Interventions to reduce or prevent obesity in pregnant women: a systematic review

Record Status
This is a bibliographic record of a published health technology assessment from a member of INAHTA. No evaluation of the quality of this assessment has been made for the HTA database.

Citation

Authors' objectives
This HTA project will systematically review the evidence of effectiveness and potential adverse effects of various dietary interventions on pregnant women (normal weight and obese or overweight women) and their offspring collating This health technology assessment (HTA) project was undertaken to evaluate the evidence on dietary and lifestyle interventions to reduce weight or prevent weight gain in pregnancy. The objectives were to: • determine the effectiveness of various dietary and lifestyle interventions in pregnancy that prevent or treat obesity for maternal and fetal weight (primary objective) • determine the effectiveness of various dietary and lifestyle interventions that prevent or treat obesity for obstetric antenatal, intrapartum and postnatal outcomes • evaluate the benefit of the dietary and lifestyle weight management interventions in pregnancy for fetal and neonatal morbidity and mortality • study the potential short- and long-term adverse effects in mother and baby due to dietary and lifestyle in pregnancy. • assess the overall strength of evidence across outcomes for effectiveness and harm of interventions.

Authors' conclusions
Study found that dietary and physical activity interventions in pregnancy are effective at reducing maternal weight gain in pregnancy and the incidence of large-for-gestational-age infants, with dietary interventions also effective at reducing gestational hypertension, pre-eclampsia, gestational diabetes and shoulder dystocia, and that there are no changes in other neonatal morbidity or mortality outcomes with the interventions.

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