

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



➤ 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.