



WOMEN'S HEALTH

Lifestyle Changes For Women With Gestational Diabetes

(NAPSA)—Women who have had gestational diabetes mellitus (GDM) have an increased lifelong risk—up to a 50 percent chance—of getting diabetes in the future, and their offspring have a higher risk than other children for obesity and diabetes. Women can take small steps to prevent or delay type 2 diabetes and help their children lower their risk for obesity and diabetes.

GDM is a form of diabetes that affects about 200,000 U.S. pregnancies each year. GDM occurs more in obese women, women with a family history of diabetes, and among African American, Hispanic/Latino, and American Indian and Alaska Native women.

The National Diabetes Education Program (NDEP) wants women to know that small steps can help prevent or delay type 2 diabetes:

- Ask your doctor if you had GDM. If so, let future health care providers know you had GDM.
- Get tested for diabetes six to 12 weeks after the baby is born, then every one to two years.
- Talk to your doctor if you plan to become pregnant again.
- Breastfeed to help lower your child's risk for diabetes.
- Aim for your prepregnancy weight six to 12 months after the baby is born. If you are still overweight, lose weight slowly and keep it off.
- Eat a variety of healthy foods such as fruits and vegetables, fish, lean meats, dry beans, whole grains, and low-fat or skim milk and cheese.
- Eat smaller portions.
- Be physically active at least 30 minutes, five days per week. Children should be physically active 60 minutes a day.
- Follow a healthy lifestyle as

*It's never too early...
to Prevent Diabetes*

If you had gestational diabetes mellitus (GDM) when you were pregnant, you and your child have a lifelong risk for getting diabetes.

Because of this risk, you need to be tested for diabetes after your baby is born, then every one to two years. Reduce your risk by taking small steps for you and your family. If you weigh too much, you can delay or prevent type 2 diabetes if you lose a small amount of weight and become more active.

Your children can lower their risk for type 2 diabetes if they don't become overweight. Serve them healthy foods and help them to be more active.

What Is Gestational (jes-TAY-shoo-al) Diabetes Mellitus or GDM?

GDM is diabetes that occurs when women are pregnant. It raises their risk for getting diabetes, mostly type 2, for the rest of their lives. African American, Hispanic/Latina, American Indian, and Alaska Native women have the highest risk.

A Lifetime of Small Steps for A Healthy Family

National Diabetes Education Program



a family. Help family members stay at a healthy weight by eating healthy foods and moving more.

- Help children learn to make healthy food choices.
- Limit TV, video, and computer game time to one to two hours a day.

For women who have had GDM, NDEP has a tip sheet in English, *It's Never Too Early to Prevent Diabetes. A Lifetime of Small Steps for a Healthy Family*, and in Spanish, *Nunca Es Muy Temprano Para Prevenir la Diabetes. Pequeños Pasos de por Vida Para Una Familia Sana*.

To help kids who are at risk for obesity and type 2 diabetes, NDEP has a *Lower Your Risk for type 2 Diabetes* tip sheet. For free copies, visit www.ndep.nih.gov or call (800) 438-5383.

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