

7 ways to reduce the risk of type 2 diabetes for women following gestational diabetes



Women who have had gestational diabetes are more at risk of type 2 diabetes, but did you know that about half of all cases of type 2 diabetes could be prevented or delayed with simple changes to daily habits.



1. Know your risk

HbA1c is your average blood sugar over the last 2 to 3 months. Arrange an HbA1c check with your GP three months after the birth of your baby and every year after that.



Top Tip

To help you remember, try to arrange an HbA1c check around your baby's birthday each year.

[read more here](#)



2. 30+ active minutes a day

Whatever your favourite activity is, try to up the intensity, so you feel a little out of breath for at least 10 minutes at a time. Include twice a week resistance training such as Pilates, weight training, sit ups, yoga or digging the garden.



Top Tip

Achieving 150 minutes a week of at least moderate-intensity physical activity reduces your risk of type 2 diabetes by up to 50%.

[read more here](#)



3. Stand and walk more

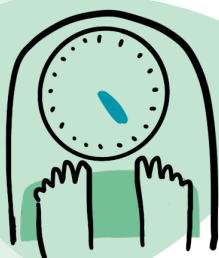
Try taking regular breaks during sitting or TV time, have standing meetings, or walk during lunchtime.



Top Tip

Breaking up sitting time with two-minute walks every 20 minutes helps maintain blood sugar and improve insulin response.

[read more here](#)



4. Maintain healthy weight or aim for at least 5% weight loss

Aim to keep your weight within the recommended weight range or if overweight, even moderate weight-loss makes a big difference.



Top Tip

Losing at least 5% of extra weight can reduce blood pressure, cholesterol and reduce your risk of developing type 2 diabetes.

[read more here](#)



5. Get free support online

Having had gestational diabetes you qualify to participate in an NHS Diabetes Prevention Programme: call **0333 577 3010** or email **info@preventingdiabetes.co.uk**.



Top Tip

Recommended by 99% of participants. Attend a free class or join online to get support from a trained diabetes prevention coach.

[read more here](#)



Top Tip

Choosing carbohydrate that releases glucose slowly (such as lentils, beans, oats and brown rice) and eating carbs with healthy fats (like avocado and nuts) and protein can help blood sugar balance.

[read more here](#)

6. Choose your carbohydrate carefully

Try to avoid sugary foods (fizzy drinks, sweets and cakes) and reduce processed carbohydrate (white bread, chapati, pizza, fufu and garri). Limit natural sugar like fruit and smoothies.

7. Half veggies

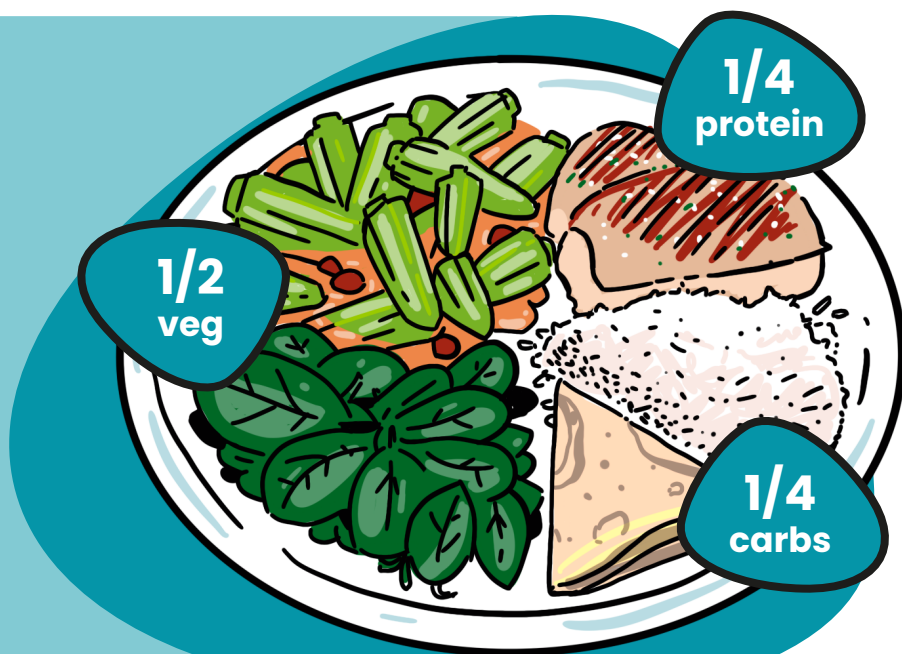
Fill half your plate with non-starchy vegetables or use them in stews and curries. Eat with lean protein like fish, chicken, tofu or soya-based protein and high-fibre carbohydrates like beans, lentils and wholegrains.



Top Tip

Increasing veg, healthy proteins and high fibre foods can help to balance blood sugars, appetite and packs in more health boosting nutrients.

[read more here](#)



Avoid

Reduce

Substitute

- sugary drinks
- fruit juices
- smoothies
- sweets, cake and biscuits



Portion sizes of "white" processed carbohydrate foods, such as:

- white rice
- white pasta
- processed breakfast cereals
- ready meals
- starches such as white potatoes, fufu, cassava



Substitute with smaller portions of higher fibre carbohydrate like:

- beans, lentils or quinoa
- sweet potato
- brown rice
- bulgar wheat

and healthy proteins like:

- nuts and seeds
- fish
- chicken
- eggs
- vegetarian protein

[click here for recipe ideas](#)

Download an interactive version of this infographic by scanning the QR code.



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