

# Workshops in Focus

6<sup>th</sup> Canadian  
Obesity  
Summit

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April 23–26  
OTTAWA, ONTARIO



*Prevention, Treatment, and Rehabilitation > Pregnancy and Maternal Health*

**Wednesday, April 24, 2019**

**14:00 – 16:00**

## Obesity and Pregnancy

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Entering pregnancy with obesity may significantly increase the risk for a number of complications that impact both the mother and growing fetus. The Developmental Origins of Health and Disease (DOHaD) posits that the fetal environment may program the fetus for an increased risk of future chronic diseases, including obesity. Pregnant women with obesity, especially those who gain excessive weight, are at increased risk for delivering an infant with macrosomia (birthweight >4000g). Furthermore, the baby is at risk for glucose intolerance and greater fat storage, increasing the risk of childhood obesity and other diseases such as Type 2 Diabetes and cardiovascular disease. Moreover, excessive gestational weight gain (EGWG) in women with obesity further increases the risk for fetal complications, complications at delivery, postpartum weight retention and gestational diabetes. Since EGGW is considered a modifiable risk factor, supporting women to engage in a healthy active lifestyle during pregnancy is important.

The goal of this panel discussion will be to highlight features of the DOHaD concept and how they relate to maternal and childhood obesity. We will also specifically discuss the influence of the environment on the placenta and then subsequently on baby. We will then present information on how to prevent and/or minimize EGGW through a healthy lifestyle approach and how pregnancy provides an opportunity to educate women on effective behaviour change strategies which may potentially contribute to obesity treatment and management during and after pregnancy.

### Agenda

1. Introduction and discussion on DOHaD and obesity
2. The contributions of the environment (or exposures) on the placenta and subsequently on baby, focusing on the increased risk for obesity
3. Benefits of healthy lifestyle interventions to prevent excessive gestational weight gain and childhood obesity
4. Behaviour change and adherence to lifestyle interventions during pregnancy and how pregnancy is an opportune time to intervene for obesity prevention and management
5. Open panel discussion and questions from the audience. [10 minutes]