

PATIENT'S FACT SHEET

Weight and Fertility

Being overweight or obese may reduce a woman's fertility. When pregnancy is achieved, excessive weight increases risks associated with pregnancy. Weight loss may improve fertility and pregnancy outcome.

A body mass index (BMI) of 25 to 29.9 is considered overweight, and obesity is defined as a BMI of 30 and above.

BMI	Normal					Overweight					Obese					Extreme Obesity																																											
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54																							
Height (feet, inches)	Body Weight (pounds)																																																										
4'10"	91	96	100	105	110	115	119	124	129	134	139	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267																						
4'11"	94	99	104	109	114	119	124	129	134	139	144	149	154	159	164	169	174	179	184	189	194	199	204	209	214	219	224	229	234	239	244	249	254	259	264	269	274																						
5'	97	102	107	112	118	123						153	158	163	168	174	179	184	189	194	199	204	209	214	219	224	229	234	239	244	249	254	259	264	269	274	279																						
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	234	239	244	249	254	259	264	269	274	279	284	289	295																						
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	226	232	238	244	249	254	259	265	270	275	280	285	290	295	300	305																						
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	233	239	245	251	257	263	269	275	281	287	293	299	305	311	317	323																						
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324	330																						
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344	350																						
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	355	361																						
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	264	270	277	284	291	297	304	311	318	324																													
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334																													
6'	140	147	154	162	169	177	184	191	199	206	213	220	228	235	242	250	258	265	272	279	287	294	301	308	315	322	329	336	343	351	358	365	372	379	386	393	400																						
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	394	401	408	415																						
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420	428																						
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431	439																						
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443	451																						

source: Adapted from The National Institutes of Health

Fertility issues with obesity

- Irregular or infrequent menstrual cycles.
- Increased risk of infertility.
- Increased risk during fertility surgery.
- Increased risk of miscarriage.
- Decreased success with fertility treatments.

Potential pregnancy complications with obesity

- Increased risk of high blood pressure.
- Increased risk of diabetes in pregnancy.
- Increased risk of birth defects.
- Increased risk of high birth-weight infant.
- Increased risk of Cesarean section.

Benefits of weight loss

- Weight loss of 5% to 10% may dramatically improve ovulation and pregnancy rates.
- Improved health including reduced diabetes, high blood pressure, and heart disease.
- Improved self-esteem.

Weight loss involves a serious commitment involving a healthy diet and exercise. Help is available from your health care professional.