ASSOCIATION BETWEEN MATERNAL BODY MASS INDEX AND THE BIRTH WEIGHT OF NEONATES IN SOKOTO NIGERIA

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Birth weight (BW) is an important determinant of infant’s well being. Several factors such as mothers’ genetic characteristics, socio-cultural, demographic, behavioural factors, pre-pregnancy body mass index (BMI), gestational weight gain etc contribute to birth weight.

Objective: This study assesses the association between the body mass index of the mother at first visit to the birth weight of their babies in women attending antenatal care clinic in Usmanu Danfodiyo university teaching hospital Sokoto Nigeria.

Design: A hospital based longitudinal Study was done in singleton pregnant women.

Study period: Between November 2011 to October 2012.

Subjects: Two hundred and five women were consecutively recruited at the booking visit before 16 weeks of gestation and followed up to the birth of the babies.

Main outcome Measures: BMI and other baseline characteristics were collected using a questionnaire.

Results: The mean BMI at first visit was 27.12kg/m² (SD= 6.06). The mean birth weight of the babies were 3.06 kg (SD =0.54). There was significant association found between low BMI and low birth weight and obese mothers with large babies with t test 2.246, p value 0.027 df 120 and t 2.249, p value 0.016 df 186 respectively.

Keywords: Birth weight, body mass index, Sokoto, Nigeria.