

# MOTHERS AND BABIES

## Small Steps, Big Rewards For Families With A History Of Gestational Diabetes

by the National Diabetes  
Education Program

(NAPSA)—Gestational diabetes affects women during pregnancy and causes a lifelong risk for diabetes. Children of women with a history of gestational diabetes are also at risk, especially if they are overweight. But families can take small steps to prevent or delay type 2 diabetes.

If you had gestational diabetes, you can prevent type 2 diabetes by losing a small amount of weight by being more physically active and making healthy food choices. And your children can lower their risk for type 2 diabetes if they do not become overweight. The National Diabetes Education Program (NDEP) suggests taking these small steps to prevent diabetes:

### Tips for Mothers:

- If you have been diagnosed with gestational diabetes, get tested for diabetes six to 12 weeks after your baby is born, then every one to two years.
- Breastfeed your baby. It may lower your child's risk for type 2 diabetes.
- Try to reach your pre-pregnancy weight six to 12 months after your baby is born. Then, if you still weigh too much, work to lose at least 5 to 7 percent of your body weight (10 to 14 pounds if you weigh 200 pounds).
- Be physically active at least 30 minutes a day, 5 days a week and eat smaller portions of healthy foods to help you reach and stay at a healthy weight.

### Tips for the Family:

- Tell your child's doctor that you had gestational diabetes and



ask for an eating plan for your child.

- Follow a healthy lifestyle as a family. Serve your children healthy foods such as fruits and vegetables, fish, lean meats, dry beans and peas, whole grains, and low-fat or skim milk and cheese. Choose water to drink.
- Help your children be physically active at least 60 minutes a day and limit TV and inactive video and computer game time to an hour or two a day.

Read NDEP's *It's Never Too Early to Prevent Diabetes. A Lifetime of Small Steps for a Healthy Family* tip sheet (also available in Spanish) and download or order free diabetes prevention materials by visiting [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or calling (888) 693-NDEP (6337). For more information about helping children maintain a healthy weight, contact the Weight-control Information Network at [www.win.niddk.nih.gov](http://www.win.niddk.nih.gov) or (877) 946-4627.

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