

# **WIC says:**

## **Let's Talk About Decreasing Your Risk for Developing Gestational Diabetes (Class 1)**

### **Objective:**

Participants will understand what diabetes is and understand basic guidelines for decreasing the risks of developing gestational diabetes.

### **Method:**

Involve participants in a facilitated group discussion to gain information on the different types of diabetes and how to decrease the risks of developing gestational diabetes through healthy food choices, exercise and appropriate weight gain in pregnancy.

### **Materials Needed:**

Educational tools: Food Models

Handouts: "Am I at Risk for Developing GDM?", "Walk to Success"

### **Introduction:**

- Introduce yourself and class session
- Have you ever known someone with diabetes?
- What is diabetes?
- What is the difference between Type 1, Type 2 diabetes and gestational diabetes?
- What are the risk factors for developing gestational diabetes?
- Why do we want to decrease the risk of developing gestational diabetes?
- What can we do to decrease the risks of developing gestational diabetes?

### **Discussion:**

A. Let's discuss what diabetes is and the types of diabetes.

--What is diabetes?

--What is Type 1 diabetes and Type 2 diabetes?

--What is gestational diabetes (GDM)?

**Diabetes. There are several kinds of diabetes. All have one thing in common; higher than normal levels of blood glucose. Glucose is a sugar that your body produces from digested food. In order for your body to use glucose properly, a hormone called insulin, which is produced by the pancreas, is necessary. Insulin transports glucose from your bloodstream into your body's cells where it can be burned or stored for energy. A person may make no insulin, some insulin or has insulin that doesn't work (insulin resistance).**

### Type 1 diabetes (absolute insulin deficiency)

- This form of diabetes accounts for 10% of those with diabetes
  - Develops most often in children and young adults
  - The insulin producing cells in the pancreas make no insulin
  - Must take insulin daily to survive

### Type 2 diabetes (insulin resistance/insulin deficiency)

- This form of diabetes accounts for 90% of those with diabetes
  - Develops most often in older adults although can be diagnosed in children and adolescents
  - The pancreas produces enough insulin but the body is unable use the insulin effectively (known as insulin resistance)

### Gestational Diabetes (GDM)

- This is glucose intolerance that occurs for the first time in pregnancy
- This form of diabetes accounts for about 4-10 % of pregnant women in the United States
  - Increase in insulin resistance due to increase in production of pregnancy hormones by the placenta
  - The pancreas becomes unable to meet the increasing insulin demand resulting in an increase in the blood sugar (hyperglycemia)
  - Good news. 90% of women with GDM will return to having normal sugars after delivery.
  - Not so good news. 50% of women with GDM will eventually become diabetic (Type 2) within 5-10 years. Keep 6 wk postpartum appointment

### B. What are the risk factors for developing GDM?

- Member of high risk ethnic group: Hispanic, African American, Native American, Asian, Pacific Islander
- Overweight
- Family member has diabetes (Parent, sibling or child)
- Older than 25 years of age
- Previous pregnancy with gestational diabetes
- Large baby (greater than 9 pounds) or stillbirth in past pregnancy
- History of abnormal glucose intolerance
- History of Polycystic Ovary Syndrome

C. Why do we want to decrease the risk of developing GDM?

--What have you heard or what do you know about the risks associated with GDM?

-- The risks are:

Mother

High Blood Pressure  
Pre-eclampsia  
Cesarean section  
3rd degree tears  
Development of diabetes later in life

Baby

Premature birth  
Weight of 9 pounds or more  
Low blood sugar after delivery  
Shoulder dystocia  
Development of diabetes later in life

D. What can you do to decrease the risks of developing gestational diabetes?

--What is an appropriate weight gain during pregnancy?

--What are some ways you can adjust your diet?

--What are some ways you can be active?

• **Weight gain guidelines**

- Weight gain is needed to support healthy growth of your baby
- Too much or too little weight gain may cause health problems for you or your baby
- How much weight you gain during pregnancy will depend on your pre-pregnancy weight.

