

# Redesigning Community-based Diabetes Prevention for Women with Gestational Diabetes in the Age of Covid-19

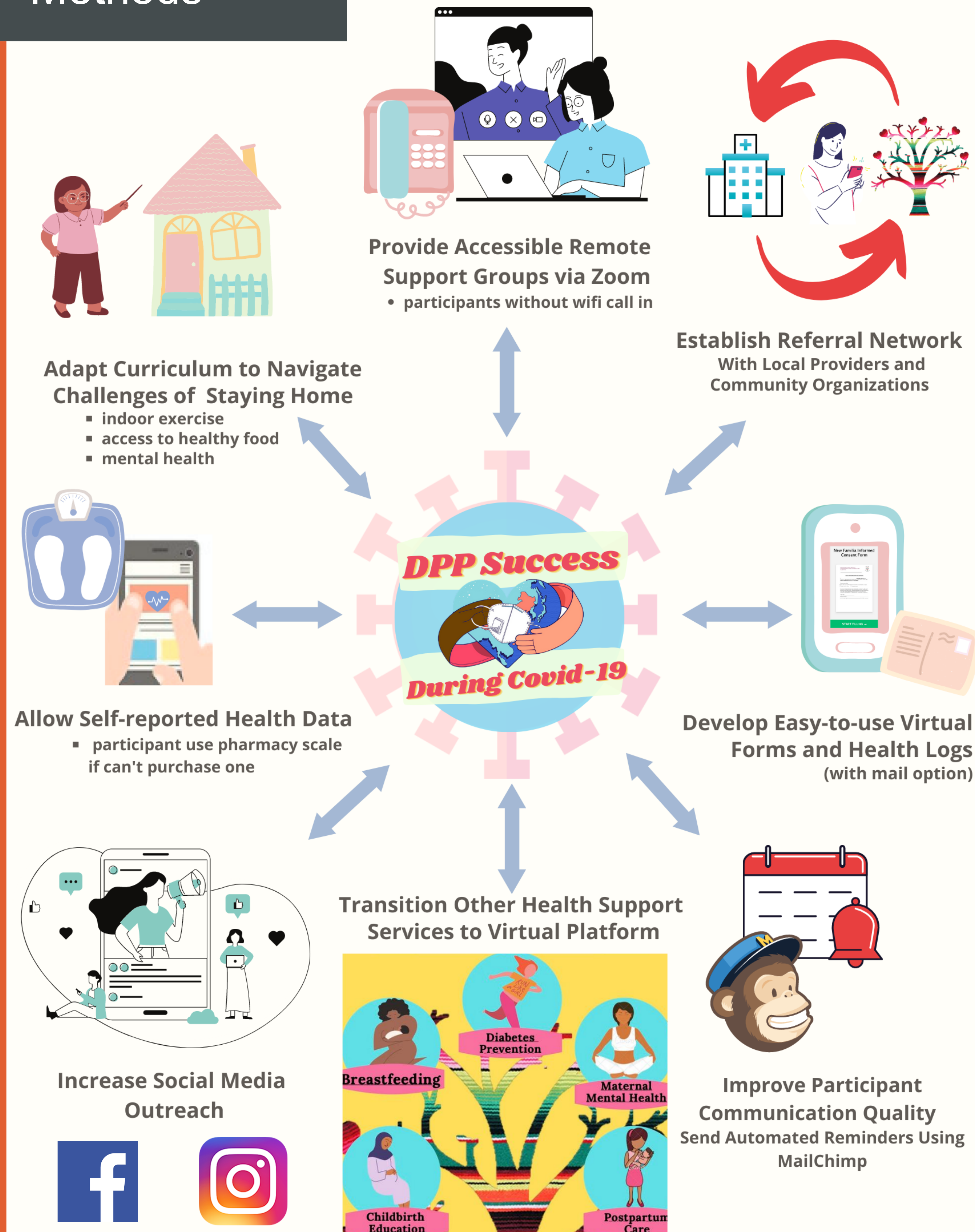
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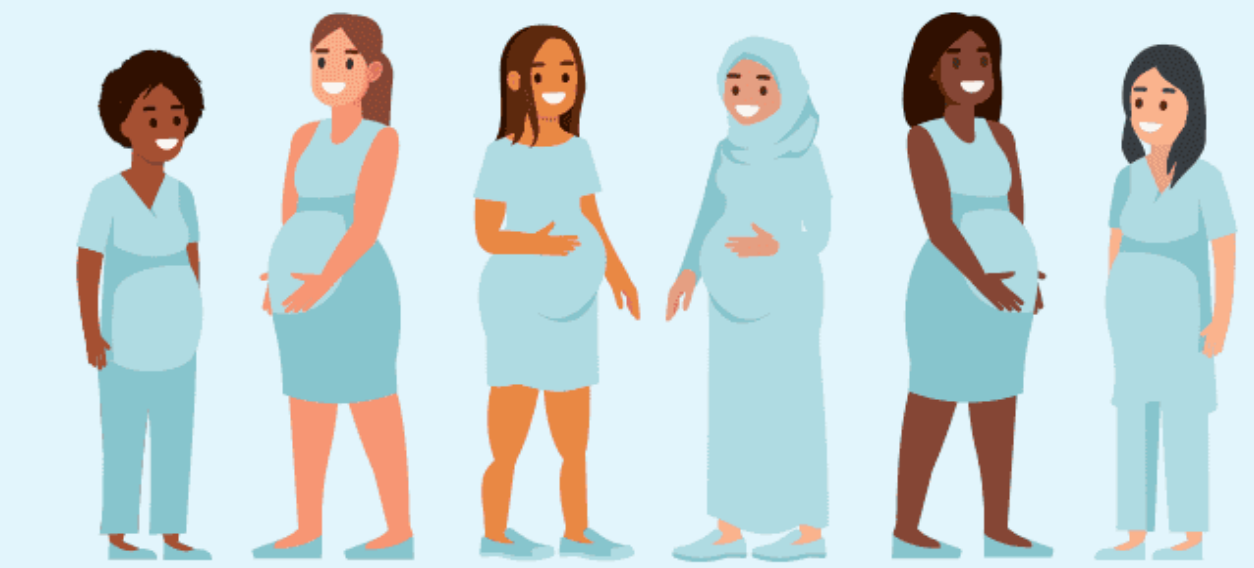
## Introduction

