

REVIEW PAPER

## **Maternal Obesity and Public Health**

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### **Abstract**

Obesity has become an important public health globally. Being obese in reproductive period causes many problems related to both the baby and the mother. The risks associated with needs to be focus of public attention. Woman must first be aware of their body health and impacts of weight on this. Than after perception of their status they need to be given the consultation regarding their knowledge level, attitudes about their nutrition, breast feeding, preconception measures to be taken for their pre and postpartum health. In this review we intended to recognise the effects of obesity in this particular group of patients.

**Key words:** maternal obesity, public health, pregnancy, postpartum period, fetal health