



Gestational Diabetes (GDM) and Health Equity

People of color have higher rates of GDM.

This population also has a risk for GDM as high as 68% in their future pregnancies.

Approximately 33% of people with a history of GDM will develop type 2 diabetes within 5 years of delivery. For people of color, this rises to nearly 50%.

Health Equity



Bill of Rights

You can cope with and manage GDM better with:

- Someone to be there with you during your pregnancy journey and emotional and social support.
- Diabetes education to help you understand your treatment plan
- Access to resources

These elements are affected by health disparities. Our Health Equity Bill of Rights envisions a future without unjust health disparities.

Equal access to our health is the most basic of human rights.

Social determinants of health (SDOH) affect your ability to care and manage your diabetes.



**Addressing these SDOH is needed to reach health equity for all.
Find additional resources at diabetes.findhelp.com.**