

Gestational Diabetes

Gestational Diabetes

is a type of diabetes you can get when you are pregnant.

Diabetes

is a disease where the body does not make or use insulin properly.

1.2%

of women in Indiana were told they had diabetes while pregnant.



≈ 50%

About half of women with gestational diabetes will be diagnosed with type 2 diabetes in the future.



Anna Langova

What is Gestational Diabetes?

- Gestational diabetes is a type of diabetes that is first seen in pregnant women who have never had diabetes before.
- Gestational diabetes usually shows up in mid-pregnancy.
- Your doctor will check for gestational diabetes between 24-28 weeks of pregnancy.
- Some women have more than one pregnancy affected by gestational diabetes.
- When you're pregnant, your body needs to make more insulin.
- Gestational diabetes usually goes away after your baby is born. However, it can put you at risk to develop type 2 diabetes in the future.
- Having diabetes when you are pregnant can result in pregnancy complications.
- Gestational diabetes can often be controlled through healthy eating and regular exercise.
- Sometimes women with gestational diabetes must take insulin.
- If you had gestational diabetes, ask your doctor to check for diabetes 6-12 weeks after your baby is born.
- If you had gestational diabetes, you should be checked every 1-3 years.

Breastfeeding and diabetes

- Breastfeeding your baby has many health benefits.
- If you had gestational diabetes, breastfeeding may help reduce your risk of developing type 2 diabetes.³
- Breastfeeding can reduce your baby's risk of cardiovascular disease, diabetes and other health problems.⁴

Figure 1

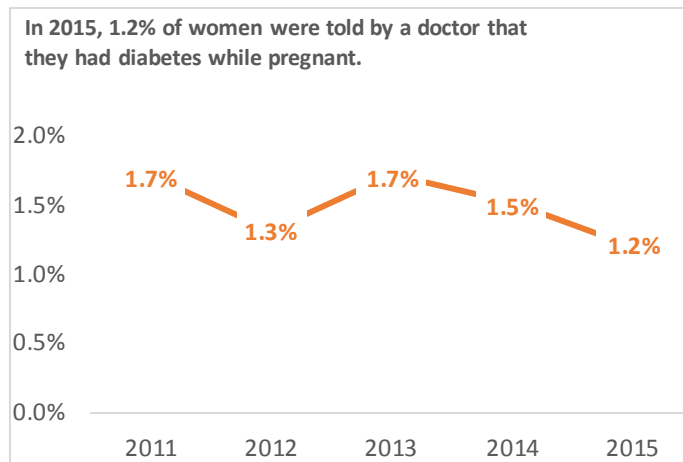
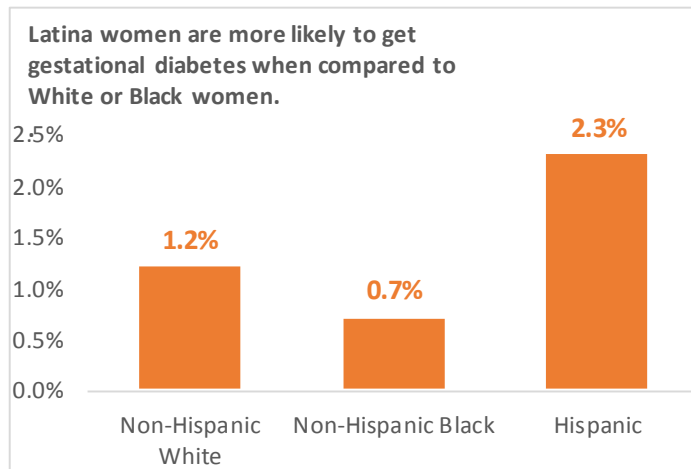


Figure 2



References:

1. Indiana State Department of Health. *Behavioral Risk Factor Surveillance System*. 2011-2014.
2. Gestational Diabetes and Pregnancy. (2015, September 16). Retrieved November 15, 2016, from <http://www.cdc.gov/pregnancy/diabetes-gestational.html>
3. Breastfeeding may help prevent type 2 diabetes after gestational diabetes. (2015, December 7). Retrieved November 17, 2016, from <https://www.nih.gov/news-events/nih-research-matters/breastfeeding-may-help-prevent-type-2-diabetes-after-gestational-diabetes>
4. Promotion & Support. (2016, August 11). Retrieved November 17, 2016, from <https://www.cdc.gov/breastfeeding/promotion/index.htm>

Take action

- See your doctor once a year for check-ups—more often if you have a chronic disease like hypertension.
- Maintain a healthy blood pressure and cholesterol level. If you have been told that you have high blood pressure or cholesterol, ask your doctor about the [DASH diet](#).
- At mealtime, make half your plate fruits and veggies.
- Take a walk after lunch and dinner. Just 15 minutes can make a difference.
- Don't smoke or chew tobacco. If you do, talk to your doctor about the benefits of quitting.
- Get at least eight (8) hours of sleep a night.
- If your health changes or you're not feeling well, talk to your doctor.
- Talk to your doctor or a dietitian about lifestyle changes that could help improve your health.
- Go to www.choosemyplate.gov to find recipe ideas, online tools and resources to help you eat healthier and move more

Chronic disease resources

- [Baby and Me Tobacco Free](#) is a program to help you quit smoking during and after your pregnancy.
- Diabetes Self-Management Education and Support. Learn to live with diabetes. Find classes through the [Indiana Diabetes Education and Support Program Directory](#).
- [Diabetes Prevention Program \(DPP\)](#) is a lifestyle change program that helps to delay and/or prevent type 2 diabetes for individuals at risk.
- [Indiana's Community Health Centers](#) provide local primary health care services from a community perspective.
- [Indiana Perinatal Network](#) is a group of providers that seeks to improve the health of all mothers and babies.
- For problems with depression, addiction, or other mental health services: [Community Mental Health Services Locator](#).
- [WISEWOMAN](#): (Well-Integrated Screening and Evaluation for Women Across the Nation Program) provides cardiovascular screening for women ages 40-64 who are participants in the Indiana Breast and Cervical Cancer Program (IN-BCCP).
- [Indiana Tobacco Quitline](#) is a free phone service to help Indiana smokers quit. For support call: 800-Quit-Now (800-784-8669).
- [Indiana Women, Infants and Children \(WIC\)](#) is a program helping mothers and babies improve access to nutritious food and promoting healthier lifestyle.