



Gestational Diabetes Provider Resources

Document Topic	Link	Description
GENERAL		
Gestational Diabetes (GDM) Screening Guidelines	Gestational Diabetes (GDM) Screening Guidelines - Professional version	Screening Guidelines
Gestational Diabetes (GDM) Treatment	Gestational Diabetes (GDM) Treatment - Professional version	Nutrition, Physical Activity, Insulin
Bridging Gaps and Understanding Disparities in Gestational Diabetes Mellitus to Improve Perinatal Outcomes	Bridging Gaps and Understanding Disparities in Gestational Diabetes Mellitus to Improve Perinatal Outcomes - PMC (nih.gov)	Financial, cultural, psychological, or social challenges patients with gestational diabetes face
Influence of Acculturation on Risk for Gestational Diabetes Among Asian Women	Influence of Acculturation on Risk for Gestational Diabetes Among Asian Women (cdc.gov)	Asian women have a higher prevalence of gestational diabetes
Gestational Diabetes (StatPearls)	Gestational Diabetes - StatPearls - NCBI Bookshelf (nih.gov)	Etiology, epidemiology, pathophysiology, treatment, complications, and prognosis of patients with gestational diabetes
How to Treat Gestational Diabetes	How to Treat Gestational Diabetes ADA	Treatment of gestational diabetes
Current Guidelines on the Management of Gestational Diabetes Mellitus: A Content Analysis and Appraisal	Current guidelines on the management of gestational diabetes mellitus: a content analysis and appraisal - PMC (nih.gov)	A study to analyze and evaluate the contents of all available guidelines for management of gestational diabetes
Gestational Diabetes (GDM) Treatment (PDF)	Gestational Diabetes (GDM) Treatment - Professional version	Treatment begins with medical nutrition therapy and physical activity
Diabetes Standard of Care – 14. Management of Diabetes in Pregnancy: Standards of Medical Care in Diabetes 2021	14. Management of Diabetes in Pregnancy: Standards of Medical Care in Diabetes—2021 Diabetes Care American Diabetes Association (diabetesjournals.org)	ADA clinical practice recommendations for gestational diabetes 2021
Diabetes Standard of Care – 15. Management of Diabetes in Pregnancy: Standards of Medical Care in Diabetes 2023	15. Management of Diabetes in Pregnancy: Standards of Care in Diabetes—2023 Diabetes Care American Diabetes Association (diabetesjournals.org)	ADA clinical practice recommendations for gestational diabetes 2023



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MENTAL HEALTH		
Associations between Gestational Diabetes and Anxiety or Depression: A Systematic Review	Associations between Gestational Diabetes and Anxiety or Depression: A Systematic Review - PMC (nih.gov)	Research has shown that anxiety and depression are important cause of gestational diabetes
Depression in Early Pregnancy Linked to Gestational Diabetes, NIH Study Finds	Depression in early pregnancy linked to gestational diabetes, NIH study finds National Institutes of Health (NIH)	Women who reported feeling depressed during the first 2 trimesters of pregnancy were twice as likely to develop gestational diabetes
About Gestational Diabetes and Postpartum Depression	About Gestational Diabetes and Postpartum Depression Diabetes CDC	
NUTRITION/DIET		
Diet and Healthy Lifestyle in the Management of Gestational Diabetes Mellitus	Diet and Healthy Lifestyle in the Management of Gestational Diabetes Mellitus - PMC (nih.gov)	An overview of lifestyle changes which can be recommended in the management of gestational diabetes
An Update of Medical Nutrition Therapy in Gestational Diabetes Mellitus	An Update of Medical Nutrition Therapy in Gestational Diabetes Mellitus - PMC (nih.gov)	Review of the literature about the Medical Nutrition Therapy in Gestational Diabetes
BREASTFEEDING		
Safety and Efficacy of Antenatal Milk Expressing for Women with Diabetes in Pregnancy: Protocol for Randomized Controlled Trail	Safety and efficacy of antenatal milk expressing for women with diabetes in pregnancy: protocol for a randomised controlled trial - PMC (nih.gov)	Maternity providers recommend that women with diabetes in pregnancy express and store breast milk in late pregnancy
Breastfeeding and Diabetes	Breastfeeding & Diabetes ADA	Breastfeeding can reduce your risk of developing type 2 diabetes
Breastfeeding May Help Prevent Type 2 Diabetes After Gestational Diabetes	Breastfeeding may help prevent type 2 diabetes after gestational diabetes National Institutes of Health (NIH)	Breastfeeding after gestational diabetes may have lasting effects that



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		reduce a woman’s chance of developing type 2 diabetes
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BREASTFEEDING		
Barriers and Benefits to Breastfeeding with Gestational Diabetes	Barriers and benefits to breastfeeding with gestational diabetes - PubMed (nih.gov)	Review on interventions designed to optimize breastfeeding outcomes in high-risk populations should not only focus on the biology, but also on provider behavior and maternal social factors
Promoting Breastfeeding in Women with Gestational Diabetes Mellitus in High-Income Settings: an Integrative Review	Promoting breastfeeding in women with gestational diabetes mellitus in high-income settings: an integrative review - PubMed (nih.gov)	A review to identify the factors that influence breastfeeding by exploring the experience and outcomes of women in high-income health care contexts when there is a history of gestational diabetes in pregnancy

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