

This list highlights resources addressing diabetes diagnosis and management to support healthy outcomes for mother and baby. The information listed here is intended for educational use only and is provided solely as a service. The information should not be used for diagnosing or treating a health problem or disease, and is not a substitute for professional care. These resources do not constitute an endorsement of these organizations or their programs by the California Birth Defects Monitoring Program (CBDMP) or the National Birth Defects Prevention Network (NBDPN) and none should be inferred. The CBDMP and NBDPN are not responsible for the content of the individual organization web pages/resources found at these links.

Resources Regarding Diabetes and High-Risk Pregnancy

Gestational Diabetes: Caring for Women During and After Pregnancy:

<http://effectivehealthcare.ahrq.gov/healthInfo.cfm?infotype=sq&ProcessID=107&DocID=163><<http://effectivehealthcare.ahrq.gov/healthInfo.cfm?infotype=sq&ProcessID=107&DocID=163>>

Published in August 2009, this is two-page concise Clinician's Guide for health care professionals provide quick access information to use for women during and after pregnancy. It summarizes clinical evidence about prenatal treatment and delivery management for women with gestational diabetes. This publication, developed by the Agency for Healthcare Research and Quality (AHRQ) is Product Number 09-EHC014-3. See www.effectivehealthcare.ahrq.gov for this guide and the full systematic review titled "Therapeutic Management, Delivery, and Postpartum Risk Assessment and Screening in Gestational Diabetes".

Gestational Diabetes: A Guide for Pregnant Women:

<http://effectivehealthcare.ahrq.gov/healthInfo.cfm?infotype=sq&DocID=162&ProcessID=107>

Recently published, this companion guide to the Clinician's Guide is an excellent resource for health professionals to provide to pregnant women diagnosed with gestational diabetes. This publication provides information to help women talk with their doctor or midwife about the diagnosis, treatment, and follow-up following the pregnancy. The booklet is from the Agency for Healthcare Research and Quality (AHRQ) and the product number is AHRQ Pub No. 09-EHCO14-A.

Diabetes and High Risk Pregnancy:

http://www.healthsystem.virginia.edu/UVAHealth/peds_hrpregnant/online.cfm

This University of Virginia Health at <http://www.healthsystem.virginia.edu> provides educational outreach. It provides information about the term "diabetes", different types, what happens with diabetes and pregnancy, maternal complications of diabetes on a pregnancy and complications for fetus and baby. It is written for the consumer and provides easy to read information.

CDC Office of Women's Health: <http://www.cdc.gov/women/pubs/diabetes.htm>

This Centers for Disease Control and Prevention (CDC) website offers various modalities/avenues of selected publications and materials about diabetes. The site contains podcasts and useful resources for education and outreach. In addition, CDC research studies are located by year of publication.

Diabetes and Pregnancy Frequently Asked Questions:

<http://www.cdc.gov/ncbddd/bd/diabetespregnancyfaq.htm>

This is the CDC's birth defects website with webpage about diabetes and pregnancy. The site contains general information about diabetes and the related types. It also discusses diabetes during pregnancy. In addition, several sections contain useful information about prevention of problems, handling problems during pregnancy and the impact of diabetes on the baby.

Women and Diabetes: <http://www.noah-health.org/en/endocrine/diabetes/groups/women/>

This site comes from NOAH (New York Online Access to Health). NOAH provides access to high quality consumer health information in English and Spanish. The NOAH volunteer editors do not write this information. Instead, librarians and health professionals in New York and beyond find, select, and organize full-text consumer health information that is current, relevant, accurate and unbiased. The NOAH Content Committee is responsible for selecting and approving all new topics and links. NOAH tries to provide information on all topics in both English and Spanish.

Pregnancy and diabetes from conception to birth:

<http://www.mayoclinic.com/health/pregnancy-and-diabetes/da00042>

This website provides the general consumer with information about diabetes and pregnancy.

