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.

**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%)

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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?)