

# *It's never too early... to Prevent Diabetes*

**If you had gestational diabetes when you were pregnant, you and your child have a lifelong risk for getting diabetes.**

Because of this risk, you need to be tested for diabetes **after your baby is born**, then every one to two years. Reduce your risk by taking small steps for you and your family. If you weigh too much, you can prevent or delay type 2 diabetes if you lose a small amount of weight and become more active.

**Your children can lower their risk** for type 2 diabetes if they don't become overweight. Serve them healthy foods and help them to be more active.

## **What is Gestational (jes-TAY-shon-al) Diabetes?**

It is a type of diabetes that occurs when women are pregnant. Having it raises their risk for getting diabetes, mostly type 2, for the rest of their lives. African American, Hispanic/Latina, American Indian, and Alaska Native women have the highest risk.

## **A Lifetime of Small Steps for A Healthy Family**

National Diabetes Education Program [www.ndep.nih.gov](http://www.ndep.nih.gov)