Does Diabetes Run in Your Family? Take Steps Towards Better Life:

http://www.cdc.gov/genomics/public/file/print/2007-02_Diabetes_Broch.pdf (English)

http://www.cdc.gov/genomics/public/file/print/2007-02_Diabetes_Broch_span.pdf (Spanish)

This is a new easy-to-read brochure on diabetes and family history. Available in English and Spanish.

Diabetes and Pregnancy: <http://www.cdc.gov/ncbddd/bd/diabetespregnancyfaqs.htm>

Diabetes is often detected in women during their childbearing years and can affect the health of both the mother and her unborn child. Poor control of diabetes in a woman who is pregnant increases the chance for birth defects and other problems for the baby and might cause serious complications for the woman. Proper health care before and during pregnancy will help prevent birth defects and other poor outcomes, such as miscarriage and stillbirth. The page features questions and answers. Dated 4/24/06.

Diabetic Moms Need a Plan Before They Conceive:

<http://www.uwhealth.org/news/diabeticmomsneedaplanbeforetheyconceive/20508>

From The University of Wisconsin Hospitals and Clinics. Published June 1, 2009.

Managing your diabetes: http://www.joslin.org/managing_your_diabetes_707.asp

From the Joslin Diabetes Center affiliated with the Harvard Medical School. This provides a lengthy list of general diabetes topics.

Diabetes, Frequently Asked Questions: <http://www.womenshealth.gov/FAQ/diabetes.pdf>

This publication is from the US Department Health and Human Services, Office of Women's Health. It addresses diabetes in women.

Resources for Women of Childbearing Age

Diet and Disease:

http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=278&topic_id=1382

This website is sponsored by the UN Department of Agriculture. This web page contains numerous sites of resources and information related to diabetes.

An Innovative Partnership to Strengthen Diabetes Health Promotion and Birth Defects Prevention:

http://www.michigan.gov/documents/mdch/MBDRMDONposterSept06rev_201778_7.pdf

The poster details how the Michigan Birth Defects Program teamed with the state's diabetes program to address diabetes and birth defects. It is from the Michigan Department of Community Health.

Gestational Diabetes Counseling:

http://www.lvh.org/healthcare_services/Womens_Health/Our_Services/Pregnancy/Our_Services%7C72

This site has information regarding gestational diabetes counseling for women. It is from the Lehigh Valley Health Network, Cedar Crest & I-78, and P.O. Box 689, Allentown, PA 18105-1556 610-402-CARE. Toll Free 1-888-LVH-CARE.

Diabetes Genetic Counseling and Pregnancy:

<http://www.genecare.com/pdf/HH-%20Diabetes.pdf>

This is provided by GeneCare, founded in 1983 as a private, academic Medical Genetics Center with the mission to provide the highest quality medical genetics services available.

Diabetes, Frequently Asked Questions:

<http://www.womenshealth.gov/FAQ/diabetes.pdf>

This publication is on the US Department of Health and Human Services Women's Health website. It contains general information related to diabetes for women of all ages.

Do Multivitamin Supplements Reduce the Risk for Diabetes-Associated Birth Defects?

http://www.cdc.gov/ncbddd/factsheets/pediatrics/Pediatrics_Diabetesvitamin.pdf

This Fact Sheet is from the CDC National Center on Birth Defects and Developmental Disabilities. Fact Sheet, dated May 5, 2003, is authored by Adolfo Correa, Lorenza Botto, Yecai Liu, Joseph Mulinare, and J. David Erickson. Full article in Pediatrics May 2003; 111(5 Supple Pt2) 1146-51.

New Beginnings A Discussion Guide for Living Well with Diabetes:

<http://www.cdc.gov/diabetes/pubs/pdf/NewBeginnings.pdf#pagemode=bookmarks>

The National Diabetes Education Program's (NDEP) New Beginnings A Discussion Guide for Living Well with Diabetes was created by NDEP to accompany The Debilitator, an independently released film produced and distributed by Millennium Filmworks, Inc. The Debilitator is a docudrama that takes viewers on an intimate and emotional journey with the film's lead character that has been diagnosed with type 2 diabetes. To enhance the effectiveness of the film, NDEP has developed New Beginnings A Discussion Guide for Living Well with Diabetes. This turnkey guide will assist Diabetes Prevention and Control Programs, community health workers, employers, health care providers, faith-based organizations, diabetes educators, and others working directly with the public in facilitating discussions about the film and the impact of diabetes in their lives. To order hard copies please call 1-800-CDC-INFO

1-888-232-6348 TTY. To order the film, The Debilitator, visit

<http://www.millenniumfilmworksinc.com>. Content Source National Center for Chronic Disease Prevention and Health Promotion Division of Diabetes Translation.

