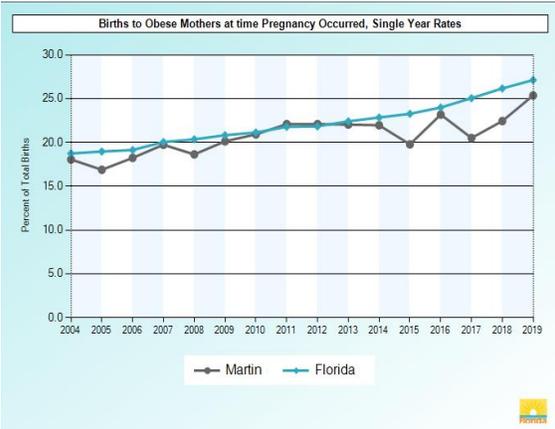


Births to Obese Mothers at Time Pregnancy Occurred (Live Births)

1 in 5 women are obese at the beginning of their pregnancy, placing them at increased risk of complications, including high blood pressure and diabetes. Infants born to obese women are 2x likely to be obese and develop type 2 diabetes later in life*.

MATERNAL OBESITY (Maternal *obesity* is a BMI >30 kg/m²; maternal *overweight* is 25-29.9 kg/m².)



Maternal obesity is associated with heightened risk for preeclampsia and complications of labor and delivery, with increased incidence of cesarean births. The fetus is also at risk for preterm birth, stillbirth and congenital anomalies. (*The Impact of Maternal Obesity on Maternal & Fetal Health; Leddy, Power & Schulkin; Reviews in Obstetrics & Gynecology, 2008 Fall; 1(4): 170-178.*)

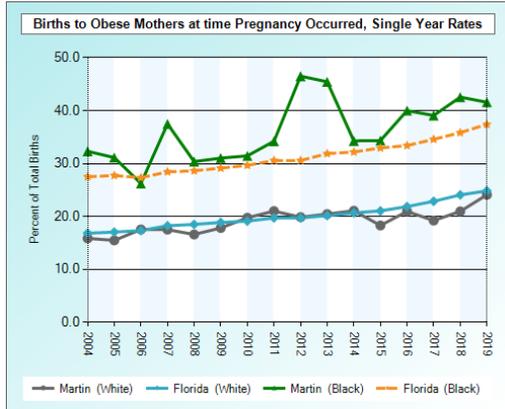
Per the *National Center for Health Statistics*, maternal obesity complicates up to 20% of pregnancies, nationally.

The Martin County rate of maternal obesity (all race/ethnicity) has been statistically significantly less than the statewide rate for three of the past five years (see below table). However, the Martin County 2019 rate of 25.4% exceeded all prior 16 years of local data.

Maternal Obesity: Single Year Rates ALL Race/Ethnicity, Martin County vs. FL

Maternal Obesity (Single Year Counts/Percentages) ALL Race/Ethnicity, Martin County vs. FL												
	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Martin	233 18.6%	229 20.1%	252 20.9%	256 22.1%	237 22.1%	251 22%	272 22%	246 19.8%*	289 23.2%	254 20.5%*	273 22.4%*	302 25.4%
Florida	20.3	20.8%	21.1%	21.8%	21.8%	22.4%	22.8%	23.3%	24.0%	25.0%	26.2%	27.1%

MATERNAL OBESITY: Racial & Ethnic Disparities



Local maternal obesity rates of Black and White mothers is displayed left and below. Single-year rates of maternal obesity for Black and White mothers was 46.5% vs. 19.9% in 2012, and 45.5% vs. 20.4%. In 2019, maternal obesity impacted 41.6% of Martin County Black mothers, compared to 37.4% of Black mothers statewide.

The rate of maternal obesity among Martin County Hispanic mothers has been statistically significantly higher than the comparative statewide rate for six (6) of the 10 years between 2010 and 2019, with a range of 23.8%-31.4%. For 2019, 28.9% of Martin County Hispanic mothers met the criteria for maternal obesity (115 of 398). (No chart or table.)

Maternal Obesity: Single Year Rates Black & White Martin County

Maternal Obesity (Single Year Counts/Percentages) Black/White Disparity, Martin County								
	2012	2013	2014	2015	2016	2017	2018	2019
White	19.9%	20.4%	21.1%	18.3%	21.0%	19.2%	21.0%	24.1%
Black	46.5%	45.5%	34.3%	34.3%	40.0%	39.1%	42.6%	41.6%

BENCHMARK: Births to Mothers with Healthy Weight *Healthy People 2020* set a target of **57.8%** for women with a healthy pre-pregnancy weight (meeting neither overweight nor obese classifications).

2019 Combined Maternal Overweight & Obesity Rates (Single Year Counts/Percentages) Martin County					
	All Race/All Ethnicity	Black/White		Hispanic/Non-Hispanic	
	-----	Black	White	Hispanic	Non-Hispanic
Overweight + Obese	53.4%	73.3%	50.7%	61.8%	49.0%
Counts	636 of 1,191	74 of 101	461 of 909	246 of 398	380 of 775

Sources: FLHealthCHARTS www.floridacharts.com Healthy People 2020 www.healthypeople.gov *Division of Reproductive Health, Centers for Disease Control and Prevention. Obesity. Maternal and Infant Health Research: Pregnancy Complications. *Last updated 10.23.20*