



My Risk for Developing Gestational Diabetes (GDM) Assessment Card



Name: _____ Date: ____ / ____ / ____

Body Mass Index: Height: _____ Weight: _____ BMI: _____

[BMI: Underweight < 18.5, Normal = 18.5-24.9, Overweight = 25-29.9, Obese ≥ 30]

Risk Factors

- Prior history of GDM or glucose intolerance
- Pre-pregnancy BMI ≥ 30
- Age ≥ 35
- History of fetal loss
- Strong family history of diabetes (first degree relative)
- History of Polycystic Ovary Syndrome
- History of baby weighing ≥ 9 lbs.
- Ethnicity (Hispanic, Native American, Asian & African American)

My Overall Risk for Developing Gestational Diabetes is:



Low Risk: you are at Low Risk for developing GDM because your BMI is between 18.5-24.9 or lower and you do not have any of the above risk factors. However, this does not mean that you will not develop GDM and you may be screened with a *Glucose Tolerance Test* when you are between 24-28 weeks pregnant.



Average Risk: you are at Average Risk of developing GDM because your BMI is greater than 25 but less than 30 or your age is greater than 25 but less than 35, or perhaps because of your ethnicity. This does not mean that you will develop GDM. However, it is recommended that you be screened with a *Glucose Tolerance Test* when you are between 24-28 weeks pregnant.



High Risk: you are at High Risk of developing GDM because you have one or more of the risk factors, (other than ethnicity), listed above. This does not mean you will develop GDM. However it is recommended that you be screened with a *Glucose Tolerance Test* when you are between 24-28 weeks pregnant, or sooner. **It is very important that you seek early prenatal care.**



Know your **A B C**'s ...

Action Plan for Decreasing My Risk for Developing GDM

Appropriate weight gain - How much weight you gain during pregnancy is based on your pre-pregnancy weight. The recommended weight gain for your pregnancy is a total weight gain of _____ pounds. [First trimester 3-5 pounds, 1/2-1 pound per week in the 2nd and 3rd trimester]

Be active - Check with your provider before starting any exercise program

Walking for 15 to 20 minutes after each meal will help lower blood sugars



Choose foods wisely
Make healthy food choices

- Avoid foods or drinks sweetened with sugar or honey
- Drink less fruit juice and eat more whole fruit
- Watch your portion size
- Select milk lower in fat

Choose foods high in fiber

- Decrease white flour products like white bread, tortillas, processed foods and sugar coated cereals
- Choose whole grain breads/cereals, dried beans, fresh fruits and vegetables

Limit fast foods

- Avoid breaded and deep fried foods such as fried chicken, fish sticks and French fries
- Select a side salad instead of fries when possible
- Choose grilled or baked foods

