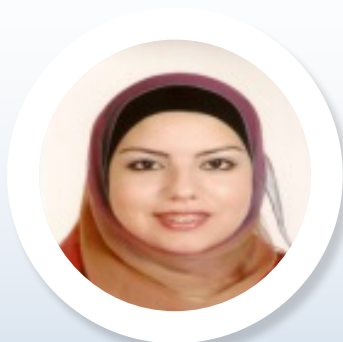14th World Congress on

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Mayssa Traboulsi
Cadi Ayyad University, Morrocco

Co-Authors
Fouad Ziada[2] and Zainab El Alaoui-Talibi[3]
[1,3] Cadi Ayyad University, Morrocco.
[2] Lebanese university, Lebanon

Excess of pregnancy weight gain, socioeconomic parameters, lifestyle and obstetric complications in Lebanon population

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 andneonatal complications in correlation to early pregnancy high body mass index (BMI) and weight gain during pregnancyin North Lebanon.A retrospective cohort study was conducted in North Lebanon in five hospitals and health care centers. Data was collected between 2016-2018. Anthropometric, maternal and fetal health data wereobtained 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 sthat anearly pregnancyhigh BMI andweight gain during pregnancyare 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, andmarcrosomia (p-value<0.0001).

Biography

MayssaTraboulsi had completed her Masters in nutrition and public health in 2013 at the age of 25 years from the university of holy spiritkaslik-Lebanon.Currently she is Phd student in Caddy Ayyad university-Morrocco. Mayssa was the responsible of nutrition department at Dar Al Zahraa Hospital for two years. She is an instructor in Lebanese international university since 2013, and have her own private diet clinic.

Mayssa_tr@hotmail.com

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