HIGH BMI DOUBLES RISK OF GESTATIONAL DIABETES

ORANGE COUNTY HEALTH CARE AGENCY RESEARCH & PLANNING

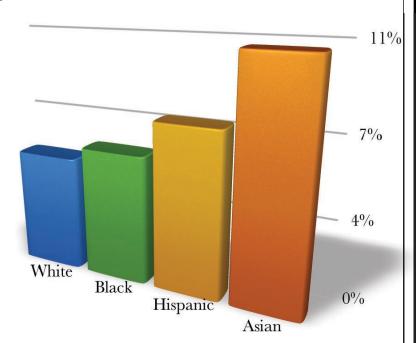
The prevalence of gestational diabetes mellitus (GDM) has doubled over the past decade to 7.2%, becoming the most common prenatal complication in Orange County. GDM increases the likelihood of a woman having a serious complication during her pregnancy, makes a cesarean section delivery more likely, and puts a woman and her child at increased risk of developing diabetes in the future.

GESTATIONAL DIABETES IS ON THE RISE

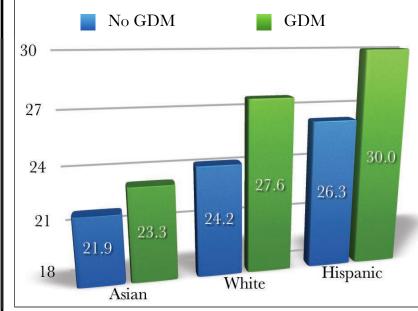
In 2010, 2,605 women developed GDM during their pregnancy. GDM rates have been highest in Asian women and their incidence reached 10.7% in 2010. Hispanic women had the second highest rate at 7.6%, followed by 6.0% of African Americans, and 5.4% of non-Hispanic whites.

Early prenatal care and a healthy lifestyle, including maintaining a healthy body weight can prevent or lessen the severity. Prenatal care providers and others who treat pregnant women or women planning to become pregnant need to be aware of the significant increase in GDM and the disproportionate impacts on Asians and Hispanics in Orange County.

GDM PREVALENCE BY RACE/ETHNICITY



AVERAGE BMIS BY RACE/ETHNICITY



RISK OF GDM INCREASES WITH BMI

Pregnant women in Orange County with a prepregnancy body mass index (BMI) of 25 or higher are twice as likely to develop gestational diabetes (GDM) compared to women with lower BMIs. Asian women, who have the highest prevalence rate of GDM at 10.7%, were more susceptible to GDM at much lower BMIs (average=23), which is within the 'healthy body weight' range (BMI 18.5 – 24.9). By comparison, women in other racial/ethnic groups, such as whites and Hispanics, who developed GDM tended to have higher average BMIs, in the 27 to 30 range.