



3rd International Conference on

GYNECOLOGY, OBSTETRICS AND WOMEN'S HEALTH

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Title: Effect of prepregnancy weight mediated by gestational weight gain on newborn weight in pregnant adolescents.

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Abstract (upto 300 words)

Nutrition is undoubtedly a factor that determines fetal growth and life after birth. The nutritional status of the mother and its direct effect on the newborn has been widely studied. However, there are indirect pathways that have not been largely explored, such as weight gain during pregnancy. The objective of the study was to evaluate the effect of pre-pregnancy weight mediated by gestational weight gain on the weight of the newborn.

Methodology: Observational Design of a historical cohort.

Data collected from the births of adolescent women were analyzed. Data analysis included descriptive statistics using chi2 and Mann Whitney. Structural equation models were used to evaluate the direct and / or mediated effect of the variables, habitual weight of the pregnant woman (weight prior to pregnancy) and gestational weight gain on the weight of the newborn. Results: In a direct way, the usual weight of the woman affects the weight of the newborn, so that, for each kilo of maternal increase, the weight of the child increases by 9.7 grams. Additionally, it was found that, for each kilogram of maternal weight gain, the child's weight increased 17.47 grams.

Conclusions: The findings are of great importance, since when reviewing public policies and perinatal care programs in Chile, no interventions are established with the objective of direct and active weight control.

Key words: perinatal nutrition, weight gain, obesity, pregnancy.

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Biography (upto 150 words)

Ximena Paredes-Villarroel is a midwife specializing in perinatology at the University of Concepcion, Chile. In turn, he has a Master's in University Education in Health Sciences from the San Sebastián University and a Master's in Public Health from the University of Chile. She has extensive experience in neonatal clinics and is currently an assistant professor in the Department of Health Sciences at the University of Aysén. His lines of research are: Perinatal nutrition and health education.

Recent publication:

1. Pérez-Villalobos, C., Ventura-Ventura, J., Spormann-Romeri, C. *et al.* Well-being variations on students of health sciences related to their learning opportunities, resources, and daily activities in an online and on-crisis context: a survey-based study. *BMC Med Educ* **23**, 37 (2023). <https://doi.org/10.1186/s12909-023-04011-y>

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2. Paredes Villarroel XI. Efecto del peso pregestacional y la ganancia de peso en el embarazo sobre el peso del recién nacido en embarazadas adolescentes. Mat.Actual [Internet]. 19 de mayo de 2022 [citado 27 de marzo de 2023];1(3):7. Disponible en: <https://ieya.uv.cl/index.php/matroneria/article/view/3065>
3. Pérez-Villalobos C, Ventura-Ventura J, Spormann-Romeri C, Melipillán R, Jara-Reyes C, Paredes-Villarroel X, et al. (2021) Satisfaction with remote teaching during the first semester of the COVID-19 crisis: Psychometric properties of a scale for health students. PLoS ONE 16(4): e0250739.

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