



## **Gestational Diabetes Mellitus (GDM)**

Every year, about 700,000 women give birth and around 30,000 have GDM. Up to 50% of women diagnosed with GDM develop type 2 diabetes within 5 years of diagnosis with an ongoing elevated risk thereafter. However, type 2 diabetes can be prevented by making lifestyle changes and the Healthier You Programme can help support you.

### **The programme is available as:**

- Face-to-face group service
- Digital service via an app or online
- Or specifically for those with a history of GDM, as a group teleconferencing service (e.g. over Zoom).

### **Inclusion Criteria:**

- Individuals with a history of GDM.
- Individuals with current GDM (i.e. who are currently pregnant can only start the programme post-pregnancy).

### **How can I access the programme?**

Your midwife or GP practice can help refer you to the programme.

Alternatively you can now self refer to the programme by scanning the QR code.

