

# WORLD OBESITY

Wrap up and take aways

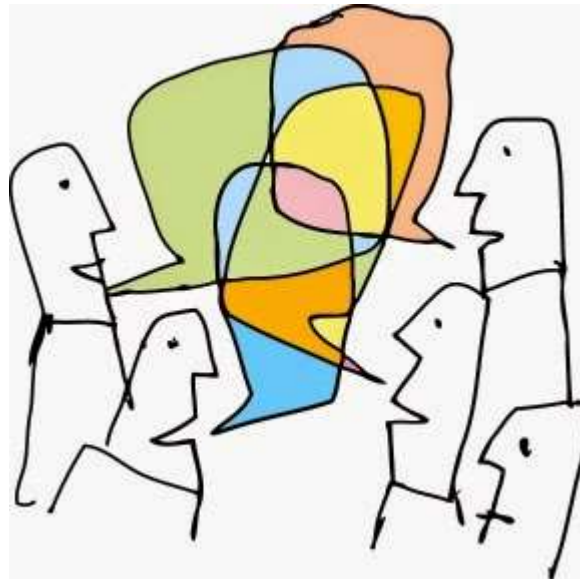
**HOT TOPIC**

CONFERENCE:

Obesity & Pregnancy 2015

# Epidemiology

- Maternal obesity remains a huge problem 10-30%
- Some indications of plateau-decrease (Denmark, Flanders)
- Also problematic in Africa (Nigeria)
- Need for follow-up meeting

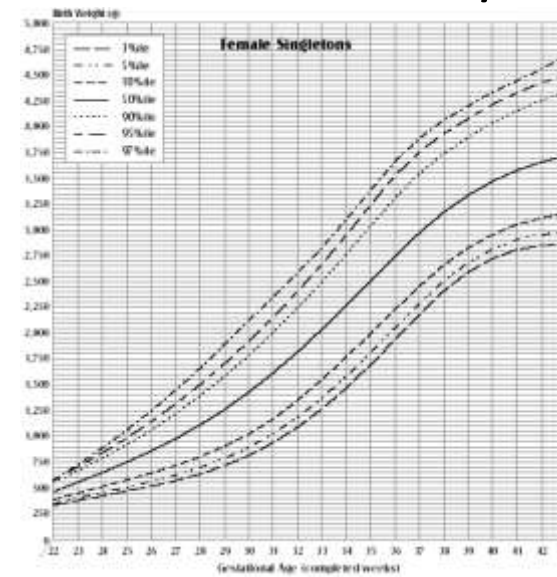
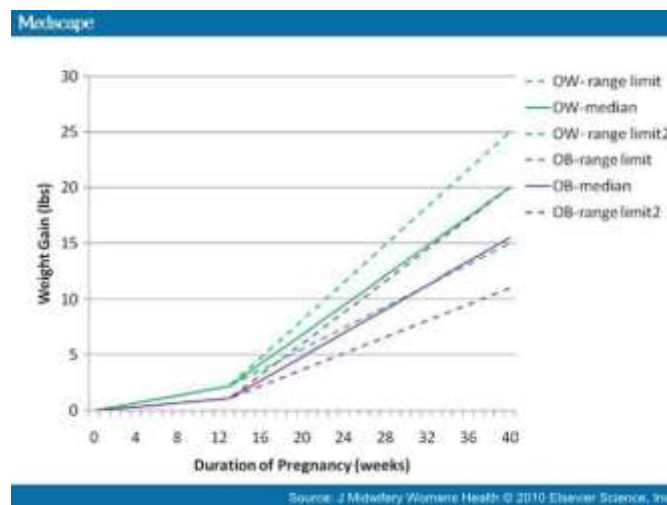


# Nutrition

- No clear guidelines for optimal nutrition in obese pregnant women
- Lessons from RCT's (upbeat)
  - Cultural food
  - Processed food
  - Sweetened drinks
- Role of probiotics in GDM remains a cautionary tale: SPRING study should provide answers (N=540)
- Importance of micronutrient dosage and substitution in pregnancy after bariatric surgery, possibly also in obesity?

# Gestational weight gain

- “Weight doesn’t lie”
- Negative effects of “weight-shaming”
- Small contribution to long term outcomes in the child
- IOM guidelines 5-9 kg (or less)
- Weight gain trajectories: importance of 2nd trimester/total weight gain



# Interventions during pregnancy

- In order to have an impact on relevant outcomes beyond GWG they should probably be:
  - Targetting physical activity-nutrition and mental health
  - Targetting most vulnerable groups
  - Individualised
  - Supported by new technology (Smartmoms)
    - 3.5 devices/person

# Interpregnancy

- Supported by metabolic data: return to baseline insuline-sensitivity coincides with return to base-line weight
- Moderate weight retention leads to relevant increase in perinatal risks for the next pregnancy, also in normal weight women
- Need for information of weight loss trajectories during and after pregnancy

Pregnant woman: “I can’t help being fat, it runs in the family”.

