Objective
To evaluate the correlation between BMI and hypertension in the macedonian pregnant women. To increase the awareness that obesity is no longer a problem of western civilization but it increasingly affects the Macedonian population.

Methods
The study was performed in the University Clinic for Obestrics and Gynecology, Skopje, Macedonia. The study involved 90 singleton pregnancies randomly chosen from the outpatient clinic. They were assessed at 28 weeks' gestation and assigned to four BMI groups. Group 1 BMI (18.5 -24.9) normal weight, Group 2 BMI (25.0-29.9) overweight, Group 3 BMI (30.0-34.9) and Group 4 BMI (35.0-39.9). Blood pressure was checked and the diagnosis of hypertension was made if two separate reading performed 6 hours apart showed a result of ≥140/90. Each participant signed an inform consent.

Results
Among the assessed pregnancies, hypertension was found in 24 patients. The results suggest that obesity increases the risk of hypertension.

Conclusion
Obesity in pregnancy should be taken more seriously. As the population becomes more obese, a larger number of pregnancies will be complicated by hypertension. Women should be counselled at early stage in pregnancy about the amount of weight they should gain. They should be encouraged to exercise and eat healthy food.