



## Reduce Your Risk of Developing Gestational Diabetes

Gestational Diabetes is one of the most common health problems in pregnancy. If you have a risk factor (listed below) you are at higher risk of developing gestational diabetes which can cause health problems for mothers and babies.

### Your risk for developing Gestational Diabetes

- Family history of diabetes (parent, brother, sister)
- Weight  $\geq 100\text{k}$  or Body Mass Index (BMI)  $\geq 30$
- Age  $\geq 40$  years
- Ethnic background (Africa, Philippines, Asia, Middle East)
- Some medical conditions –(Polycystic Ovarian Syndrome; Long-term use of steroids)

### *Previous pregnancy*

- Previous gestational diabetes
- Baby  $\geq 4.5\text{k}$  at term
- Previous unexplained stillbirth

### *In this pregnancy*

- Sugar in your urine sample
- Macrosomia ( baby large for dates) confirmed by scan
- Polyhydramnios - too much liquor (fluid) around the baby

### You can reduce your risk by following these simple steps

#### Step 1: Keep Active



The target is 30 minutes daily; this can easily be broken down into smaller bouts of exercise throughout the day, 3 ten minutes for example. Regular moderate exercise such as walking or swimming (or anything else that you enjoy from yoga to dancing) will help keep your blood sugars in balance. Discuss with your midwife/doctor if you have any medical conditions or injuries. [www.getirelandactive.ie](http://www.getirelandactive.ie)



## Step 2: Healthy Eating

It is really important to eat a wide range of foods for good nutrition. You don't need a lot of extra food when you are pregnant, but you do need good nourishment for your baby to develop well. Cutting the 'junk' helps keep your weight right and lowers your risk of Gestational Diabetes. Choose healthier options for meals and snacks, go for wholegrain breads and cereals instead of white, eat plenty of vegetables and stay away from food and drinks that are high in fat (crisps, chips, chocolate, fried foods) or sugar (fizzy drinks, sweets, cakes, biscuits, sugar cereals).



[www.healthpromotion.ie](http://www.healthpromotion.ie)

## Step 3: Maintain a Healthy Weight

By following steps 1 and 2, you will keep to a healthy weight. You will gain about 0.5 kg (1lb) a week during pregnancy. If you are overweight, you can safely gain less than 0.5kg/week, as long as you are eating good food and having regular meals (breakfast, lunch, dinner) so that you have enough nourishment (calcium, iron, vitamins, protein, energy etc) for your baby's healthy development. If you don't eat enough good food, you both miss out.



For further lifestyle advice contact:

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