Physician: “No one runs in your family”

# Physical activity in (obese) pregnant women

- Guidelines: “30 minutes of moderate physical activity”
- Improved measurements of energy expenditure
- Lack of good (individualized) programmes
  - Based on daily activities
  - Fun
  - Safe
  - Adapted to pregnancy trimester





# Breastfeeding

- As healthy in obese/diabetic as in metabolically healthy women?
- Role in postpartum weight retention?

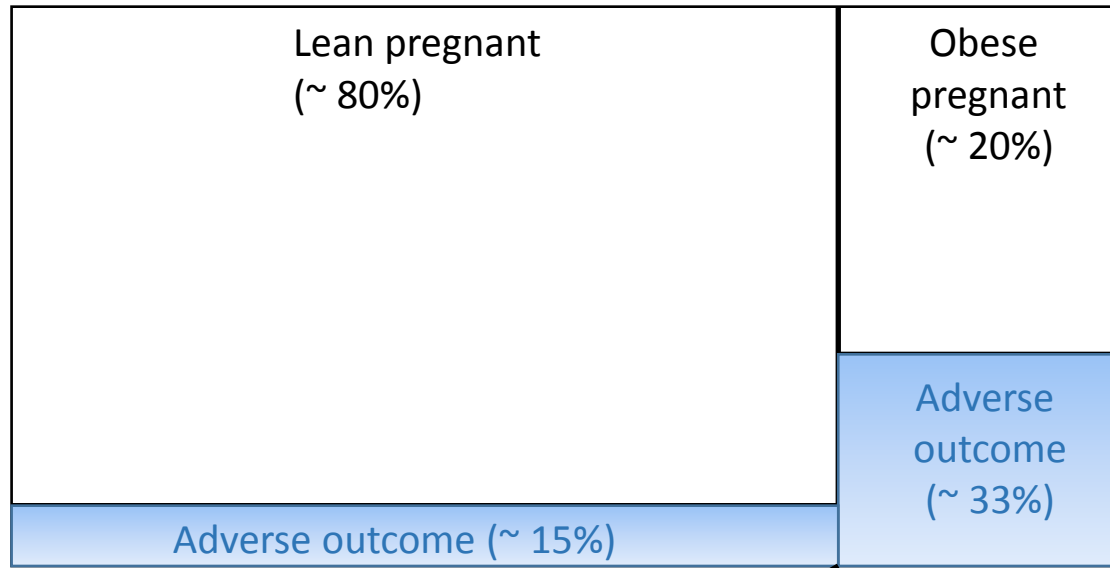
# GDM treatment

- Debate on diagnosis ongoing, wide IADPSG-WHO acceptance
- Based on nutrition/exercise/medication (ACOG) guidelines
- Problems of dyslipidemia-inflammation starting prior to conception
- Screening after pregnancy for type 2
- Elective delivery at around 38-39 weeks

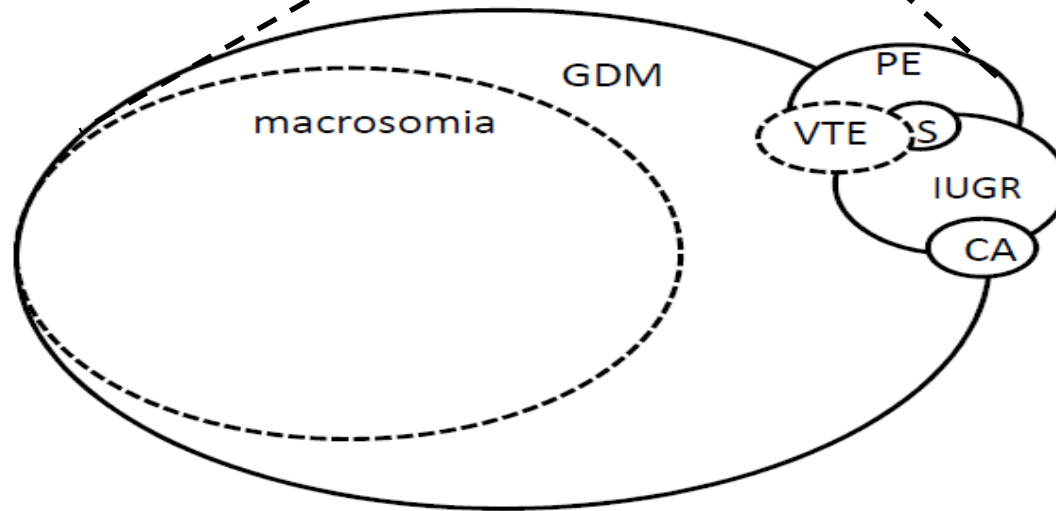
# Top three quotes

- “Eat for you, not for two”
- “You can go up the stairs, but you can never go down”
- “If you going to have faecal transplantation, choose your donor!”

