



Dear WIC Nutritionist

The incidence of Gestational Diabetes (GDM) is expected to increase in the United States contributing to medical complications in both mother and baby. WIC New Mexico, in partnership with the University of New Mexico Project ECHO (Extended Community Health Outcomes), developed a program designed to decrease the risk of women developing GDM. This program was first piloted in July 2010 using WIC focus groups; it is now in the process of expanding statewide. The program includes an intensive specialized training course for WIC nutritionists with post training follow up. It is hoped that WIC New Mexico will inspire other state WIC programs to develop their own Gestational Diabetes Prevention program!

A toolkit, which includes instructor's materials and patient education handouts, was developed by UNM and funded by the Robert Wood Johnson Foundation (RWJ) for the program. A few educational materials from government agencies are used to supplement the toolkit. As the program progresses, materials will be added to meet the needs of our WIC nutritionists. In keeping with Project ECHO and the RWJ foundation commitment to improve healthcare outcomes for all individuals, it is our charge to share with you the GDM toolkit developed for WIC New Mexico.

For more information regarding WIC New Mexico Gestational Diabetes Prevention Program please contact: Diana Clokey MSRD, RPH, CDE at dclokey@salud.unm.edu or Gail Johnson MSRD at gjohnson@salud.unm.edu

WIC New Mexico wishes all of you success in promoting good health for women and children!

Decreasing Risk for Gestational Diabetes Toolkit:

A. WIC NUTRITIONIST MATERIALS

1. GDM Poster (English and Spanish)

Are you at risk for developing Gestational diabetes?

2. Risk Assessment Chart

This chart assists the WIC nutritionist to become familiar with GDM risk factors and how to stratify a client's level of risk for GDM

3. GDM Assessment Card (English and Spanish)

This card explains the risk factors for developing GDM and an action plan for decreasing some of these risks

This card is used at the client's initial visit and given to the client as a handout

4. Choose My Plate

This handout demonstrates a balanced meal with smaller portion sizes and emphasizing high fiber food choices.

5. Walk to Success (English and Spanish) handout

General guidelines for exercise during pregnancy

6. Hemoglobin A1c in Pregnancy (English and Spanish)

This simple chart and handout defines what a Hemoglobin A1c is and how an elevated HbA1c may relate to complications during pregnancy.

7. Referral Letter to Provider

This letter is given to the client with an HbA1c $\geq 5.7\%$

- WIC New Mexico has USDA approval to perform a point-of-care HbA1C for high risk women when in their first trimester. HemoglobinA1c value is only used to direct nutrition education and to refer to a provider. It is not used for WIC certification or diagnosis of GDM.

8. Class #1: WIC Says: Let's Talk About Decreasing Your Risk for Developing Gestational Diabetes (Preventative class).

- For all pregnant clients regardless of risk level for developing GDM
- Handout: How Can I Decrease my risk for Gestational Diabetes
- Handout: Walk to Success

B. WIC REGISTERED DIETITIANS MATERIALS

Class # 2: WIC Says: Let's Talk About Controlling Blood Sugar-Gestational Diabetes Class (Diet only)

- For women with the diagnosis of GDM
- Handout: The Plate Method. This handout illustrates the plate method for the diabetic diet
- Carbohydrate foods. This handout defines carbohydrate diabetic portion sizes for common foods.

Class #3: WIC Says: Let's Talk About Controlling Blood Sugar-Gestational Diabetes Class (Diet and other lifestyle changes)

- For women with the diagnosis of GDM
- Handouts: Plate Method, Walk to Success, Carbohydrate foods

C. Postpartum handout: It's never too early to Prevent Diabetes

- This handout provides general guidelines for decreasing the risk of developing diabetes if a woman had GDM during pregnancy.
- It can be found on the WIC Works site or accessed from the NDEP@www.ndep.hih.gov (English and Spanish)