

Key issues for the primary care team to discuss with women of childbearing age with a BMI ≥ 30 kg/m²

- It is important to explain the higher risks conferred by obesity and that most are reversible or reduced with weight loss
- Weight loss measures should be encouraged prior to conception
- The woman needs to be made aware that her pregnancy will be managed more medically with a higher risk of having to take medication and needing doctors to help her deliver
- It will be more difficult for the obstetric team to monitor her and her baby during pregnancy because of her high BMI