



Empowered GDM Care

Overcoming Bias and Supporting High-Risk Populations During Pregnancy

Guiding person-centered prenatal care through patient stories.

SOCIAL INSTABILITY	THEME	ACTION
"Even with food assistance, I often have to choose between feeding myself or making sure my family has enough." – Maria	Limited access to safe housing, nutritious food, and financial resources.	Screen for resource needs and connect individuals to housing, safety, and nutrition programs.
STIGMA AND EMOTIONAL BURDEN	THEME	ACTION
"Sometimes I feel judged before I even share my concerns. It makes it harder to come to appointments." – Tanya	Perceived bias and emotional stress during pregnancy.	Use empathetic communication and offer peer or group care to build connection and trust.
TASK AND TIME BURDEN	THEME	ACTION
"Balancing blood glucose checks, work, and caring for my children can feel overwhelming." – Aisha	Competing responsibilities from diabetes management, employment, and family care.	Simplify care plans and offer flexible options like bundled appointments or telehealth.
NUTRITION ROADBLOCKS	THEME	ACTION
"I want to follow my eating plan, but fresh, affordable food isn't easy to find where I live." – Elena	Limited access to healthy, affordable, and culturally familiar foods.	Provide individually tailored, budget-friendly meal strategies and connect to local nutrition programs.
HEALTH LITERACY CHALLENGES	THEME	ACTION
"Nutrition labels can be confusing. I'm not always sure which foods are best for my blood glucose targets." – Sofia	Challenges with understanding nutrition labels, carbohydrate counts, and instructions.	Use plain language, visual tools, and the teach-back method to ensure understanding.



Group prenatal care increases postpartum glucose tolerance testing completion



Group prenatal care is linked to healthier dietary patterns and reduced gestational weight gain



Strong health literacy supports better self-management, A1C, and pregnancy outcomes