Diabetes: http://www.pueblo.gsa.gov/cic_text/health/diabetes_fs/diabetes_fs.pdf

This two-page publication, from the FDA Office of Women's Health, is easy to read general

information about diabetes. See FDA Office of Women's Health at <http://www.fda.gov/womens> for additional information. It provides easy to read information for women of all ages.

Gestational Diabetes: http://www.marchofdimes.com/pnhec/188_1025.asp

This publication is from the March of Dimes Pregnancy and Newborn Education Center.

March of Dimes - New Moms Need - Diabetes and birth defects:

<http://newsmomsneed.marchofdimes.com/?p=249>

This resource is a one-page webpage for new mothers about diabetes, being overweight and birth defects.

Programs with Focus on Diabetes

California Diabetes and Pregnancy Program:

<http://www.cdph.ca.gov/programs/cdapp/Pages/default.aspx>

The California Diabetes and Pregnancy Program (CDAPP) provides comprehensive technical support and education to medical personnel and community liaisons to assist in promoting improved pregnancy outcomes for high-risk pregnant women with pre-existing diabetes and women who develop diabetes while pregnant; gestational diabetes mellitus (GDM). [These medical providers who undergo standardized training provide direct patient care to women with diabetes while pregnant become known as Sweet Success Affiliates.](#) Diabetes is a complication for up to 7-14% of pregnant women. The program's goal is to reduce maternal and infant morbidity and mortality for this high risk group to approximate the outcomes of the low-risk perinatal population. Established in 1983 as a part of the Regional Perinatal Programs of California (RPPC), it provides services throughout the state in 10 of the RPPC Programs. Funding is provided by Federal Title V MCH Block Grant Funds.

Diabetes Information

National Diabetes Information Clearinghouse (NDIC) A service of the National Institute of Diabetes and Digestive Kidney Diseases <http://diabetes.niddk.nih.gov/>

This website compiles a comprehensive list of resources about diabetes including treatment, statistics, education, awareness and publications.

American Diabetes Association: Diabetes and Pregnancy:

<http://www.diabetes.org/gestational-diabetes/pregnancy.jsp>

This website provides sections with guidance on managing diabetes:

Before pregnancy <http://www.diabetes.org/type-1-diabetes/sex-and-pregnancy/before-pregnancy.jsp>

During pregnancy <http://www.diabetes.org/type-1-diabetes/sex-and-pregnancy/prenatal-care.jsp>

At delivery <http://www.diabetes.org/type-1-diabetes/sex-and-pregnancy/delivery.jsp>

After delivery <http://www.diabetes.org/type-1-diabetes/sex-and-pregnancy/after-delivery.jsp>.

E-Medicine: Diabetes Mellitus and Pregnancy:

<http://emedicine.medscape.com/article/127547-overview>

This article from WebMD gives a complete overview of the issues related to diabetes and pregnancy.

Birth Defects Databases

GeneTests: <http://www.geneclinics.org>

GeneTests is a medical knowledge base that relates genetic testing to the diagnosis, management, and genetic counseling of individuals and families with specific inherited disorders. Its website contains a database of genetic diseases with summaries and diagnostic information, clinical descriptions, management details, resources and references.

Medical Genetics, University of Kansas Medical Center:

<http://www.kumc.edu/gec/geneinfo.html>

This website contains a surplus of information of many national and international birth defects and genetics/birth defects organizations (including hyperlinks). Additionally, the site also contains referral information for those wishing to seek a health care professional concerning a birth defect or genetic disorder.

