

Stopping Gestational Diabetes Mellitus (GDM) Newsletter



RESEARCH HIGHLIGHTS

In 2016-2017 we interviewed:

- Tribal leaders,
- American Indian women with a history of GDM (or diabetes during pregnancy),
- American Indian mothers of young girls at risk for GDM,
- Young American Indian girls at risk for GDM, and
- Doctors and nurses who care for American Indian girls

to get their feelings on how to change an existing video and booklet on women's health to fit the needs and be important to Native girls.

Welcome to our second newsletter! We want to send a special thanks to all who participated in our study.

We would also like to thank our Community Partners:

Indian Health Care Resource Center of Tulsa, Tulsa, OK
Northern Navajo Medical Center, Shiprock, NM
Portland State University, Portland, OR
Saint Regis Mohawk Diabetes Center for Excellence,
Akwesasne, NY
University of Oklahoma Harold Hamm Diabetes Center,
Tulsa, OK

» The research team used their advice along with other key tribal leaders and team members from our community partners. Some of the suggestions were:

- Include stories from American Indian women and families about GDM

Publications

Moore KR, Stotz SA, Fischl A, Beirne S, McNealy K, Abujaradeh H, Charron-Prochownik D. (2019) Pregnancy and Gestational Diabetes Mellitus (GDM) in North American Indian Adolescents: Implications for Girls and Stopping GDM. Current Diabetes Reports, 19(113). DOI: <https://doi.org/10.1007/s11892-019-1241-3>

Moore K, Stotz SA, Nadeau KJ, Terry MA, Garcia-Reyes Y, Gonzales K, Charron-Prochownik D. (2019) Recommendations from American Indian and Alaska Native Adolescent Girls for a Community-Based Gestational Diabetes Risk Reduction and Reproductive Health Education Program. Research Journal of Women's Health, 6(1).

Nadeau KJ, Stotz SA, Moore KR, Garcia-Reyes Y, Sereika S, Stein H, Charron-Prochownik D. (2000) Beta Testing a Mother-daughter Dyadic Gestational Diabetes Risk Reduction Intervention for American Indian/Alaska Native (AIAN) Teens. Journal of Pediatric Health Care 34(5); 418-423. <https://doi.org/10.1016/j.pedhc.2020.04.005>

Stotz SA, Charron-Prochownik D, Terry MA, Gonzales K, Moore K. (2019) Reducing Risk for Gestational Diabetes Mellitus (GDM) through a Preconception Counseling Program for American Indian/Alaska Native Girls: Perceptions from Women with Type 2 Diabetes or a History of GDM. The Diabetes Educator, 45(2).

Stotz SA, Charron-Prochownik D, Terry MA, Marshall G, Fischl A, Moore KR. (2020) Stopping Gestational Diabetes in American Indians and Alaska Native Girls: Nutrition as a Key Component to Gestational Diabetes Risk Reduction. Current Developments in Nutrition. In Press. <https://doi.org/10.1093/cdn/nzaa081>

Terry MA, Stotz SA, Beirne S., Gonzales K, Marshall G, Charron-Prochownik D, Moore KR (2020). Recommendations from an Expert Panel of Health Professionals Regarding a Gestational Diabetes Risk Reduction Intervention for American Indian/Alaska Native Teens. Pediatric Diabetes, 21; 413-149. <https://doi.org/10.1111/pedi.12990>



- Include pictures, colors, and designs that show American Indian cultures and traditions
- Include American Indian girls as young as 12 and up to age 24
- Focus on positive healthy weight messages and not weight loss

From 2018-2020 we tested the new program with moms and their daughters from the American Indian communities served by our community partners. Added all together, our community partners recruited 150 moms and daughters for 4 sessions over 9 months. Based on when they were recruited into the study, some moms and their daughters did not attend all 4 visits.

Total number of mother and daughter pairs in study: visit #1 - 150; visit #2 - 114; visit #3 - 80; visit #4 - 64

Our early results show that knowledge on diabetes and women's health improved in both daughters and mothers. And after the first visit, daughters said in their answers to a survey that they would be more likely to talk to their doctor or nurse about having a healthy weight for a healthy pregnancy and use family planning. Mothers said that Stopping GDM helped them to feel more comfortable talking to their daughters about sensitive topics like sex and healthy body weight.

For more information or to see the Stopping GDM video or eBook, please visit us at www.stoppinggdm.com



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