Background

- GDM complicates 4–7% of US pregnancies
- Latinas are at risk with higher rates of diabetes and obesity in Hispanic population compared to non-Hispanic whites
- Early-to-mid gestational weight gain (GWG) thought associated with increased prevalence of GDM, however 2009 Institute of Medicine (IOM) GWG guidelines concluded insufficient evidence regarding association

Objective

To investigate associations of GWG adherence as per 2009 IOM guidelines prior to 1-hour 50g glucose tolerance test (GTT), or gluccola, with GDM diagnoses in Latinas.

Materials and Methods

- Retrospective chart review
- Inclusion Criteria (n=1156):
  - Hispanic women
  - Delivered at UMass Memorial facility between 4/1/06-3/31/11
  - Received prenatal care at faculty or resident practices
- Abstracted:
  - Pre-pregnancy weight and height
  - Gestational Weight Gain (GWG) & Gestational Age (GA) most proximate to gluccola
  - Results 50g Gluccola & 10g GTT where appropriate
- Relevant demographics
- GWG categorized as inadequate, appropriate or excessive according to 2009 IOM Guidelines with adjustment for GA (Table 1), for example at:me excessive according to 2009 IOM Guidelines with

Results

- Subjects used in analysis (n=1156, Fig. 2)
- Inadequate gestational weight gain (GWG) according to 2009 IOM Guidelines with adjustment for GA (Table 1), for example at time of gluccola at 28 weeks (Figure 3).
- GWG Adherence of subjects with diagnosed GDM (n=86, Fig. 7).

Conclusions

- Rate of GDM in preliminary cohort of Latina women almost double that of the general population (10.3%) with increased gestational diabetes risk, this association was not statistically significant.
- Further evaluation warranted within high-risk subgroups.
- Data to be combined and re-assessed with larger study from UMass Amherst.