

A postnatal program on prevention of diabetes mellitus (DM)

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Introduction

- Randomized clinical trials have shown that type 2 diabetes can be delayed by modest lifestyle modification
- Postnatal oral glucose tolerance test for women with GDM is a routine in our cluster
- no preventive intervention was given to women with IGT
- collaboration between Department of Obstetrics and Gynecology and Department of Dietetics has been made to fill the gap

Method

- Initial Health Education Talk (2h) by a nurse midwife and a dietitian
 - Risks of developing DM
 - Lifestyle modifications
 - calorie-controlled diet
 - advice on physical activity
 - promotion of breast feeding
 - education on family planning
 - Medical advice on monitoring of glycaemic control annually
- Subsequent dietetic appointments
 - Weight management

Result

- One hundred and two women were invited from 7/2012 to 6/2013
- Sixty women (59%) attended
- Age (year) 35.2 ± 4.28
- Weight(kg) 64.1 ± 11.2
- Body Mass Index(kg/m²) 25.9 ± 4.29

Results

Table 1

Proportion of participants by weight change category at the end of the program, (n=46)

Number of participants (%)	Weight Change Category
14 (30)	No change or weight gain
8 (17)	0 to 2.4% weight loss
11 (24)	2.5 to 4.9% weight loss
11 (24)	5 to 9.9% weight loss
2 (4)	10% or more weight loss

Conclusion

A postnatal diabetes prevention program may promote weight loss in this group of high risk women.