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Pregnants Obesity and Diabetes: A North-African Report

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Abstract

Introduction : Diabetes is the most common metabolic disorder during pregnancy. The International Diabetes Federation estimates that 1 in 6 (16.8%) pregnancies are affected by diabetes; the majority (86.4%) being gestational diabetes. Furthermore, pregnancies associated with maternal obesity have a risk of accumulating gestational diabetes.

We carried out a single-center study on the epidemiology of overweight/obesity in maternal diabetes.

Material and method : This is a retrospective study of pregnant women with diabetes in the gynecology-obstetrics department at a University Hospital, from January 1, 2021 to March 31, 2021. Their body mass index was recorded to identify overweight or obesity

Results : One hundred and ten diabetic parturients were reported, and nearly half (43.63%) of diabetic pregnant women were overweight or obese:

- Eleven (10%) with BMI = 25-30
- Thirty seven (33.63%) with BMI > 30

Discussion : The prevalence of diabetes among obese and overweight pregnant women is increasing globally. In the United States, for example, the prevalence of gestational diabetes mellitus (GDM) among pregnant women with a BMI of 30 kg/m² or greater is estimated at 39%. This is compared to a prevalence of 9% among pregnant women with a BMI of 25 kg/m² or less.

Conclusion : Overweight/obesity is associated with a cluster of metabolic risk factors in early pregnancy, with a higher risk of gestational diabetes. Our local study confirms the prevalence of overweight/obesity among diabetic pregnant women in a North-african country (Algeria) and highlights the urgent need for targeted prevention and closer monitoring of this high metabolic risk.