Family Support Groups/Information for Families

The American College of Obstetricians and Gynecologists:

http://www.acog.org/publications/patient_education/patientPage.cfm

You can search the ACOG's patient education website to find electronic educational pamphlets. The following links also offer electronic educational pamphlets:

Diabetes: http://www.acog.org/publications/patient_education/bp051.cfm

Weight Control: http://www.acog.org/publications/patient_education/bp064.cfm

Healthy Eating: http://www.acog.org/publications/patient_education/bp130.cfm

Getting in Shape After Your Baby is Born:

http://www.acog.org/publications/patient_education/bp131.cfm

March of Dimes (MOD)—Managing Preexisting Diabetes During Pregnancy:

http://www.marchofdimes.com/pnhec/188_1064.asp This section of the MOD website focuses on managing diabetes before, during and after your pregnancy.

March of Dimes (MOD)—Diabetes in Pregnancy:

http://www.marchofdimes.com/professionals/14332_1197.asp This section of the MOD website gives quick references and fact sheets for Professionals and Researchers

Medline Plus: Pregnancy: <http://www.nlm.nih.gov/medlineplus/pregnancy.html>

This helpful site provides information for women who are pregnant or who are planning to become pregnant on issues including staying healthy during pregnancy, prenatal care, nutrition, exercise, and eating disorders.

Medline Plus: Diabetes and Pregnancy:

<http://www.nlm.nih.gov/medlineplus/diabetesandpregnancy.html> This site provides information specifically for women who have or are at risk for developing diabetes and are pregnant or thinking about becoming pregnant including the basics, nutrition, disease management related issues and other research.

Government Agencies

CDC Pregnancy Information: http://www.cdc.gov/ncbddd/pregnancy_gateway/

This site provides information for before, during and after pregnancy. On the “Before Pregnancy” link, there is a Planning Section that includes topics such as preconception care and women’s health, and a Preventing Problems Section that focuses on various topics including diabetes, infections, vaccinations, smoking, alcohol, and hypertension.

CDC Diabetes and Pregnancy Frequently Asked Questions

<http://www.cdc.gov/ncbddd/bd/diabetespregnancyfaqs.htm>

This site gives information about different kinds of diabetes and their impact on a pregnancy including prevention of problems.

CDC Overweight and Obesity: <http://www.cdc.gov/nccdphp/dnpa/obesity/resources.htm>

This website includes information for general obesity prevention (including women of childbearing age). Topics include BMI, diabetes, nutrition, physical activity, and weight loss programs.

CDC Diabetes: <http://www.cdc.gov/diabetes/index.htm> Learn general information about diabetes. This site is appropriate for everyone, including non-pregnant women of childbearing age. On the left are links for personal and professional resources including prevention, eating right, staying active, publications, conferences, education programs and more. The main page headlines with what’s new in diabetes.

USDA National Agricultural Library:

http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=278&topic_id=1382

This resource rich site provides comprehensive resources on diabetes.

Healthcare Professionals and Scientific Researchers

Illinois Department of Public Health: The Relationship Between Maternal Diabetes and Birth Defects:

<http://www.idph.state.il.us/about/epi/pdf/diabetesarticlpdf.PDF> This article refers to an abstract of a study in 2002 that examined the connection between adverse pregnancy outcomes, such as birth defects or very low birth weight and maternal diabetes.

University of Virginia Health System:

http://www.healthsystem.virginia.edu/UVAHealth/peds_hrpregnant/diabetes.cfm

This University web site provides information on types of diabetes, concerns and complications with diabetes and pregnancy, diagnosis, treatment, and managing diabetes during pregnancy.

WebMD Study: Diabetes, Birth Defects Linked:

<http://diabetes.webmd.com/news/20080730/study-diabetes-birth-defects-linked> This article gives an overview of a recent study done in conjunction with the CDC’s National Center on Birth Defects and Developmental Disabilities that examined the link between diabetes and birth defects.

WebMD in conjunction with Cleveland Clinic: Pregnancy and Gestational Diabetes:
<http://www.webmd.com/baby/guide/pregnancy-gestational-diabetes> This section of WebMD gives information on the causes and management of gestational diabetes.