



NATIONAL
DIABETES
EDUCATION
PROGRAM

Women with a history of gestational diabetes mellitus (GDM) have a lifelong risk of developing type 2 diabetes, and their children are at increased risk for obesity and diabetes.

*It's Never Too Early To Prevent Diabetes.
A Lifetime of Small Steps for a Healthy Family.*

This new diabetes prevention message from NDEP offers tips to help women with a history of GDM prevent or delay type 2 diabetes, and help their children lower their risk.

<http://www.ndep.nih.gov>