# Science – Research Gaps

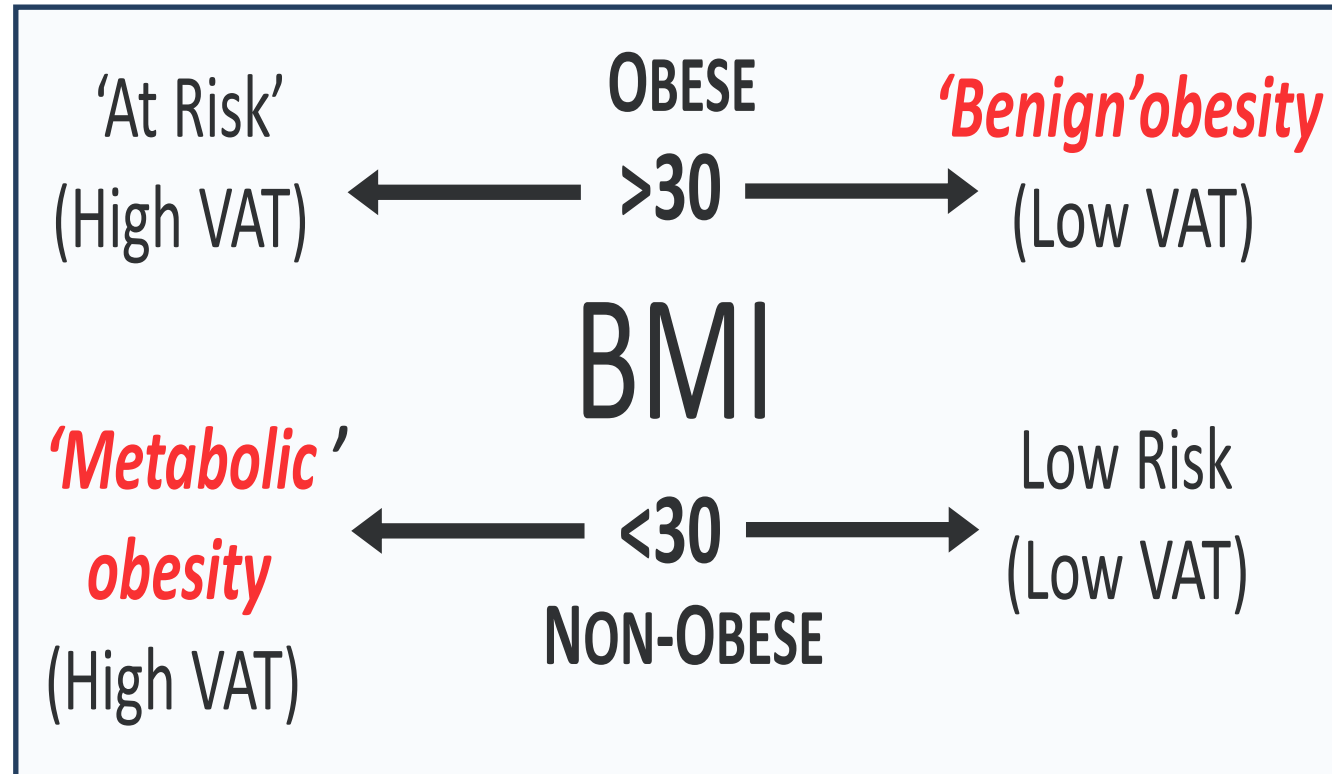


How can we identify those obese women at risk of an adverse outcome?



CA = congenital abnormalities  
GDM = gestational diabetes mellitus  
IUGR = intrauterine growth restriction  
PE = preeclampsia  
S=stillbirth  
VTE = venous thromboembolism

# Benign and metabolic obesity



# Adipose tissue

- Could be more central to the metabolic disturbances than previous thought
- Location – do we need to measure visceral fat?
- When does it become “toxic” – to mother and possibly offspring?
- Can it be “benign”?
- How does it work in pregnancy – are we sure it is the same as in the non-pregnant, perhaps we need to check?

# Gestational Weight Gain/Loss

- Do we actually know whether it is fat or water or lean body mass that changes?
  - Some attention maybe should be paid to lean muscle mass (Catalano)
  - Concerns that good weight loss may not only be fat (Poston and others)
  - Should body water be monitored? (Discussion after Redman)



# Gestational Weight Gain/Loss

- More data needed on energy expenditure in obese women – previous data on lean
  - Gold standard studies
  - Quick ways of measuring BMR
  - Physical activity
- Impact on offspring obesity

# Early Pregnancy

- Critical time for embryogenesis, placental development
- What are the metabolic changes then and how are they influenced by obesity?
- Not easy, but we need to find out more

# Thank you

- Speakers, faculty and audience
- Sponsors
- World Obesity staff

