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THE PREVALENCE AND RISK FACTORS OF GESTATIONAL DIABETES (GDM) AMONG PREGNANT WOMEN IN LOW INCOME COUNTRIES

Rosinta Hotmaida Pebrianti Purba¹, Helen Tri Juni Asti²

¹Department of Health Economics, Universitas Gadjah Mada, Indonesia

²Department of Public Health, Cendrawasih University, Indonesia

Objectives: Gestational diabetes mellitus (GDM) is considered as a global public health problem and became the common pregnancy complication with complex disease mechanisms, which led to increased risk of developing type 2 diabetes in both mother and child, while several risk factors may contribute to its onset. This study aimed to summarize analyze and evaluate various risk factors associated with GDM that previously reported among *low-income* countries.

Methods: The method used is an electronic database from the reputable published journal (PubMed/Medline, Scopus) with following criteria, were published in the last 10 years from 2009 to 2019 and the cases are limited to GDM among pregnant in low-income countries in Asia and Africa. Of several journals collected, 10 articles were selected.

Results: The results showed that the average prevalence of GDM is estimated at overall 16%, in the first pregnancy: 3.4%; pregnant women in the second pregnancy: 4.6%. Furthermore, there were 13 risk factors that showed the GDM prevalence significantly higher among maternal obesity and low levels of physical activity, advanced maternal age in the age group 31–45 years, intermediate educational level of mother, urban habitat, low adult height, mother with abnormal FPG alone or had any two abnormal values, past history of unexplained stillbirth, history of macrosomia, congenital anomalies, history of abortion, hypothyroidism, sleep-disordered include sleep-disordered breathing and antepartum depression among Peruvian women. In addition, late-stage pregnant women and hypertensive patients more likely to have GDM. Further, the GDM was significantly associated with child weight more than 3.5 kg and mother's BMI more than 30 kg/m².

Conclusions: GDM is a challenging condition in which few distinct guidelines of the most appropriate treatment exist and still no uniform definition of the diagnostic criteria. Further research and studies should be carried out since it represents a window of opportunity to prevent diabetes in two generations.

Figure 1. Infographic GDM Among Pregnant Women in Low Income Countries

