

Addressing GDM Disparities

Preconception Care and Early Detection in High-Risk Communities

If you have a patient with a higher chance of developing gestational diabetes (GDM), there are steps you can take before and early in their pregnancy to help improve their outcomes.

GAPS

Missed Risk Identification

- Undiagnosed diabetes
- Late or no early screening



Cultural Disconnect

- Language differences
- Mistrust in care



Non-Medical Roadblocks

- Transportation and childcare
- Food insecurity



Fragmented Care

- Poor professional care team coordination
- Prenatal and postpartum gaps



Systemic Challenges

- Insurance gaps
- Economic strain



SOLUTIONS

Identify Early

- Screen at preconception and the first trimester
- Assess diet, activity, and BMI

Deliver Culturally Respectful Care

- Use professional interpreters
- Adapt education to individually-tailored food

Address Roadblocks

- Screen for needs
- Connect to WIC, food aid, and peer support

Coordinate Care

- Link OB-GYN, endocrinology, dietetics, and primary care
- Ensure postpartum follow-up

Targeted Fixes

- Expand telehealth and mobile units
- Provide affordable supplies