



# Gestational Diabetes (GDM) and Health Equity

People of color have higher rates of GDM.

This population also has a risk for GDM as high as 68% in their future pregnancies.

Approximately 33% of people with a history of GDM will develop type 2 diabetes within 5 years of delivery. For people of color, this rises to nearly 50%.

## Health Equity



### Bill of Rights

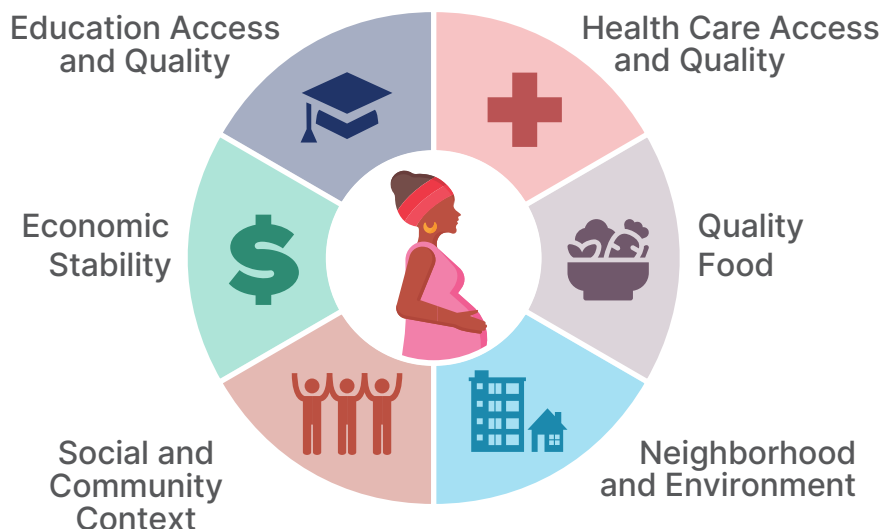
## You can cope with and manage GDM better with:

- Someone to be there with you during your pregnancy journey and emotional and social support.
- Diabetes education to help you understand your treatment plan
- Access to resources

**These elements are affected by health disparities. Our Health Equity Bill of Rights envisions a future without unjust health disparities.**

**Equal access to our health is the most basic of human rights.**

**Social determinants of health (SDOH) affect your ability to care and manage your diabetes.**



**Addressing these SDOH is needed to reach health equity for all. Find additional resources at [diabetes.findhelp.com](https://diabetes.findhelp.com).**