

Gaining weight in adulthood linked to lower fecundity

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Photo: U.S. Centers for Disease Control and Prevention

(HealthDay)—Body mass index (BMI) at age 18 years, weight change since age 18, and weight in adulthood correlate with fecundity, according to a study published online Sept. 8 in *Obstetrics & Gynecology*.

Audrey J. Gaskins, Sc.D., from the Harvard T.H. Chan School of Public Health in Boston, and colleagues examined whether BMI at [age](#) 18 and change in weight since 18 years correlated with fecundity. Data were included for 1,950 women in the Nurses' Health Study 3 currently attempting pregnancy.

The researchers found that for every 5-kg increase in body weight from age 18, there was a 5 percent increase in the current duration of

pregnancy attempt. The adjusted median current duration was 0.5 months shorter for those who lost weight, 0.3 months longer for those who gained 4 to 19.9 kg, and 1.4 months longer for those who gained 20 kg or more, compared with women who maintained weight (P trend \leq 0.001). For a 5-kg/m² increase in current BMI, the adjusted time ratio was 1.08. Being underweight at age 18 years correlated with longer current duration of pregnancy attempt compared with normal-weight women, after multivariable adjustment (time ratio, 1.25). No correlation with fecundity was seen for being overweight or obese at 18 years.

"Gaining [weight](#) in adulthood, being overweight or obese in adulthood, and being underweight at age 18 years were associated with a modest reduction in fecundity," the authors write.

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