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**The impact of high body mass index and gestational weight gain on obstetric complications and fetal outcome in north Lebanon population**

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Increased rates of obesity among pregnant women are a public health concern. Several studies have reported an association between maternal overweight and obesity and adverse pregnancy outcomes. This study aims to assess the maternal complications in correlation to early pregnancy high body mass index (BMI) and weight gain during pregnancy in North Lebanon. A retrospective cohort study was conducted in North Lebanon in five hospitals and health care centers. Data was collected from 2016-2018. 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 individually. Maternal and fetal outcomes were compared by univariate, bivariate and logistics analysis through SPSS 13.0. This study states that in a nearly pregnancy high BMI and weight gain during pregnancy are associated with high risks of 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 aged 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, a significant association was found between high maternal BMI, weight gain during pregnancy and macrosomia (p-value<0.0001).

**Biography**

Mayssa Adnan Traboulsi had completed her Masters in Nutrition and Public Health in 2013 from the University of Holy Spirit kaslik, Lebanon. Currently she is pursuing PhD in Caddy Ayyad University, Morocco. She is an instructor in Lebanese international university since 2013 and has her own private diet clinic.

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