



Community Dietitians In Action!

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DEPARTMENT OF NUTRITION & DIETETICS

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ATTENTION ALL WOMEN

World Diabetes Day 2017: Women and Diabetes

[Facts and Figures]

- 1 in 2 people currently living with diabetes are undiagnosed
- There are 199 million women with Diabetes worldwide
- Diabetes is the leading cause of death among women
- 2 out of 5 women with Diabetes is in their reproductive years
- 1 in 7 births is affected by Gestational Diabetes (GDM)

Statistics from www.worlddiabetesday.com

ARE YOU OR YOUR LOVED ONE AT RISK?

Gestational Diabetes is associated with a variety of **RISK FACTORS**:

- ⇒ being over age 25
- ⇒ being overweight
- ⇒ having a close relative with type 2 diabetes
- ⇒ having higher-than-normal blood sugar levels prior to pregnancy,
- ⇒ Having signs of insulin resistance, such as
 - ◆ polycystic ovarian syndrome or
 - ◆ acanthosis nigricans



The best way to lower your risk for gestational diabetes is by being healthy BEFORE getting pregnant.

Gestational Diabetes (GDM) Facts

- ◇ GDM is a kind of diabetes that is discovered during pregnancy.
- ◇ GDM increases mother's risk of:
 - ⇒ High blood pressure during pregnancy
 - ⇒ Developing kidney, bladder, or vaginal infections
 - ⇒ Early labor
 - ⇒ Developing type 2 diabetes later in life
- ◇ GDM increases baby's risk of:
 - ⇒ Being born very large; this can make delivery difficult
 - ⇒ Low blood sugar right after birth
 - ⇒ Breathing problems
 - ⇒ Developing Type 2 diabetes later in life



IMPROVE YOUR HEALTH BEFORE GETTING PREGNANT.....

1. If you're overweight, work on improving your weight since even a few kilograms can make a difference in your risk level for GDM. Higher levels of physical activity before pregnancy or in early pregnancy are associated with a significantly lower risk of developing GDM. (*Archives of Internal Medicine*, 166(5), 543-548)



2. Increase your intake of fibre—Use high fibre foods (whole grains, ground provisions, legumes and vegetables) at each meal. An increase of 10 grams per day in total fibre intake reduced the risk of gestational diabetes by 26% (*Diabetes Care*, 29(10), 2223-2230)



3. Reduce your intake of added sugar (e.g. from soft drinks, sweetened drinks, sweet snacks, desserts)
4. Reduce your intake of fatty foods like fast foods, fried foods.



5. Eat nutritionally balanced meals— Include high fibre Staples in moderate portions, lean protein choices from legumes, poultry or fish and a generous serving of vegetables.
6. Include sensible and nutritious snacks if needed between meals e.g. baked, unsalted nuts, fruit, yogurt.
7. Consult a Registered Dietitian to develop an appropriate eating plan that will help you to lose extra weight and to maintain normal blood sugar levels.

Every Human Being Is The Author Of His Own Health Or Disease

The Fresh Quotes