

# Pregnants obesity and diabetes: a north-african report

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## 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 (GDM). 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 & METHODS

We performed a monocentric, 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 in each patient

## RESULTS & DISCUSSION

One hundred and ten diabetic parturients were reported, and 43.63% of diabetic pregnant women were overweight or obese:

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

These results are in line with recent studies published worldwide showing a sharp increase in the prevalence of diabetes among obese and overweight pregnant women. In the United States, for example, the prevalence of gestational diabetes mellitus (GDM) among pregnant women with a BMI of 30 kg/m<sup>2</sup> or greater is estimated at 39%. This is compared to a prevalence of 9% among pregnant women with a BMI of 25 kg/m<sup>2</sup> or less

Particularly, according to a recent systematic review with meta-Analysis, and meta-Regression, the prevalence of gestational diabetes mellitus in the Middle East and North Africa (MENA) region has increased from 11.9% to 15.9% over the past two decades

## 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.