

**Postpartum Behaviors**

Appropriate risk reduction after pregnancy is important in reducing subsequent GDM pregnancies and the development of T2DM, including breastfeeding (Ziegler, 2012) and avoidance of tobacco. In 2009-10, one in four women in Ohio were smoking 2-4 months following a GDM pregnancy, similar to 2006-08. Those rates fell significantly to one in ten women self-reporting cigarette smoking in 2016. Two-thirds of women attempted to breastfeed, with 85 percent still breastfeeding at two weeks postpartum in 2010. Those rates continued to rise in 2016, with three-quarters of women self-reporting ever breastfeeding, and 99.2% of mothers with a history of GDM still breastfeeding at two weeks postpartum. In 2016, women with GDM were less likely to breastfeed than women without GDM.

**Table 13. Postpartum health behaviors among women with a recent history of GDM compared to women with no GDM history, Ohio 2006-08, 2009-10, and 2016**

	2006-08				2009-10				2016			
	% With GDM	95% CI	% W/out GDM	95% CI	% With GDM	95% CI	% W/out GDM	95% CI	% With GDM	95% CI	% W/out GDM	95% CI
<b>Current Smoker</b>												
Yes	26.6	21.1-32.9	23.1	21.3-24.9	26.0	19.4-33.9	24.0	21.7-26.5	9.8	4.9 - 14.8	17.8	15.2 - 20.3
<b>Smokers Relapse</b>												
Previous Smokers that Quit During Pregnancy and Did Not Relapse	47.5	31.5-64.1	53.4	47.5-59.2	60.3	39.5-77.9	64.3	58.0-70.2	75.4	53.5 - 97.3	49.7	40.0 - 59.3
Quit for Pregnancy and Relapsed	52.5	35.9-68.5	46.6	40.8-52.5	39.7	22.1-60.5	35.7	29.8-42.0	24.6	2.7 - 46.5	50.3	40.7 - 60.0
<b>Breastfeeding Status</b>												
Ever	70.5	64.1-76.2	70.4	68.4-72.3	69.4	61.3-76.5	74.2	71.7-76.6	75.8	67.4 - 84.3	85.1	82.8 - 87.5
Never	29.5	23.9-36.0	29.6	23.9-36.0	30.6	23.5-38.7	25.8	23.4-28.3	24.2	15.7 - 32.6	14.9	12.5 - 17.2
<b>Breastfeeding Duration (among those who ever breastfed)</b>												
At 2 weeks Postpartum	88.8	83.3-92.6	90.6	89.0-92.0	85.2	75.5-91.4	90.4	88.3-92.2	99.2	97.7-100.0	98.4	97.7 - 99.1
Not at 2 weeks Postpartum	11.2	7.4-16.7	9.4	8.0-11.0	14.9	8.6-24.5	9.6	7.8-11.7	0.8	0.0 - 2.3	1.6	0.9 - 2.3
<b>Postpartum Depression<sup>1</sup></b>												
Yes	--	--	--	--	13.0	8.6-19.2	13.2	11.4-15.2	--	--	--	--

Sources: 2006-2010 Pregnancy Risk Assessment Monitoring System (PRAMS), Ohio Department of Health. 2016 Ohio Pregnancy Assessment Survey (OPAS).

**Footnotes:**

GDM was determined by the following questions: Phase 5 of PRAMS (2004-08): “Did you have high blood sugar (diabetes) that started during this pregnancy?”; Phase 6 (2009-11), “During your most recent pregnancy, were you told by a doctor, nurse, or other health care worker that you had gestational diabetes (diabetes that started during this pregnancy)? OPAS 2016 Question #30 (and consistent with PRAMS Phase 7) determined GDM from the following question: “During your most recent pregnancy, did you have any of the following health conditions? a) Gestational diabetes (diabetes that started during this pregnancy).”

The question format changed in 2009-10

<sup>1</sup> This variable was not available in the data set.