

EXCESS WEIGHT IN PREGNANCY

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MATERNITY SERVICES IN DEVON



Royal Devon & Exeter RD&E
4119

Northern Devon Healthcare
Trusts NDHT
1505


University Hospitals Plymouth UHP
4395

Torbay and South
Devon NHS Foundation Trust (TSD)
2366

THE EMERGING PROBLEMS

- . Maternal obesity is rising
- . Maternal obesity is recognised to impact on safer births and outcomes during in pregnancy and beyond for both the baby and the mother.
- . National Statistics show 20% of pregnant women who attend there first appointment are classed as obese.
- . Within Devon our rates evidence that we are slightly above average with 23.53% of women having a BMI over 30.

THE EMERGING PROBLEMS FOR MATERNITY AS A RESULT OF EXCESS WEIGHT

- . Increase in Ultrasound
 - . Difficulties in Assessing Growth
 - . Thrombosis
 - . Gestational Diabetes
 - . High Blood Pressure and Pre-Eclampsia
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FETAL RISKS ASSOCIATED WITH BEING OVERWEIGHT

- . Miscarriage
- . Large baby
- . Stillbirth
- . Diabetes

RISKS IN LABOUR ASSOCIATED WITH BEING OVERWEIGHT

- . Your baby is more likely to be born prematurely (before 37 weeks)
- . Length of time in labour is likely to be increased
- . There is an increased risk of Shoulder Dystocia (baby's shoulders becoming stuck during birth)
- . You are more likely to require an emergency caesarean section
- . Anaesthetic complications more common
- . Wound infection
- . Increased bleeding.
- . Birth choices are limited

HOW CAN THESE RISKS BE REDUCED

- . Education/Awareness
 - . Healthy Eating
 - . Physical Activity
 - . Environment
 - .Advertising
 - . Culture Change

MATERNAL OBESITY HAS AN IMPACT ON SOCIETY – ACTION IS REQUIRED FROM LOCAL COMMUNITIES

- . Time before, during and after pregnancy should be viewed a window of opportunity to minimize the short-and long term health risks for women and their children.
 - . Research shows that behaviour change is more likely to occur in pregnancy
 - . Limited provision in Devon for pregnant women
 - . Myths need to be addressed
 - . Education
 - . Collaborate working with our local communities
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