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Gestational Diabetes Prevention

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Reducing Gestational Diabetes with Culinary Medicine: Green Pregnancy

BACKGROUND

- Gestational diabetes (GDM), one of the most common pregnancy complications increases the risk maternal morbidity and fetal anomalies.
- Mediterranean diet is associated with diabetes reduction in non-pregnant adults.
- Cooking at home improves health outcomes.
- We hypothesized a comprehensive package of diet review, nutrition guidelines, and a Mediterranean diet cooking experience initiated at the beginning of prenatal care (Green Pregnancy – GP) might reduce GDM incidence and insulin use.
- 2018 baseline: 146/700 (21%) of pregnant patients developed GDM and 53 (36%) required insulin.

PURPOSE

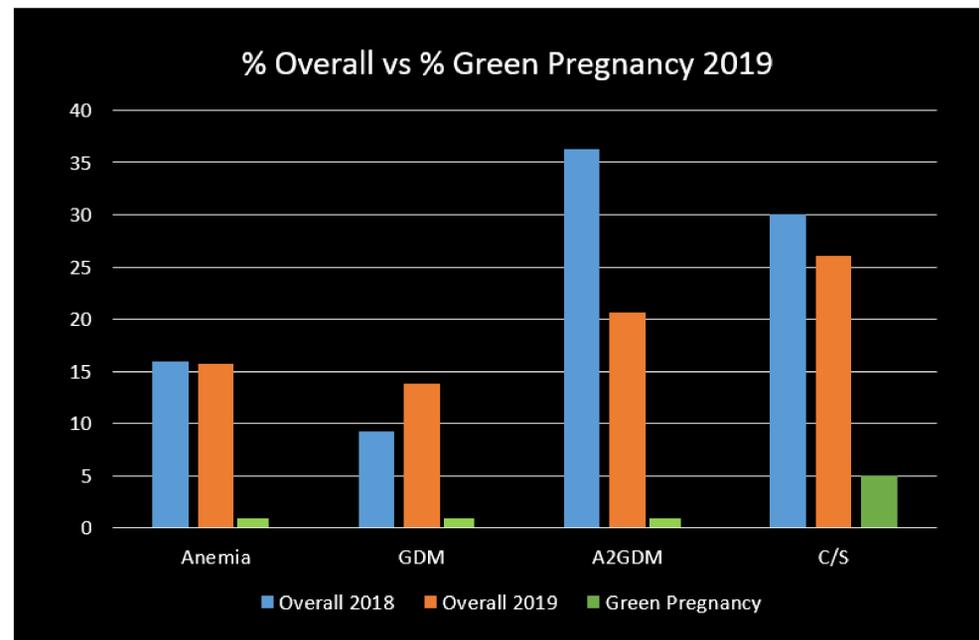
- **AIM:** Do the rates of medication-dependent gestational diabetes (A2GDM) differ among pregnant women receiving the GP approach vs pregnant women receiving traditional nutrition guidance?

REFERENCES

References:
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 Harrison, T., Sacks, D., Parry, C., Macias, M., Ling, D., & Lawrence, J. (2017). Acceptability of virtual prenatal visits for women with gestational diabetes. *Women's Health Issues*, 27, 3.
 Reicks, M., Trofholz, A., Stang, J., & Laska, M. (2014). Impact of cooking and home food preparation interventions among adults: Outcomes and implications for future programs. *Journal of Nutrition Education and Behavior*, 46.

METHODS

- Study conducted in two obstetric clinics, control period 2018, Green Pregnancy (GP) intervention 2019. Participation in GP was voluntary. At their initial prenatal visit, we invited all pregnant women to attend a culinary medicine encounter where families and nurses cooked together, focusing on kitchen skills, Mediterranean diet, and GDM prevention principles.



RESULTS AND OUTCOMES

- 2019: 229/780 (29%) of patients developed GDM, 48 (21%) required insulin. None of the 20 women who participated in GP developed GDM. All participants reported increased confidence with home-cooking.
- 5% C-section rate.
- No anemia in GP pregnancies, and no NICU admissions in their infants.

FURTHER RESEARCH/IMPLICATIONS FOR PRACTICE

- We expanded GP, now included in routine care via virtual prenatal groups, reaching more patients who participate with hands-on activities from their own kitchens with family members.
- GP content also available here:
<https://www.youtube.com/channel/UCM2q9T2tohrFPpSig1165PA>

CONCLUSIONS/DISCUSSION

- Participation in a comprehensive culinary nutrition experience with hands-on cooking emphasizing Mediterranean diet may be associated with positive pregnancy outcomes. J

