

Obesity in pregnancy - impact report 2017



It is estimated that more than 20% of women are obese in pregnancy (BMI>30) and up to half are overweight, bringing increased risks throughout pregnancy and lifelong implications for the baby.



Metabolic antenatal clinic established in Edinburgh to improve research understanding and care for women with BMI >40



UK's only dedicated obesity research clinic - 600 families helped since 2008

Improving care



NHS care pathway reviewed and improved for all women with obesity across Lothian.

Optimising anaesthetic care during labour and birth

Optimising post-caesarean wound care

Signposting women to weight management services postpartum

More than 10 other centres adopting the multidisciplinary model of care

Leading development of RCOG Obesity in pregnancy guideline for management of obesity in pregnancy around the UK

Research focus areas



Pioneering multidisciplinary research from basic mechanisms to clinical trials

Prevention: dietary input to prevent nutritional deficiencies, interventions to lower stillbirth rates

Screening: better detection of diabetes and high blood pressure, identifying women at highest risk of obesity related problems during labour and delivery

Treatments: better treatment of diabetes

'I hope that you ensure that everyone in the clinic is praised for their work including the receptionists, nurses, midwives and doctors. My little boy came into this world perfect and it was the most wonderful experience of my life. I think that without all these people helping me through it, it could have been such a bad experience.'

- Mum

Impact on care	Metabolic Clinic care	Standard care
Better diagnosis of gestational diabetes	25.8%	17.8%
Less likely to have a low birthweight baby	4.1%	7.0%
Stillbirth	1/1013	8/1013

Women are 8x less likely to have a stillbirth versus standard care