



# Pre-pregnancy obesity Position statement

Perinatal Society of Australia  
and New Zealand



**RACP**  
Specialists. Together  
EDUCATE ADVOCATE INNOVATE

# PSANZ

“PSANZ is a multidisciplinary society dedicated to improving the health and long term outcomes for mothers and their babies...”

# Position statement - methods

- PSANZ Working Group
- Systematic search of CPGs, position statements, systematic reviews (June 2017)
- Descriptive synthesis of evidence
- Endorsed by PSANZ Policy Subcommittee and Board of Directors
- Endorsed by RACP

# Contents

1. Pre-pregnancy obesity rates ANZ
2. Obstetric risks
3. Risks for infant / child
4. Are there any effective interventions for reducing pre-pregnancy obesity?
5. Key points for health professionals

# Position Statement

- Lack of high-quality evidence for effective pre-pregnancy and inter-pregnancy interventions in OW/OB women to improve pregnancy outcomes
- PSANZ was unable to make specific recommendations beyond encouraging appropriate diet & physical activity

# Position statement

The complex issue of weight loss and the inter-relationship with social and environmental determinants should be considered by health professionals when offering advice.

# Care of women with obesity considering pregnancy

- Use routine appointments to monitor weight & raise the issue of weight loss before conception
- Provide information about health impact on pregnancy & potential benefits of even modest weight loss (5-10%)
- Refer to dietician / exercise specialist
- Encourage daily exercise
- Screen and treat antenatal depression
- Folate / iodine supplements

# Bariatric Surgery

- Overall improved pregnancy outcomes, but...
  - Increased risk of preterm birth within 2 years of surgery
  - Increased risk of SGA
  - Avoid conception during rapid weight loss
- oGTT may not be tolerated
- Refer to dietician (B12, Fe, folate, VitD)



# Post-partum

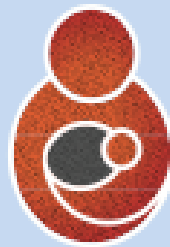
- Retention of gestational weight gain is important contributor to increasing BMI in subsequent pregnancy
- Even a modest increase in BMI between pregnancies increases risk

PERINATAL  
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<https://www.psanz.com.au/guidelines>



Perinatal Society of Australia & New Zealand

**Annual Scientific Congress**

**25 - 28 March 2018**

ANZ Viaduct Events Centre, Auckland, New Zealand

Whenua ki Whānau

Nurturing the people of our land