

Pregnancy and diabetes

(2009)

Type: Brochure

Description:

This resource stresses the importance of regular health checks for women who have diabetes when they are pregnant. It looks at the risk factors for developing gestational diabetes and the steps women can take to look after their health during a pregnancy including; a healthy diet and drinks, physical activity and weight control.

When to use this resource:

This resource is part of the *Growing strong: feeding you and your baby* set of resources developed by Queensland Health to help health staff talk with Aboriginal and Torres Strait Islander families about nutrition for mothers who develop diabetes during pregnancy. It is useful for pregnant women and women who are considering pregnancy.

Producer:

Queensland Health, Brisbane

To order copies of this resource

Brochures are only available to those working with Aboriginal and Torres Strait Islander families in Queensland.

Order form: http://www.health.qld.gov.au/ph/documents/hpu/growingstrong_order.pdf

If you are not from Queensland you can download the PDF of these brochures from:

http://www.health.qld.gov.au/ph/documents/hpu/growing_strong.asp

View website:

Queensland Health, Population Health

<http://www.health.qld.gov.au/ph>

