

PRE-PREGNANCY OBESITY

Obesity is linked to chronic conditions such as high blood pressure, heart disease, diabetes, and stroke.¹⁹ Women who are obese prior to pregnancy are at increased risk of developing gestational diabetes, pregnancy-related hypertension, preeclampsia, and labor complications; and their infants are at increased risk for neonatal death.^{19,20,21}

- More than one-third (36.3 percent) of Oregon births in 2004 were to women who were overweight or obese prior to pregnancy.
- Almost half (47.1 percent) of American Indian/Alaska Native women were overweight/obese prior to pregnancy. This percentage was significantly higher than that of white (36.0 percent) or Asian/Pacific Islander (20.1 percent) women.
- Asian/Pacific Islander women were significantly less likely than any other race/ethnic group to be overweight/obese before pregnancy (20.1 percent).

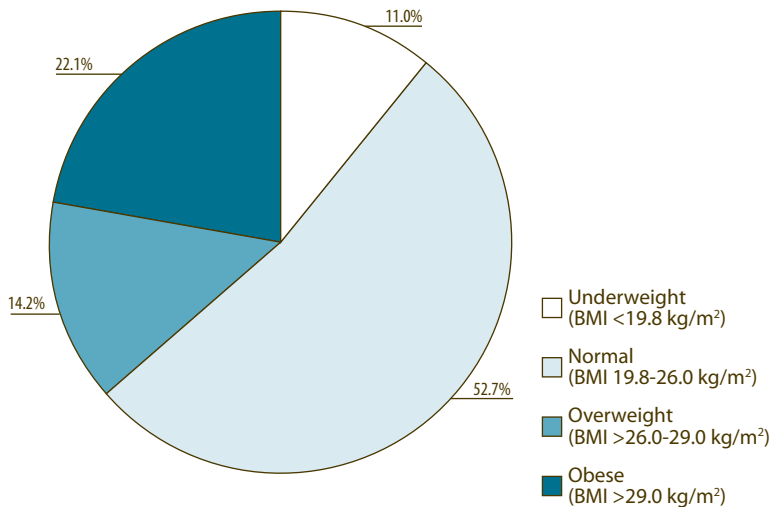
Pre-pregnancy Body Mass Index (BMI), the ratio of a person's height to weight before the woman became pregnant, is calculated as weight in kilograms divided by height in meters squared. PRAMS calculates BMI from self-reported height and weight just before pregnancy.

The BMI cut-off values specified by the Institute of Medicine (IOM) in 1990 for women prior to pregnancy are as follows²²:

Underweight.....	BMI < 19.8 kg/m ²
Normal Weight	19.8 ≤ BMI ≤ 26.0 kg/m ²
Overweight.....	26.0 < BMI ≤ 29.0 kg/m ²
Obese	BMI > 29.0 kg/m ²

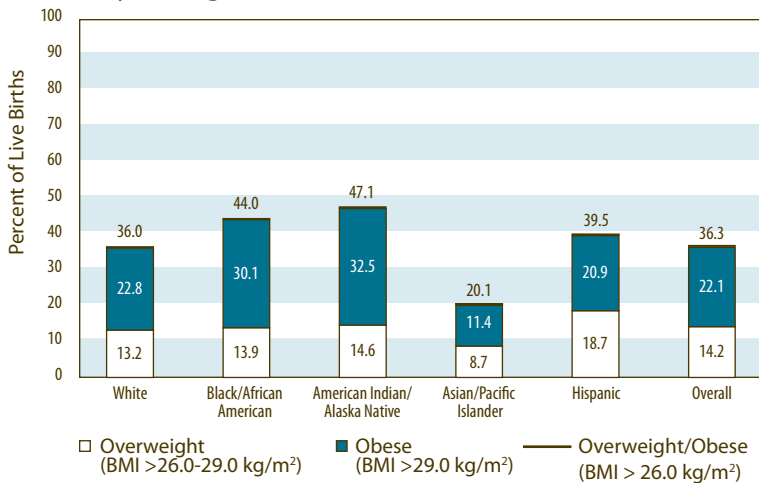
CHAPTER 3: PERINATAL HEALTH

Pre-pregnancy Body Weight, Oregon, 2004



Data Source: Oregon Pregnancy Risk Assessment Monitoring System (PRAMS)

Pre-pregnancy Overweight/Obesity by Race/Ethnicity, Oregon, 2004



Overweight/Obese = Overweight + Obese

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