

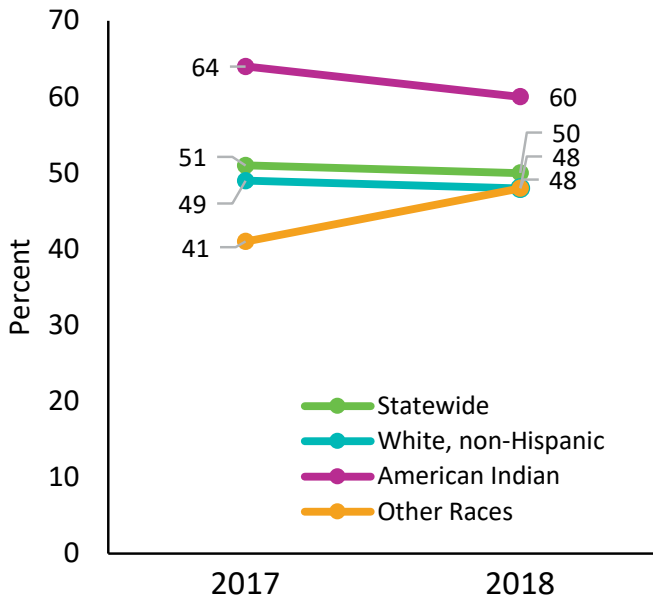


PRE-PREGNANCY BMI

South Dakota PRAMS, 2018

A high pre-pregnancy Body Mass Index (BMI) is associated with adverse pregnancy outcomes including increased risk of maternal hypertension, gestational diabetes, and increased rates of cesarean section and macrosomia.

Overweight or Obese Before Pregnancy



OBESITY:

- ▶ In 2015-2016, **41%** of U.S. women over the age of 20 were obese.¹
- ▶ In 2018, **50%** of South Dakota mothers were overweight or obese prior to pregnancy.
- ▶ In 2018, **47%** of South Dakota mothers had a healthy BMI, which is below the Healthy People 2020 target of 58%.

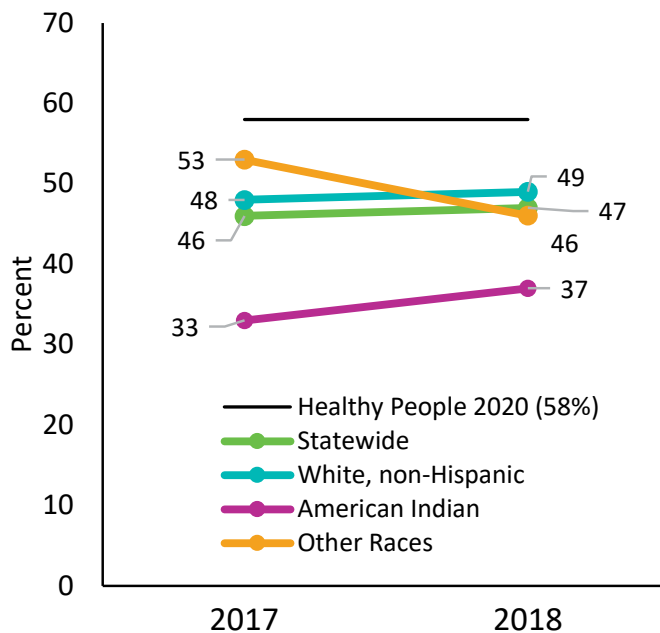
SOUTH DAKOTA MOTHERS WHO HAD A HEALTHY BMI (18.5-24.9 KG/M2) WERE MORE LIKELY TO BE A:

- ▶ White mother or a mother of other races
- ▶ Non-Hispanic
- ▶ Younger mother

MOTHERS WITH A HEALTHY BMI HAD SIGNIFICANTLY LOWER PREVALENCE OF:

- ▶ Diabetes, hypertension or depression during pregnancy (24% vs. 38%)
- ▶ C-section delivery (18% vs. 30%)

Mothers With a Healthy BMI Before Pregnancy



1 Data from Center for Disease Control and Prevention National Center for Health Statistics data brief (see <https://www.cdc.gov/nchs/data/databriefs/db288.pdf>)

2 Data from SD PRAMS report (see <https://doh.sd.gov/statistics/prams.aspx?>)

