



Gestational Diabetes (GDM) and Health Equity

GDM rates are higher in Black, Hispanic Latinx, Native American, and Asian individuals.

In people of color, recurrence risk with future pregnancies is as high as 68%.

Approximately 33% of people with a history of GDM will develop type 2 diabetes within 5 years of delivery, with people of color having risks nearing 50%.

Health Equity



Bill of Rights

Dealing with a diagnosis of diabetes and positive outcomes are optimized by:

- Physical, emotional, and social support for people with GDM
- Increasing diabetes education and health literacy
- Linkage to resources

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

Social determinants of health play a significant role in the care and management of diabetes.



**Addressing social determinants of health is a primary approach to achieving health equity.
Find additional resources at diabetes.findhelp.com.**