



Your health after gestational diabetes

Gestational diabetes during pregnancy is common. While diabetes usually goes away after the baby is born, there is an increased risk of type 2 diabetes in the future.

After gestational diabetes



Up to 1 in 5 women will still have high blood glucose levels after pregnancy.



1 in 2 women will go on to develop pre-diabetes or type 2 diabetes.

You can reduce your risk

There are many positive steps you can take **NOW** to reduce your risk of type 2 diabetes.



Make healthy food choices



Be active every day



Aim for a healthy weight

The whole family will benefit from eating well and being active.

Find out more

You can find out more about looking after your health after gestational diabetes on the NDSS website.

ndss.com.au

