



Preconception Health

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A series of articles on Preconception Health
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www.thelancet.com/series/preconception-health
a series of articles on preconception health
before conception.





Improving nutritional preparation for pregnancy

Maternal diet and lifestyle factors (HIC) and (LMIC) are associated with pre-conception nutritional status. This is particularly true for women who are underweight or overweight before pregnancy. The evidence shows that women who are underweight before pregnancy are more likely to have a low birth weight baby. This is because the baby's weight is determined by the weight of the mother at the time of conception. The evidence also shows that women who are overweight before pregnancy are more likely to have a baby who is overweight or obese. This is because the baby's weight is determined by the weight of the mother at the time of conception. The evidence also shows that women who are overweight before pregnancy are more likely to have a baby who is overweight or obese. This is because the baby's weight is determined by the weight of the mother at the time of conception.

What does the evidence say?

The evidence shows that women who are underweight before pregnancy are more likely to have a low birth weight baby. This is because the baby's weight is determined by the weight of the mother at the time of conception. The evidence also shows that women who are overweight before pregnancy are more likely to have a baby who is overweight or obese. This is because the baby's weight is determined by the weight of the mother at the time of conception. The evidence also shows that women who are overweight before pregnancy are more likely to have a baby who is overweight or obese. This is because the baby's weight is determined by the weight of the mother at the time of conception.

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