

How Maven supports members with gestational diabetes



WHAT IS GESTATIONAL DIABETES?

Gestational diabetes may seem like a scary diagnosis, but it's far more common than you think. It's estimated that six to nine percent of pregnant people in the U.S. are diagnosed with it every year. Gestational diabetes, or diabetes diagnosed for the first time during pregnancy, occurs when your body isn't producing enough insulin to regulate blood sugar levels during pregnancy, meaning there's too much sugar (glucose) in the blood. When treated, most people with this condition go on to give birth to healthy babies, but gestational diabetes can also have serious health implications if not treated properly.

WHO IS AT RISK?

Gestational diabetes can affect anyone. "There are certain things we can do to reduce risk, but I see lots of people regularly who are doing everything 'right' and they're still diagnosed with gestational diabetes," says perinatal nutritionist Aubrey Phelps.

Risk factors for gestational diabetes include:

- Being overweight or obese before becoming pregnant
- Family history of diabetes
- Being over the age of 25
- Having polycystic ovarian syndrome (PCOS)

NEGATIVE OUTCOMES ASSOCIATED WITH GD FOR PARENTS AND CHILDREN

When untreated, gestational diabetes can lead to serious health issues for both the birthing parent and their child, including:

- Premature birth
- Excessive weight gain
- Having a large baby
- Preeclampsia
- C-section
- Shoulder dystocia
- Stillbirth



HOW DOES RACE AFFECT GESTATIONAL DIABETES?

Though there are well-documented racial and ethnic disparities in gestational diabetes diagnoses, being a person of color is not a cause for this condition. However, Black people and Latine people are at greater risk for gestational diabetes than other groups— and Latine people are two to four times more likely to have gestational diabetes than white people.

This is due in large part to racism and inequitable living conditions—otherwise known as the social determinants of health. Some socially determined factors that may cause Black and Latine people to have higher rates of gestational diabetes include:

- Chronic stress associated with racism
- Higher likelihood of living in a food desert
- Limited access to healthy food
- Lack of education around food

HOW DOES MAVEN SUPPORT MEMBERS WITH GESTATIONAL DIABETES?

Every Maven member is assigned a dedicated Care Advocate who helps assemble a care team based on their unique needs and risk factors. Most people are tested for gestational diabetes around weeks 24 to 28 of their pregnancy. However, if a member has any risk factors for gestational or type-2 diabetes, providers may recommend testing sooner. Once members are diagnosed, they can consult with Maven providers to help manage their condition, including:

- Nutritionists to create a personalized meal plan based on their needs
- Reproductive endocrinologists to design a treatment plan that maintains healthy blood glucose levels
- Mental health specialists to keep anxiety about the condition in check
- And many other types of providers to support you through pregnancy and early childhood

Our global network of providers is available 24/7 through our virtual care platform, offering advice, support, and referrals. Sign up for access to help prevent or manage gestational diabetes whenever you need it.



Activate your free Maven membership
today. Scan the QR code or visit
mavenclinic.com/join/support