Being overweight or obese may reduce a woman’s fertility. When pregnancy is achieved, excessive weight increases risks associated with pregnancy. Weight loss may improve fertility and pregnancy outcome.

A body mass index (BMI) of 25 to 29.9 is considered overweight, and obesity is defined as a BMI of 30 and above.

### Benefits of weight loss
- Weight loss of 5% to 10% may dramatically improve ovulation and pregnancy rates.
- Improved health including reduced diabetes, high blood pressure, and heart disease.
- Improved self-esteem.

### Fertility issues with obesity
- Irregular or infrequent menstrual cycles.
- Increased risk of infertility.
- Increased risk during fertility surgery.
- Increased risk of miscarriage.
- Decreased success with fertility treatments.

### Potential pregnancy complications with obesity
- Increased risk of high blood pressure.
- Increased risk of diabetes in pregnancy.
- Increased risk of birth defects.
- Increased risk of high birth-weight infant.
- Increased risk of Cesarean section.

### Body Mass Index Table

| BMI     | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 |
|---------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Height  |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| (feet)  |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Weight  |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| (pounds)|   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |

### Potential pregnancy complications with obesity
- Increased risk of high blood pressure.
- Increased risk of diabetes in pregnancy.
- Increased risk of birth defects.
- Increased risk of high birth-weight infant.
- Increased risk of Cesarean section.

### Revised 8/2001