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Table 1: Associations between obesity, gestational weight gain and adverse clinical outcomes over the reproductive (preconception, antenatal, and postpartum) periods

Reproductive Period	Weight Management Issue	Adverse Clinical Outcome
Preconception	Pre-pregnancy obesity	<ul style="list-style-type: none"> <li>↑ Infertility<sup>29</sup></li> <li>↑ Gestational diabetes<sup>34</sup></li> <li>↑ Hypertensive disorders of pregnancy (i.e., gestational hypertension and preeclampsia)<sup>2,4,32,35,36</sup></li> <li>↑ Maternal venous thromboembolism<sup>32,37</sup></li> <li>↑ Postpartum depression<sup>3</sup></li> <li>↑ Miscarriage<sup>28</sup></li> <li>↑ Caesarean delivery<sup>32</sup></li> <li>↑ Congenital malformations<sup>31,38</sup></li> <li>↑ Newborn asphyxia<sup>33</sup></li> <li>↑ Macrosomia/large-for-gestational-age<sup>33</sup></li> </ul>
Pregnancy	Excess gestational weight gain	<ul style="list-style-type: none"> <li>↑ Gestational diabetes<sup>38,39</sup></li> <li>↑ Hypertensive disorders of pregnancy (i.e., Gestational hypertension and preeclampsia)<sup>36,40-42</sup></li> <li>↑ Caesarean delivery<sup>1,40,42,43</sup></li> <li>↑ Preterm birth (medically indicated)<sup>43</sup></li> <li>↑ Macrosomia<sup>40,42,44,45</sup></li> <li>↑ Neonatal hyperinsulinemia<sup>45</sup></li> <li>↑ Neonatal hypoglycemia, hypomagnesemia, &amp; hypocalcemia<sup>44</sup></li> <li>↑ Postpartum weight retention<sup>46-49</sup></li> </ul>
	Low gestational weight gain or weight loss	<ul style="list-style-type: none"> <li>↓ Hypertensive disorders of pregnancy (i.e., Gestational Hypertension<sup>38</sup> and Preeclampsia<sup>35</sup>)</li> <li>↓ Caesarean delivery<sup>1,40,43,50</sup></li> <li>↓ Large for gestational age infant<sup>42,43,51,52</sup></li> <li>↑ Macrosomia<sup>2,50</sup></li> </ul>
	Weight loss	<ul style="list-style-type: none"> <li>↑ Low birth weight infant<sup>40</sup></li> </ul>
Postpartum	Pre-pregnancy obesity	<ul style="list-style-type: none"> <li>↑ Postpartum weight retention<sup>32</sup></li> </ul>
	Obesity during pregnancy	<ul style="list-style-type: none"> <li>↑ Obesity by 9 months postpartum<sup>53</sup></li> </ul>
	Excess postpartum weight retention	<ul style="list-style-type: none"> <li>↑ Gestational diabetes in future pregnancy<sup>1</sup></li> <li>↑ Hypertensive disorders in a future pregnancy<sup>1</sup></li> </ul>
	Reduction in BMI by 2 kg/m <sup>2</sup>	<ul style="list-style-type: none"> <li>↓ Gestational diabetes in future pregnancy<sup>6</sup></li> </ul>