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**Topic:** The first 1000 days, infant feeding, and early childhood development

**Title:** Impact of Maternal Weight on Pregnancy Outcomes: A Systematic Review

**Presentation Type:** Poster

**Introduction:** The recent surge in the prevalence of overweight and obesity in women of child bearing age worldwide is a serious public-health challenge as reports from WHO indicate that about 40% of women worldwide are overweight or obese. In Ghana, from 2008 to 2014, the prevalence of overweight or obesity in women aged 15-49 years increased from 21% to 25% and 9% to 15% respectively. Maternal weight prior to and during pregnancy have been proven to be predictors of both short and long term as well as negative and positive outcomes of pregnancy. The objective of this systematic review was to gather facts regarding the effects of maternal weight on pregnancy outcomes to facilitate the provision of evidence based information to pregnant women during antenatal clinics in Ghana and other African countries where overweight or obesity is interpreted as 'a sign of good living'. **Method:** A search was conducted in PubMed, Plosone, Cochrane, Embase and bibliographies for all studies on maternal weight and pregnancy outcomes published from January 2000 to May 2013. The key words used for the search were: "pre-pregnancy BMI", "gestational weight gain", "maternal weight", "pregnancy outcomes" and "birth outcomes".

**Findings:** The search yielded 113 papers, 35 studies were included in the review after exclusion of duplicates and irrelevant papers. Excluded papers included animal studies, and human studies that did not meet inclusion criteria.

**Conclusion:** Results showed that the extremes of maternal weight prior to and during pregnancy increase the risk of maternal and fetal complications