

# Gestational Diabetes in Ohio: 2009-2016

## Executive Summary

Gestational diabetes mellitus (GDM) presents a significant challenge to the health of both mother and infant. GDM is characterized by glucose intolerance appearing or first diagnosed during pregnancy, and greater than half of women with GDM will subsequently be diagnosed with type 2 diabetes mellitus (T2DM).

The American College of Obstetricians and Gynecologists (ACOG) has published an updated practice bulletin that outlines clinical considerations and recommends that all pregnant women be, "...screened for GDM with a laboratory-based screening test(s) using blood glucose levels." Specific recommendations on timing vary, but are generally performed at 24-28 weeks gestation. Follow-up recommendations include glucose screening performed at 4-12 weeks postpartum, and every 1-3 years in women with a history of GDM. Additional recommendations include nutrition counseling and achieving at least 150 minutes of moderate-intensity aerobic exercise per week. (ACOG, 2018.)

The Ohio Department of Health (ODH) has published two GDM Databooks in 2011 and in 2016 using multiple administrative data sources to describe Ohio trends from 2006 through 2008 and 2006 through 2011 in GDM risk factors, prevalence, co-morbidities, and healthcare experiences during preconception, pregnancy, and postpartum. This 2009-2016 data book presents a more current picture of GDM in Ohio.

