



Diabetes During Pregnancy in Florida, 2000-2002

Diabetes brought on by pregnancy (gestational diabetes) occurs when the body's ability to use glucose (blood sugar) is impaired. Diabetes among pregnant women can cause serious health complications that affect both the mother and her baby.

According to Florida PRAMS 2000 through 2002 survey data, compared to women without gestational diabetes, women with gestational diabetes have a higher prevalence of severe nausea, vomiting, or dehydration during pregnancy (37.5 percent versus 29.3 percent), preterm birth (15.0 percent versus 9.1 percent), infant birth weight greater than 8 pounds 13 ounces (12.9 percent versus 7.8 percent), low birth weight (8.9 percent versus 7.2 percent), and infants requiring neonatal intensive care (19.0 percent versus 12.7 percent). The data show that 7.8 percent of women in Florida had diabetes during their most recent pregnancy. The prevalence of having diabetes among pregnant women in Florida was:

- Similar among all race/ethnicity groups. Although apparently higher among non-Hispanic Black women (8.5 percent) than among both non-Hispanic White women (7.2 percent) and Hispanic women (7.8 percent), the differences in these rates were found to be statistically insignificant.
- Higher among women ages 25 and older than among those ages 24 and younger. In particular, 4.3 percent among women ages 19 and younger, 6.1 percent among those between the ages of 20 and 24, 8.6 percent among women ages 25 to 34, and 10.9 percent among those 35-years-old and older.
- Similar among all levels of education. In particular, 7.6 percent among women with less than a high school education, 7.8 percent among women with a high school education, and 7.9 percent among those with more than a high school education.
- The highest among women with household incomes of \$15,600 or less (9.7 percent), 6.9 percent among women with household incomes between \$15,601 and \$39,600, and 6.8 percent among women with incomes over \$39,600.
- Similar among married women (7.5 percent) and unmarried women (8.4 percent).
- Similar among Medicaid recipients (8.3 percent) and non-Medicaid recipients (7.4 percent).
- Similar among women pregnant with twins or higher number multiples (7.0 percent) and those pregnant with one baby (7.8 percent).
- More than 15 times higher among women who had diabetes before pregnancy (89.0 percent) than among those who did not have diabetes before pregnancy (5.6 percent).
- Higher among women who had hypertension either before pregnancy (16.1 percent) or during pregnancy (15.6 percent) than among those who did not (7.4 percent and 6.1 percent, respectively).
- The highest among women who were obese before pregnancy (16.9 percent); 5.2 percent among underweight women, 6.2 percent among normal weight women, and 7.6 percent among overweight women.
- Similar among first-time mothers (7.8 percent) and among those with previous live births (7.8 percent).
- Similar among women who smoked cigarettes either during the three months before pregnancy (8.5 percent) or during the last three months of pregnancy (8.4 percent) than among those who did not (7.5 percent and 7.6 percent, respectively).

This study shows that women who are more likely to have diabetes during pregnancy are ages 25 and older, have lower levels of income, have diabetes before pregnancy, have hypertension, and/or are obese before pregnancy. The data underscore the adverse health impact of gestational diabetes on infants. These findings may assist healthcare providers in providing effective information for decreasing the prevalence of diabetes among pregnant women in Florida.

The Florida Pregnancy Risk Assessment Monitoring System (PRAMS) is a random survey of recent mothers of live-born infants. It is designed to monitor the physical, economic, and social health of Florida mothers and newborns. PRAMS data are "weighted" so that the resulting estimates can be generalized to the entire state population. PRAMS data from 2000 through 2002 were combined to increase sample size and precision of estimates for this study.

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