

Pre-Pregnancy Obesity and Its Association with Pre-eclampsia

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This observational study assessed the relationship between pre-pregnancy body mass index (BMI), dietary habits, and hypertensive disorders among 131 pregnant women enrolled between 2024 and 2025.

A high prevalence of obesity was observed, affecting 79.2% of participants, while an additional 10% were overweight before pregnancy. Pre-eclampsia was identified in 12% of the study population, with most affected women having obesity or excess body weight and a large proportion also presenting with chronic hypertension. Dietary assessment showed moderate consumption of fruits and vegetables, whereas animal protein intake was common. However, frequent intake of sugar-sweetened beverages and processed seasonings reflected unhealthy eating habits among many participants.

Key takeaway: Elevated pre-pregnancy BMI was closely associated with hypertensive disorders during pregnancy. The findings also suggest that poor dietary patterns may further contribute to the development of pre-eclampsia, emphasizing the importance of weight optimization and nutritional counseling before and during pregnancy.

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