

changing diabetes® in pregnancy

Why maternal health and NCD prevention go hand in hand



DIANA TORRECILLA
Diana lives in Colombia

Initiatives in Colombia and Nicaragua show new ways to improve maternal and child health while at the same time preventing type 2 diabetes risk factors.

Managing gestational diabetes (GDM) during pregnancy offers a window of opportunity to not only decrease pregnancy and birth complications, but also reduce the risk of chronic diseases, including diabetes, for both mother and child later in life.

About Changing Diabetes® in Pregnancy

- Partnership programme established by Novo Nordisk in 2009
- Partners include Municipal Authorities of Barranquilla/ Colombia, PSI, Jhpiego, International Federation of Gynecology and Obstetrics (FIGO), and World Diabetes Foundation
- Demonstration projects supported in Colombia, Nicaragua and India
- 4,200+ healthcare professionals trained in GDM testing and management
- 45,000+ women tested for GDM
- 4,400+ women diagnosed with GDM, educated and managed

What is Changing Diabetes® in Pregnancy?

Gestational Diabetes (GDM) affects approximately 18 million live births corresponding to roughly 14%¹. The Changing Diabetes® in Pregnancy (CDiP) programme aims to:

- Raise awareness on the linkages between diabetes and maternal health, advocating for GDM testing and management as a way to improve maternal health and prevent type 2 diabetes;
- Provide evidence on the cost-effectiveness of doing so, and
- Support demonstration projects that show how it can be done. The focus of the programme is on low- and middle-income countries.

What is gestational diabetes?

Gestational Diabetes Mellitus (GDM) is a type of diabetes that occurs during pregnancy, and in most cases disappears after delivery. The condition is detected through testing of the pregnant woman in the 24th to 28th week of pregnancy. In most cases it can be managed by lifestyle changes. Undiagnosed and untreated gestational diabetes can lead to pregnancy and birth complications that threaten the health of both mother and child. Furthermore, about 50% of women with gestational diabetes develop type 2 diabetes within five years after delivery². In addition, children of mothers with gestational diabetes have an eight-fold increased risk of developing type 2 diabetes³ and obesity in their early adulthood⁴.

There is general limited awareness of the linkages between diabetes and maternal health, and many low- and middle-income countries lack the guidelines, skills and infrastructure to adequately test for, diagnose and manage gestational diabetes.

Taking action on gestational diabetes

Since 2009, the Changing Diabetes® in Pregnancy programme has provided support to several gestational diabetes testing and management projects, among others two in Latin America. In both Colombia and Nicaragua, efforts have been made to make testing for gestational diabetes an integral part of antenatal care, raise awareness of how to control blood sugar levels before delivery and promote lifestyle education. These efforts are helping to prevent mothers and children from developing type 2 diabetes in the future.

A few highlights from the project in Colombia

- What: Vida Nueva ('New Life')
- Where: City of Barranquilla, Colombia
- When: 2011-2014


Led by the Municipal Authorities of the City of Barranquilla, with support from World Diabetes Foundation and Novo Nordisk, the Vida Nueva project tested more than 21,000 pregnant women for gestational diabetes in three years, managing to increase the 5% to 97% in three years. The number of women diagnosed went up from 51 to 1,853 in the same period. 90% of the women diagnosed with gestational diabetes attended nutritional counselling.

72% of primary care and obstetrics and gynaecology personnel within the public health system, and more than 1,200 community health workers were trained in GDM standards of care.

"Vida Nueva has brought access for pregnant women from Barranquilla to diagnostic tests not previously received. Never before has the number of women who benefited from the testing and management of diabetes in pregnancy been so great," says Humberto R. Mendoza Charris, health advisor to the Mayor of Barranquilla.

Read more about 'Vida Nueva': <http://www.worlddiabetesfoundation.org/files/gestational-diabetes-window-opportunity-improve-maternal-and-child-health>

For more information and materials go to: www.novonordisk.com/cdip



"I was really surprised to find out my condition could be controlled by physical activity and the right food," says Diana Torrecilla, who had GDM during her last pregnancy. She was part of the Novo Nordisk supported Vida Nueva project in Colombia.

1. International Diabetes Federation. IDF Diabetes Atlas, 7th edn. Brussels, Belgium: International Diabetes Federation, 2015.

2. Kim C, Newton KM, Knopp RH. Gestational Diabetes and the Incidence of Type 2 Diabetes: A Systematic Review. *Diabetes Care* 25, 2002.

3. Clausen, T. D., Mathiesen, E. R., Hansen, T., Pedersen, O., Jensen, D. M., Lauenborg, J., & Damm, P. (2008). High prevalence of type 2 diabetes and pre-diabetes in adult offspring of women with gestational diabetes mellitus or type 1 diabetes: the role of intrauterine hyperglycemia. *Diabetes care*, 31(2), 340-346.

4. Hod M, Kapur A, Sacks DA, et al. The International Federation of Gynecology and Obstetrics (FIGO) Initiative on gestational diabetes mellitus: A pragmatic guide for diagnosis, management and care. *International Journal of Gynecology and Obstetrics*. 2015;131:S173.