Gestational Diabetes Activity

Gestational = during pregnancy

**Directions:** Please answer the following questions as best you can.

1. Can diabetes happen for the first time in pregnancy?
   - Yes
   - No
   - I don't know

2. What can increase a person's risk of gestational diabetes? Check all that apply:
   - Being overweight before getting pregnant
   - Gaining lots of weight during pregnancy
   - Past history of gestational diabetes
   - Family history of diabetes
   - Being Latinx
   - Being Caucasian
   - Being African American
   - Being Asian
   - Being Native American
   - Having a baby bigger than 9 pounds
   - Being older than 25 years-old

3. Do you think gestational diabetes is a serious condition?
   - Yes
   - No
   - I don't know

4. Do you think exercising regularly helps to decrease the risk of gestational diabetes?
   - Yes
   - No
   - I don't know

5. Do you think a healthy diet helps to decrease the risk of gestational diabetes?
   - Yes
   - No
   - I don't know

6. Do you think you can develop type 2 diabetes if you have gestational diabetes?
   - Yes
   - No
   - I don't know

7. How can gestational diabetes affect your pregnancy?
   - Bigger baby
   - Increased risk of C-section
   - High blood pressure in pregnancy
   - Risk of baby with heart problems
   - Baby getting stuck during birth

Please make sure you review these answers with your medical team.
Gestational Diabetes Activity (Key)

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   ☑ Increased risk of C-section
   ☑ Baby getting stuck during birth
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Each correct answer is worth 1 point for a total of 20 points.

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