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## Knowledge about weight and its effects on reproductive health outcomes

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Studies suggest that while health professionals and women are aware of cardio metabolic risks associated with obesity, we have not been as responsive in educating them about the association of obesity with breast and endometrial cancer, increased risk of infertility and pregnancy complications such as miscarriage, stillbirth, birth defects and cesarean section. In the U.S., preconception maternal overweight is 13.1% and preconception maternal obesity is 21.9%. There seem to be a paucity of studies that have assessed patient understanding and awareness of risks as they pertain to women's reproductive health. The purpose of this study is to assess knowledge of the cardio metabolic, general, and reproductive risks associated with obesity in a diverse population of women. A convenience sample of 200 women is being recruited from a community weight clinic in Southern California. A survey based on current literature from the World Health Organization and current data on reproductive outcomes is used. The questionnaire assesses BMI and knowledge of the effects of obesity on general, cardio metabolic and reproductive health outcomes. Chi square will be used to determine interaction between demographic variables and patient knowledge of the effect of obesity on specific conditions as well as the interaction between BMI classification and knowledge. Given the high percentage of overweight and obesity, it is important to be aware of knowledge level of risks in reproductive women. So, we can increase efforts in public education. Awareness of potential risks, especially with pregnancy may lead to behavior change, decrease health risks and save medical costs.

### Biography

Kathy Shadle James is a Nurse Scholar recognized internationally for her work in Childhood and Adult Obesity. She has completed her Doctorate in Nursing and is a family and women's health Nurse Practitioner. She is an Associate Professor of Nursing at the University of San Diego and a Fellow of the American Academy of Nurses and an International Fellow of the World Obesity Federation. Her expertise has advanced the care of families in obesity prevention/intervention through workshops for allied health professionals globally. She has over 30 years of Clinical experience and is dedicated to improve the quality of life of underserved families facing the challenges of obesity.

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