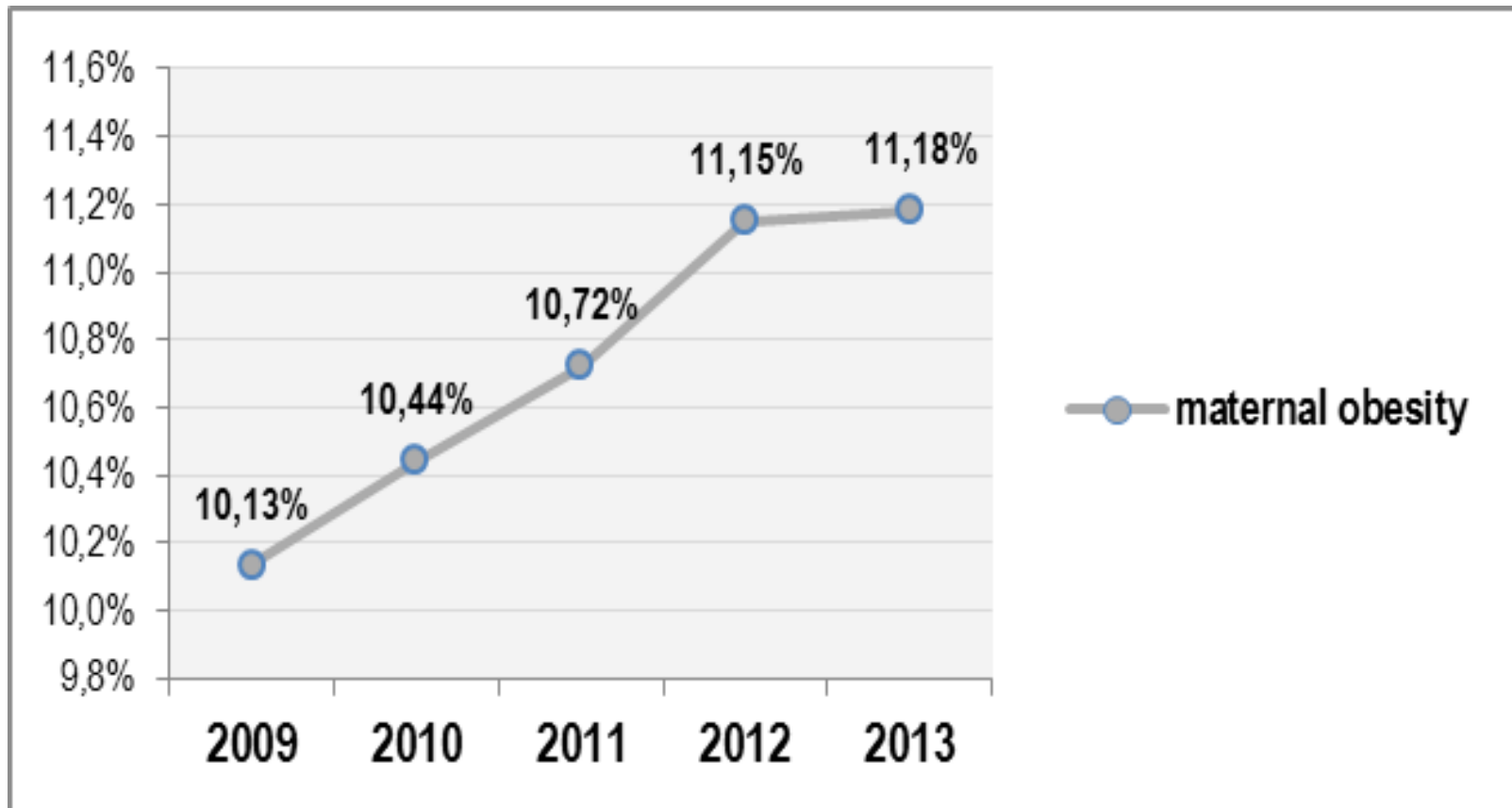
Figure 1: Distribution of maternal obesity (BMI ≥ 30 kg/m²) from Euro-Peristat database and WHO



Source: <http://www.europeristat.com/our-indicators/euro-peristat-perinatal-health-indicators-2010.html>

*from WHO database (2009)

(Northern part of Belgium, N = 292 242)



Complications of obesity in pregnancy



Conception

Decreased fertility
Fertility treatment less successful



Embryonic period

Increased miscarriage risk
Increased risk for fetal malformations



Fetal period

Abnormal fetal growth
Decreased detection of fetal anomalies



Pregnancy

Gestational diabetes
Hypertensive disorders of pregnancy
Increased risk
Depression
Infections
Respiratory problems



Delivery

Increased risk induction of labour, instrumental delivery, CS
Increased risk for anaesthetic complications
Intrapartum monitoring difficulties
Higher risk for birth trauma



Postpartum

Increased risk PPH
Increased risk Thrombosis
Decreased breastfeeding levels
Increased risk wound infection
Increased weight retention
Increased risk Type 2 DM



Childhood

Increased risk childhood obesity



Adulthood

Increased risk metabolic syndrome

Central Issues

1. Lack of uniformity in weight gain recommendations
2. Lack in uniformity in screening for gestational diabetes
3. Lack of knowledge on effective strategies to prevent maternal obesity and its complications
4. Lack of attention for family-centered care and psycho-social factors



Recommendations



1. Pregnancy and related health issues should be put **higher on the research agenda.**
2. An **integrated and uniform** approach for the management of obesity in women of reproductive age who are planning a pregnancy is needed.
3. Management should **begin before conception** and continue through pregnancy and the postpartum period focusing on mental wellbeing, healthy eating and physical activity including weight management techniques.
4. Maternal obesity **not only implies a personal responsibility** but also infers a social environmental, political and economic responsibility.

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