

# BABY★STEPS

## Promoting physical activity in women with a history of gestational diabetes



Gestational diabetes (GDM) - a condition when a pregnant woman develops high blood sugar (glucose) - affects up to **20%** of pregnancies and can create problems for both the pregnant woman and the unborn baby.



GDM also increases a woman's subsequent risk of developing type 2 diabetes (T2DM) by at least **10 times more** than average, and doubles the risk of cardiovascular disease (which affects the heart and blood vessels).



Nearly **50%** of women who have had GDM develop pre-diabetes or T2DM within 10 years of their pregnancy. It is therefore important to manage GDM and prevent the progression from GDM to T2DM.

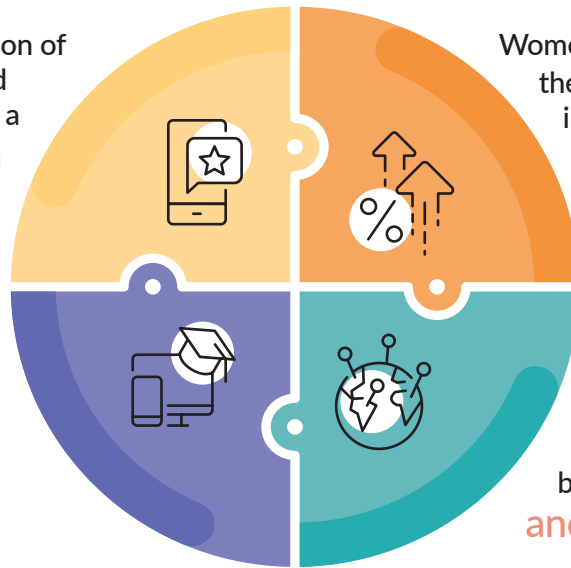


Lifestyle interventions can reduce T2DM incidence by up to **50%**; specialist diabetes prevention programmes are available, but to date, none of these specifically target women with a history of GDM.

### Key findings

Our research tested a combination of health education workshops and the use of the Babysteps app, in a **multi-ethnic population** of women with a history of GDM

The app provided interactive bite-sized information which motivated the women to adopt a **healthier lifestyle** and become **more active**.



Women reported improvements in their **quality of life**, confidence in their ability to exercise and their step count and **lower levels of anxiety**

Attendance at the group workshops and use of the app was higher for women from white European backgrounds, compared to women from ethnic minority backgrounds (**89% vs 71%** and **75% vs 48%** in turn).

### Next steps



Babysteps is cost effective; The app has the potential to reduce the risk of progression to T2DM.



Access to the Babysteps app is provided by a number of health care trusts in the UK, as well as internationally in Ireland and Australia.



Contact [babysteps@uhl-tr.nhs.uk](mailto:babysteps@uhl-tr.nhs.uk) to find out if Babysteps is available in your area or if you would like to make Babysteps available to your patients.

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Khunti, K, Sukumar, N, Waheed, G, et al. Structured group education programme and accompanying mHealth intervention to promote physical activity in women with a history of gestational diabetes: A randomised controlled trial. *Diabet Med.* 2023; 40:e15118. [doi:10.1111/dme.15118](https://doi.org/10.1111/dme.15118)