

Abstract

Background: Maternal obesity is associated with an unequivocal increase in maternal and fetal complications of pregnancy. Excessive maternal weight gain in pregnancy also appears to be an independent risk factor, regardless of pre pregnancy weight. **Aim of the study:** was to assess the hospital based rate of high risk obese pregnant women at Qena University Hospital, Assess the antenatal Obstetric and Medical complications associated with Obesity among these women and Provide health education for those obese pregnant women about the dietary requirements. **Subjects and Methods:** Cross Sectional study of 350 cases of high risk pregnant women admitted at the inpatient antenatal ward at Qena University Hospital was used. Completing semi- structured interviewing sheet from all obese pregnant women who meeting the inclusion criteria. After completing the sheet, giving them brochures about nutrition according to their diagnosis and explaining how to follow. **Results:** more than half (57.4%) of the sample were classified as obesity class one among high risk pregnant women. Complications of obesity increased among high risk pregnant women such as previous caesarean section rate (38.3%), PROM were (13.4%), pregnancy induced hypertension (11.7 %), other risk factors about (16.3 %). **Conclusion:** The result concluded that the rate of obesity among high risk pregnant women at Qena University Hospital was one third of the total flow, more than half of high risk pregnant were classified as obesity class one. **Recommendation:** Nutrition and exercise counseling should begins from pre-puberty, during pregnancy, continues postpartum and before attempting another pregnancy.

Key wards: obesity, antenatal complications