

Gestational Diabetes Activity



Gestational = during pregnancy

Directions: Please answer the following questions as best you can.

1. Can diabetes happen for the first time in pregnancy?
 Yes No I don't know
2. What can increase a person's risk of gestational diabetes? Check all that apply:
 Being overweight before getting pregnant Gaining lots of weight during pregnancy
 Past history of gestational diabetes Family history of diabetes
 Being Latinx Being Caucasian
 Being African American Being Asian
 Being Native American Having a baby bigger than 9 pounds
 Being older than 25 years-old
3. Do you think gestational diabetes is a serious condition?
 Yes No I don't know
4. Do you think exercising regularly helps to decrease the risk of gestational diabetes?
 Yes No I don't know
5. Do you think a healthy diet helps to decrease the risk of gestational diabetes?
 Yes No I don't know
6. Do you think you can develop type 2 diabetes if you have gestational diabetes?
 Yes No I don't know
7. How can gestational diabetes affect your pregnancy?
 Bigger baby High blood pressure in pregnancy
 Increased risk of C-section Risk of baby with heart problems
 Baby getting stuck during birth

Please make sure you review these answers with your medical team.