

# Risk Factors for Gestational Diabetes

American College of Obstetrics and Gynecology  
And the American Diabetes Association



**Kids At Risk For Diabetes LLC**  
**[www.kidsatriskfordiabetes.com](http://www.kidsatriskfordiabetes.com)**

By Julie Stelting, RN CDE eNLC  
CEO Kids at Risk for Diabetes LLC

- 1 Body Mass Index (BMI) over 25 with a sedentary lifestyle
- 2 Over the age of 25
- 3 A family history of diabetes in a parent, sibling or child
- 4 A history of a previous pregnancy with gestational diabetes
- 5 A history of a baby born over 9 pounds
- 6 Ethnic groups: Pacific Islanders have the highest incidence, followed by Asians, Hispanics, Native Americans, African Americans, and last, Caucasians
- 7 Random blood sugar over 200
- 8 A1C test equal to or greater than 5.7%
- 9 A history of Polycystic Ovary Disease
- 10 A current prescription for Metformin
- 11 High triglycerides or a prescription for triglycerides

If you want to talk through your risks, PLEASE, [schedule a free call with me](#). Or send me an email at [Julie@kidsatriskfordiabetes.com](mailto:Julie@kidsatriskfordiabetes.com).

I am passionate about helping you get through this difficult time.

~ Julie Stelting