

## RISK FACTORS FOR DIABETES DURING AND AFTER PREGNANCY:

- \* If you had gestational diabetes during an earlier pregnancy;
- \* If your mother had diabetes while she was pregnant with you;
- \* If you have a family member that has diabetes;
- \* If you are overweight or obese;
- \* If you are not physically active.

**REMEMBER:** The risks for diabetes during pregnancy are the same risks as those for type 2 diabetes. Your risk also increases with age.

Obesity or diabetes during pregnancy may cause problems for both you and your child, during pregnancy, childbirth and later years.

Most women who develop diabetes during pregnancy also develop diabetes type 2 within a few years after pregnancy.

Babies of mothers who had diabetes during pregnancy have a higher risk of developing diabetes during childhood, and as they grow up.

Diabetes **CAN** be prevented. During and after pregnancy is the **BEST** time to prevent diabetes. A healthy lifestyle includes:

Following your health provider's recommendations for weight gain and loss during and after pregnancy; being physically activity (about 30 minutes of daily moderate activity); and eating meals rich in fiber, vegetables and fruit.

For more information on ways you can prevent diabetes and improve your health go to:  
[http://www.ndep.nih.gov/media/NeverTooEarly\\_Tipsheet.pdf](http://www.ndep.nih.gov/media/NeverTooEarly_Tipsheet.pdf)

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