

Title: Health Behaviors Among Women of Reproductive Age With and Without a History of Gestational Diabetes Mellitus.

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Abstract

Objectives To estimate the prevalence of several health-related behaviors among women of reproductive age with and without a history of gestational diabetes mellitus (hGDM).

Research Design and Methods We performed a cross-sectional study using the 2001-2003 Behavioral Risk Factor Surveillance System, a national population-based random sample telephone survey. Participants were 177,420 women aged 18-44 years with and without self-reported hGDM. Outcome measures included meeting physical activity and fruit and vegetable guidelines, sedentary activity level, and current smoking.

Results Approximately 3% (n=4,718) of women aged 18-44 years reported physician-diagnosed hGDM. Women with hGDM had higher body mass indices, were significantly older, less often educated or employed, and more often Hispanic or African-American, married, and living with children. Women with hGDM reported worse self-rated health than women without hGDM. In unadjusted and multivariate adjusted comparisons, there were no significant differences in levels of physical activity, fruit and vegetable consumption, or smoking among women with and without hGDM. However, women with hGDM who lived with children were significantly less likely to meet fruit and vegetable consumption guidelines (odds ratio (OR) 0.78, 95% confidence interval (CI) 0.63, 0.97; $p<0.05$) and more likely to smoke (OR 1.21, 95% CI 1.01, 1.47; $p<0.05$) than their counterparts without hGDM.

Conclusions Despite their elevated risk for future diabetes, women with hGDM who lived with children were less likely to meet fruit and vegetable consumption guidelines and more likely to smoke compared to women with children who did not have hGDM.