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