What is gestational diabetes?
Gestational diabetes is a type of diabetes that develops or is first recognized during pregnancy.

How do I know if I am at risk?
You are at risk for gestational diabetes if you
- Had a previous pregnancy with gestational diabetes.
- Had a baby born weighing over 9 pounds.
- Are overweight or obese.
- Are more than 25 years old.
- Have a family history of diabetes.
- Are African American, Hispanic, American Indian, Alaska Native, Native Hawaiian, or Pacific Islander.
- Are being treated for HIV.

How can I find out if I have gestational diabetes?
- Most women are screened for gestational diabetes at 24-28 weeks gestation during prenatal care.
- If you or your health care provider has concerns, your health care provider may screen you earlier.

Why is gestational diabetes a problem?
For you:
- Your risk of developing type 2 diabetes is increased.
- You are more likely to have a large baby (a condition known as macrosomia). This may cause discomfort during the last few months of pregnancy.
- Having a large baby may lead to a cesarean section (C-section). If you had a C-section, it may take longer for you to recover after the birth.

For your baby:
- Large babies are more likely to suffer from birth trauma.
- Soon after delivery, your baby may have low blood sugar. This can be treated with early feedings and should not result in any long-term consequences after birth.

What should I do before becoming pregnant?
You should take the following steps before becoming pregnant:
- Talk with a health care provider about how to reduce your risk of gestational diabetes before becoming pregnant.
- Be physically active—Get at least 30 minutes of moderate-intensity physical activity five days a week. This could be brisk walking, yard work, and actively playing with children, for example, or riding bicycles or playing soccer.
- Make healthy food choices by eating a variety of foods that are low in fat and reducing the number of calories eaten per day.
- Maintain a healthy weight.
All women benefit from breastfeeding their babies. Find out more about breastfeeding at: http://www.cdc.gov/breastfeeding

What can I do during pregnancy if I have gestational diabetes?

- Go to all of your prenatal visits.
- Follow your health care providers’ recommendations for controlling your blood sugar. This can help reduce your risk of having a large baby.
- **Stay physically active.**
- Make healthy food choices.
- Ask your health care provider to see a dietitian or a diabetes educator.

What can I do after my pregnancy to reduce my chance of developing type 2 diabetes in the future?

Follow up regularly with your health care provider.

- **Get tested for diabetes 6 to 12 weeks after your baby is born, then every 1 to 3 years.**
- **Stay physically active.**
- Make healthy food choices.
- Maintain a healthy weight.
- Ask your health care provider about type 2 diabetes prevention and care after delivery.
- Ask to see a dietitian or a diabetes educator to learn more about type 2 diabetes prevention.

For more Information about

**Gestational diabetes and the prevention of type 2 diabetes, visit:**

http://www.cdc.gov/diabetes/
Centers for Disease Control and Prevention (CDC)
Public Health Resource

CDC, Diabetes and Pregnancy

National Institutes of Health
National Diabetes Information Clearing House

National Diabetes Education Program
Did You Have Gestational Diabetes When You Were Pregnant?
What You Need to Know.

http://diabetes.org/gestational-diabetes.jsp
American Diabetes Association
Gestational Diabetes

**Pregnancy care and self management of gestational diabetes during pregnancy, visit:**

http://www.cdc.gov/reproductivehealth/MaternalInfantHealth/index.htm
CDC, Maternal and Infant Health

CDC, Diabetes and Pregnancy: Gestational Diabetes

**Healthy food choices, physical activity, and obesity prevention, visit:**

http://www.cdc.gov/nccdphp/dnpao/
CDC, Nutrition, Physical Activity, and Obesity