- **Gestational Diabetes:** form of diabetes women can get during pregnancy when blood glucose levels are too high
- **2-10% of pregnancies** a year are affected by GDM and 50% of women who experience GDM during pregnancy go on to develop type 2 diabetes <sup>1</sup>
- Women with GDM history have a **74% increased risk** for type 2 diabetes than their non-GDM control subjects <sup>2</sup>
- **CDC's Diabetes Prevention Program (DPP)** is a year long curriculum created in 2010 to address the prevalence of type 2 diabetes as well as the disparities in preventive care
- GDM specified groups are less common but have the potential to cater to woman's specific health needs
  - Studies have breastfeeding can reduce likelihood of post partum diabetes by 27-54% <sup>3</sup>
- DPP's curriculum centers around group discussion and many organizations faced challenges transitioning to a virtual platform
- People with diabetes are at **increased risk for severe illness from Covid-19 infection** <sup>4</sup>

## Methods



About **50%**  
of women with gestational diabetes  
go on to develop type 2 diabetes.



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National Diabetes Month

## Anticipated Outcomes

- **DPP programs work;** participants will decrease type 2 diabetes risk
  - First 10 years' clinical data demonstrated 58% reduction of diabetes incidence in high-risk adults who completed the program <sup>5</sup>
- **Decreased expenses**
- **Continued community engagement** via community partnerships, social media, bilingual groups
- **Reach individuals with barriers to in-person care**
  - Transportation/ geographic barriers
  - Time constraints
  - Anxiety

## Conclusions

- Given the effectiveness the DPP program and the prevalence of prediabetes, continuation of preventative care is crucial
- GDM history should not have such a high co-occurrence with future type 2 diabetes because preventative care is effective
- New Familia virtual cohorts specialized for GDM will begin in the fall 2020
- Need research on effectiveness of GDM focused interventions
- Need for increased postpartum care for women who experienced GDM
- Concerns about state DPP budget cuts due to Covid-19

**Sources:**

1. CDC and Diabetes Prevention: Gestational
2. Ratner, Robert, Prevention of Type 2 Diabetes in Women With GDM
3. Moon, Joon Ho et al. Prevention of type 2 diabetes in women with previous GDM
4. Hartmann-Boyce et al. Diabetes and Covid
5. Fowler SE, et al. 10-year follow-up of diabetes incidence and weight loss DPP Outcomes Study



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