

# LIVING - Lifestyle interVention IN Gestational diabetes

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THE GEORGE INSTITUTE  
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## Facts

- Around 15% of pregnant women worldwide are affected by Gestational Diabetes Mellitus (GDM).
- In South Asia the prevalence of GDM is as high as 18% in urban areas and 10% in rural areas.
- up to 35-40% of women with GDM could develop T2DM within 5 years of delivery.
- Awareness about GDM and its complications is low.

## Partners:

All India Institute of Medical Sciences (AIIMS), New Delhi

The George Institute for Global Health, India

Centre for Chronic Disease Control (CCDC), India

International Centre for Diarrhoeal Disease Research, (icDDR), Bangladesh

Monash University, Australia

University of Kelaniya, Sri Lanka

## Supporters:

National Health and Medical Research Council of Australia, (NHMRC)

Indian Council of Medical Research (ICMR)

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## Background:

- Gestational Diabetes Mellitus (GDM) is associated with adverse pregnancy outcomes and substantially increases the risks of developing diabetes in later life.
- Life style modification programs directed at individuals with GDM may prevent or delay the onset of T2DM averting much of the disease burden.

## Aims:

- To determine whether a pragmatic resource- and culturally-appropriate lifestyle intervention program in South Asian countries, provided to women with GDM after delivery, will reduce the incidence of T2DM, in a manner that is affordable, acceptable and scalable.

## Methods:

- A feasible, acceptable and cost effective life style intervention program will be developed for the women with prior GDM, which will be optimized by using an iterative, system based and user centric approach.
- This will be followed by a trial involving ~1400 women in 24 hospitals and their catchment areas in India, Bangladesh and Sri Lanka, to determine whether this intervention program will reduce the development of T2DM.



## Impact:

- The study is targeted towards women at a key life stage, pregnancy, prior to the development of any ill health, and has potential for extended reach to the families and children of the participants.
- If the intervention is successful and can be brought to scale, the development of T2DM could be prevented or delayed in more than a quarter of a million South Asian women over a 5-year period.
- The study will advance the scientific knowledge and provide the evidence to policy makers to implement the diabetes prevention programs in resource-constrained settings.

## Contact

To find out more about this T2DM in South East Asian Women: study and its investigators Prof. Anushka Patel or The George Institute for Global Health, please contact:

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