

**PREGNANCY AND DELIVERY OUTCOMES IN WOMEN WITH OVERWEIGHT AND OBESITY**

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**Background.** Over the last decade, the prevalence of overweight and obesity among women of reproductive age has increased worldwide. According to the World Health Organization, approximately 30–35% of pregnant women are overweight or obese. Maternal overweight and obesity are associated with a higher risk of adverse pregnancy outcomes, including gestational hypertension, preeclampsia, gestational diabetes mellitus, dysfunctional labor, and increased rates of cesarean section. Therefore, evaluation of pregnancy and delivery outcomes in this group of women remains a relevant clinical problem.

**Objective.** To assess pregnancy and delivery outcomes in women with overweight and obesity using clinical and statistical indicators.

**Materials and Methods.** This prospective study was conducted during 2023–2025 at the Department of Obstetrics of the Multidisciplinary Clinic of Tashkent Medical Academy. The study group included 30 pregnant women with a body mass index (BMI)  $\geq 25$  kg/m<sup>2</sup>. The control group consisted of 30 pregnant women with normal BMI (18.5–24.9 kg/m<sup>2</sup>). Clinical and anamnestic data, blood pressure measurements, glucose metabolism parameters, and delivery outcomes were analyzed. Statistical analysis was performed using comparative methods, with  $p < 0.05$  considered statistically significant.

**Results.** In the study group, gestational hypertension and preeclampsia were diagnosed in 14 out of 30 women (46.7%), which was significantly higher than in the control group ( $p < 0.05$ ). Gestational diabetes mellitus was observed in 10 women (33.3%) in the study group compared with 3 women (10%) in the control group (OR=4.5; 95% CI: 1.1–17.9). Cesarean section was performed in 11 cases (36.7%) in the study group and in 5 cases (16.7%) in the control group.

**Discussion.** The findings of this study confirm that maternal overweight and obesity are significantly associated with an increased risk of pregnancy and delivery complications. These results are consistent with recent international studies and meta-analyses showing that metabolic disturbances, insulin resistance, and chronic inflammation play a key role in the development of hypertensive disorders and gestational diabetes. The higher rate of cesarean section among overweight and obese women may be related to impaired uterine contractility, fetal macrosomia, and increased obstetric risk.

**Conclusion.** Overweight and obesity are significant risk factors for adverse pregnancy and delivery outcomes. Early identification of women with increased BMI, preconception weight optimization, and intensified antenatal care may reduce the incidence of pregnancy-related complications and improve maternal and perinatal outcomes.

**References:**

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