

➤ DIABETES AND PREGNANCY

WHAT IS GESTATIONAL DIABETES (GDM)?

Gestational diabetes is the **onset of elevated blood sugar levels during pregnancy** and falls under the umbrella term hyperglycemia in pregnancy*



3/4 OF PEOPLE WITH DIABETES WORLDWIDE LIVE IN **LOW- AND MIDDLE-INCOME COUNTRIES.**



GDM IS **ON THE RISE** GLOBALLY, AFFECTING **1 IN 7 BIRTHS.**

SOME **INDIGENOUS WOMEN** ARE DISPROPORTIONATELY AFFECTED WITH AT LEAST **2X HIGHER RATES OF GDM.**

GDM IS ASSOCIATED WITH:

The leading causes of **maternal deaths** and **disabilities**

Increased **health complications** for **newborns**

Increased **post-partum risk** for obesity, high blood pressure, and type 2 diabetes for both the woman, the child, and future generations



Pregnant women in low-and middle-income countries are **not consistently screened for GDM**, even though those regions account for **85%** of global deliveries and **88%** of GDM cases.

TESTING ALL PREGNANT WOMEN FOR ELEVATED BLOOD SUGAR PROVIDES A CHANCE TO:



Treat women right away



Improve inter-generational health



Promote prevention efforts like nutrition programs and physical activity



***Hyperglycaemia in pregnancy** is the umbrella term for conditions including gestational diabetes mellitus (GDM), type 2 and type 1 diabetes in pregnancy.

To curb the global burden of gestational diabetes, we need to accelerate progress towards Sustainable Development Goal 3, to ensure healthy lives and promote wellbeing for all by 2030.

OUR ASKS:

- Adhere to the International Federation of Gynecology and Obstetrics (FIGO) guidelines for diagnosis, management, and care of gestational diabetes to the best of in-country capabilities
- Universally test pregnant women for elevated blood sugar during pregnancy using the single-step procedure
- Scale-up wellbeing and prevention campaigns, with an emphasis on nutrition and exercise, in countries with a rising burden of non-communicable diseases
- Provide lifestyle management counseling to women with elevated blood sugar during pregnancy
- Make medical glucose management available and accessible to women with gestational diabetes or diabetes in pregnancy
- Test all women at 6-12 weeks post-partum for signs and symptoms of type 2 diabetes
- Use the post-partum period for increased medical attention for both the woman and child
- Scale-up research around the burden of gestational diabetes and diabetes in pregnancy to increase knowledge and better inform policy and guidelines for action
- Build the capacity of community health workers to test and counsel all women, including those living in remote areas

