



SESSION 320

Obesity and Diabetes in Pregnancy: a Pragmatic, Unconventional Approach (2 hours)

Rates of both obesity and gestational diabetes are higher in Indigenous peoples, who make up 52% of the population of the Northwest Territories. We will look at the impact of obesity and diabetes on pregnancy, and discuss our recommendations regarding weight gain in obese pregnant women that differ from those of the Institute of Medicine. We will review how we have implemented early screening for gestational diabetes in the NWT and initial treatment routinely with metformin if needed, instead of insulin. We will also discuss our territory-wide approach to managing gestational diabetes in a pragmatic and collaborative way, and share some of the data we have gathered over the last three years.

1. Describe why avoiding weight gain in obese pregnant woman is advisable.
2. Explain the relationship between early screening for gestational diabetes and birth outcomes.
3. List the advantages of metformin compared with insulin as initial medical treatment of GDM if diet and exercise are inadequate.
4. Appreciate the advantages of a centralized, no frills approach to diabetes management in pregnancy.