

Niitty Project 2018–2020

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Photographs: www.pixabay.com



Niitty – Developing a Peer-based Family
Training Model for Immigrants

GESTATIONAL DIABETES

Raskausdiabetes



WHAT IS GESTATIONAL DIABETES?



- With gestational diabetes, the mother's blood sugar becomes higher than normal during pregnancy.
- A glucose tolerance test is carried out to find out if your blood sugar is elevated.
- High blood sugar can cause problems for the mother and child.

Gestational diabetes does not usually cause any symptoms, but it is important to treat it.

STAY ACTIVE

- Exercise helps to prevent gestational diabetes.
- **Take regular exercise for at least 30 minutes 5 times a week.**
- Work on your muscle tone 2 times a week.
- Avoid sports where you have to lie down on your stomach, where there is a danger of falling or of something hitting your stomach.

Every step you take supports your health.
Be active every day!



WEIGHT MANAGEMENT

- Follow a healthy lifestyle
- Excess weight before the pregnancy increases your risk of illness
- A suitable weight gain during the pregnancy supports the health of the mother and the baby



A healthy lifestyle prevents gestational diabetes and helps with weight management!



EFFECTS ON THE BABY

- The baby's blood sugar becomes higher than normal.
- The baby may grow larger than usual.
- The risk of birth injuries grows.
- Higher risk of developing diabetes or cardiovascular diseases as a child or adult



EFFECTS ON THE MOTHER

- The mother's blood sugar must be monitored regularly until the end of her pregnancy.
- The mother may need medication.
- After the pregnancy, the mother has a higher risk of developing diabetes.



EAT A VARIED AND HEALTHY DIET



- Eat at least four times a day following the plate model.
- Eat plenty of fibre-rich food, such as wholegrain products, vegetables, fruit and berries.
- Avoid sugary products
- Use healthy fats, such as vegetable margarine, oils, nuts and seeds.
- Use low-fat meat products. Poultry meat is a more healthy choice.
- Use fat-free milk products and low-fat cheeses.
- Boiling and oven-baking are a healthy way to make food

