



# Gestational Diabetes Nutrition Program

Pregnant women recently diagnosed with gestational diabetes were enrolled in this program:

At diagnosis, and participated in the program for ~16 weeks, until one month post-partum.

Were provided medically tailored meals and gift cards for snacks.

Received tailored nutrition education aimed to help them better manage gestational diabetes.

## PROGRAM OBJECTIVES

- Improve food security, diet quality, & knowledge related to management of gestational diabetes
- Reduce stress & provide support
- Improve health & wellbeing for mom & baby

To date, 40 women have been referred to the program & 28 have been enrolled.

On average, knowledge has increased by 54% across topics covered in the nutrition education portion of the program.

## OUTCOMES

Preliminarily, **we are observing increases in knowledge related to managing gestational diabetes**, especially related to how illness and infection can affect blood sugar, the amount of carbohydrates in a serving, and the best way to quickly address low blood sugar.