

Title: Preconception Care and Women with or at Risk for Diabetes: Implications for Community Intervention.

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Abstract

Diabetes in pregnancy can result in significant health concerns for both the mother and her offspring if the mother's glucose levels are not under strict control prior to conception. Women with gestational diabetes are at risk for a recurrence of this illness with the next pregnancy and of developing type 2 diabetes later in life. Children born to women with diabetes during pregnancy are also at risk for birth and neonatal complications, and for becoming obese during childhood or adolescence, which increases their own risk of developing type 2 diabetes. Preconception care is a primary prevention effort which aims to reduce the risk of diabetes-related complications. However, reaching highly vulnerable women who need preconception care has proven problematic. This paper discusses the rationale for preconception care to modify risk factors associated with diabetes and its complications; reviews current preconception intervention efforts aimed at women with diabetes; and recommends additional outreach efforts.