



DIVINE NSW: Preventing Type 2 Diabetes among women who experience gestational diabetes – March 2023



The George Institute
for Global Health

Facts:

- In 2020–21, around 1 in every 6 women (49,000 women) who gave birth in hospital were diagnosed with GDM.
- The incidence rate for GDM increases with age, peaking at 31% for females aged 45–49.
- The risk of T2DM in women with previous GDM is as high as 10-fold when compared to those without GDM.

Project Cycle:

2021–2023

Partners:

*The George Institute Australia
UNSW Sydney, Australia*

Supporters:

*The George Institute, Australia
UNSW Sydney, Australia
National Health and Medical
Research Council (NHMRC),
Australia*

Principal Investigators:

*Prof Anushka Patel
A/Prof Amanda Henry*

Background:

- Gestational Diabetes Mellitus (GDM), once thought to be fully reversed after pregnancy, is now a firmly established independent risk factor for Type 2 Diabetes Mellitus (T2DM), cardiovascular disease and other chronic conditions.
- Given the high levels of risk, low-cost and scalable pharmacological preventive approaches may prove an effective tool for prevention of GDM.
- While there is strong rationale for preventive strategies focused on behavioural modification in women with prior GDM, the early years after pregnancy present unique challenges to mothers.

Aims:

- To measure prevalence and identify predictors of persisting abnormal blood sugar levels (dysglycaemia) among women with recent GDM.
- To identify women's views and the views of their healthcare providers on the long-term risks of T2DM.
- To examine the feasibility of a randomised controlled trial of preventive drug therapies, in addition to lifestyle interventions, among this population.

Methods:

- 1,000 diagnosed with GDM from three Sydney Hospitals in the past four years will be identified and invited to participate.

Impact:

- Given the uncertainty of engagement with lifestyle interventions at this time of a mother's life, DIVINE will add to understanding the viability of pharmacological approaches to prevent T2DM among this unique population.

Contact:

To find out more about this project and its principal investigators or The George Institute please contact Tina Wall +61 410 411 983 or at twall@georgeinstitute.org.au

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