

Stopping Gestational Diabetes Mellitus (GDM) Newsletter



WHY IT MATTERS

- Gestational diabetes (diabetes during pregnancy) is the most common complication of pregnancy.
- Having gestational diabetes or GDM increases the mother's chances for getting diabetes after she has the baby.
- Having GDM also increases the chances for her baby to get diabetes later in life.
- American Indian women are more than twice as likely to get GDM than non-Native American white females.
- American Indian women are also more than twice as likely to get diabetes after having GDM than non-Native American white females.
- Lowering the chances for getting GDM in young Native girls can lower their risk for diabetes and for future generations.

Welcome to our first newsletter! We want to send a special thanks to all who participated in our study.

We would also like to thank our Community Partners:

Indian Health Care Resource Center of Tulsa, Tulsa, OK

Northern Navajo Medical Center, Shiprock, NM

Portland State University, Portland, OR

Saint Regis Mohawk Diabetes Center for Excellence,
Akwesasne, NY

University of Oklahoma Harold Hamm Diabetes Center,
Tulsa, OK

Facts about our Stopping GDM study

- The goal of our study was to help young American Indian and Alaska Native teen girls learn how to keep from getting diabetes that occurs during pregnancy. This type of diabetes is also called gestational diabetes (GDM).
- By Stopping GDM, girls can lower their own risk of



Helpful hints

Talking to your doctors and nurses before getting pregnant about how to plan a healthy pregnancy can help teen girls have a healthy pregnancy in the future. Talk with them about:

- Importance of having a healthy weight before getting pregnant
- Facts about GDM and pregnancy
- Risks of complications from GDM for you and your baby
- Facts about healthy lifestyle and decreasing your chances for getting GDM
- Developing a healthy lifestyle plan by eating healthy, sitting less, and being more active
- Importance of how to plan a pregnancy
- How to prevent an unplanned pregnancy
- Family planning advice
- Finding family members and friends who can give you support

diabetes in the future. They can also decrease the risk of their baby getting diabetes.

- Stopping GDM is an education program on women's health and how to plan healthy pregnancies to prevent GDM. Stopping GDM includes a video and an online book. These materials include information about gestational diabetes, its risk factors, and how it can be prevented.
- **The best way to prevent GDM is by having a healthy weight before getting pregnant.** A healthy weight lowers a woman's chances for getting GDM.
- Stopping GDM also includes a mother and daughter communication booklet. This booklet can help mothers talk to their daughters about sensitive topics. This includes topics like dating, starting to have periods, sex, and a healthy body weight.
- Stopping GDM teaches that healthy choices about eating and cutting back on sugary drinks can lower the risk for getting GDM.
- Stopping GDM teaches that being physically active and sitting less are also healthy choices.

We hope you will continue to make these changes for yourself and your family. We hope you will encourage everyone in your family and community to help make these changes.

If you see problems in your community that keep you from eating healthy, like no fresh fruits or vegetables in your local stores, then speak up! Get involved. Go to a community meeting and let other community members know this is not acceptable. Talk about what you and your community can do to change this.

For more information or to see the Stopping GDM video or eBook, please visit us at www.stoppinggdm.com



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