**Weight gain recommendations (IOM)**

Underweight	28-40 pounds
Normal weight	25-35 pounds
Overweight	15-25 pounds
Very overweight	11-20 pounds
<b>*3-5 pounds</b>	<b>1<sup>st</sup> trimester</b>
<b>*1/2-1 pound per wk</b>	<b>2<sup>nd</sup> and 3<sup>rd</sup> trimester</b>

- **Activity guidelines**

- ★ **First, check with your physician before starting any exercise program**

- Exercise helps the body use blood sugar
- Walking for 15 minutes after each meal will help lower blood sugars
- Avoid walking in hot or humid weather
- Drink plenty of water when you exercise

- **General Nutrition Guidelines**

- ★ **Make healthy food choices**

- Choose foods low in simple sugar
  - Limit foods or drinks sweetened with sugar or honey
  - Drink less fruit juice and eat more whole fruit
- Choose foods high in fiber
  - Decrease white flour products like white bread, tortillas and cereals
  - High fiber foods can help control blood sugar
  - Choose whole grains breads/cereals, dried beans, fresh fruits and vegetables
- Limit fast foods
  - Limit breaded and deep fried foods such as fried chicken, fish sticks and french fries
  - Choose grilled or baked foods
- Eat smaller more frequent meals
  - Eating 3-4 small meals and 2-3 healthy snacks each day can help decrease blood sugar fluctuations
  - Do not skip meals

★ **Tips for Healthy Substitutes**

<i>If you usually eat this</i>	<i>Try this instead</i>
<b>Whole milk</b>	<b>Fat free or low fat 1% milk</b>
<b>Sour cream</b>	<b>Plain low-fat yogurt</b>
<b>Pasta w/ cheese sauce</b>	<b>Pasta w/ vegetables</b>
<b>Granola</b>	<b>Oatmeal</b>
<b>White rice</b>	<b>Brown rice</b>
<b>Oil packed tuna</b>	<b>Water packed tuna</b>
<b>Bacon/Sausage</b>	<b>Canadian bacon</b>
<b>Breaded fish</b>	<b>Baked/Broiled fish</b>
<b>Cookies</b>	<b>Fig bars or Graham crackers</b>
<b>Snack chips</b>	<b>Popcorn w/out butter</b>
<b>French fries</b>	<b>Baked potato or tossed salad</b>
<b>Regular mayonnaise</b>	<b>Low fat mayonnaise</b>

## Keep an Eye on Portion Size: What's the Difference Between Portion size and Serving size?\*

A "portion" can be thought of as the amount of a specific food you **choose** to eat for dinner, snack, or other eating occasion. Portions, of course can be bigger or smaller than the recommended food servings.

A "serving" is a unit of measure used to describe the amount of food **recommended** from each food group. It is the amount of food listed on the Nutrition Facts panel on packaged food or the amount of food recommended in the Food Guide Pyramid and the *Dietary Guidelines for Americans*.

### Portion Distortion\*

<b>A STANDARD SERVING SIZE</b>	<b>TYPICAL PORTION SIZE</b>
1/2 cup rice or pasta	2 cups rice or pasta
3/4 cup cereal	2 cups cereal
3 inch bagel	6 inch bagel
1 chicken leg and thigh	1/2 chicken
1 order (1/2 cup) french fries	large order (3/4 to 1 cup) fries
1/2 cup cooked red beans	big bowl (1-2 cups) chili beans
Turkey sandwich w/ 2 slices bread	12 inch turkey sub sandwich
1/2 cup juice	1 1/2 cup juice
8 oz soda pop	20 oz soda pop

## **Summary:**

What are some things that you can do to help decrease your risk of developing GDM?

- °Limit high sugar foods, fast foods and choose more foods high in fiber.
- °Increase activity and control weight gain.

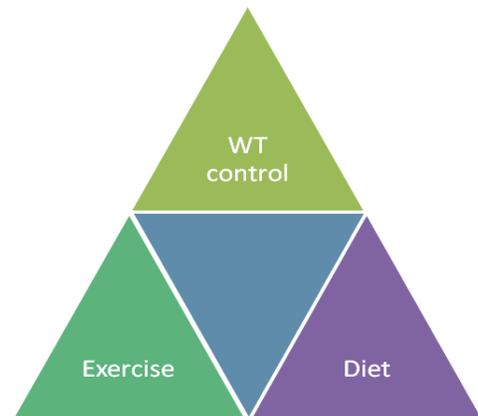
## **Affirmations:**

Remember to affirm all clients for participating and sharing their ideas.

## **What You Need to Know:**

The keys to decreasing your risk of developing GDM during pregnancy:

- Gain the appropriate amount of weight.
- Making healthy dietary choices: Foods low in sugar, high in fiber and limiting fast foods.
- Daily exercise helps the body use blood sugar.



## **References:**

\*National Heart Lung and Blood Institute: <http://hp2010.nhlbihin.net/portion/keep.htm>

\*Portion Distortion Interactive Quiz:

<http://hp2010.nhlbihin.net/portion/portion.cgi?action=question&number=1>  
<http://hp2010.nhlbihin.net/portion/portion2.cgi?action=question&number=1>