Burden of Gestational Diabetes Mellitus (GDM)

GDM is a condition of glucose intolerance with onset or first recognition usually between 24th and 28th weeks of pregnancy among women with no previous diagnosis of diabetes mellitus.

- Globally, GDM estimated to account for more than 16% of glucose intolerance among pregnant women.
- In the UK, 4 out of every 5 cases of pregnancy related hyperglycaemia are due to GDM.
- black African women have second largest burden of GDM in the UK with 43% prevalence
- The situation among Black African ethnic group has been linked to high glycaemic index nature of most African Diet

Management of GDM

About 75% of Gestational Diabetes Mellitus cases can be effectively managed by quality dietary intervention.

Dietary digital tools

- Due to its success in other health interventions, dietary digital tools have been suggested to provide novel a novel information about dietary needs for optimal glucose regulation in women with GDM

nadesina@bournemouth.ac.uk

AIM OF THE RESEARCH

To develop a framework For Evidence-Based Dietary Digital Toolkit for Management of Gestational Diabetes Mellitus Among Black African Pregnant Women in The United Kingdom

Issues with Dietary Digital Tools

Larger percentage of dietary information provided by the tools are not tailored toward ethnic-specific dietary needs of black African women in the UK.

Dietary contents of many of the existing mobile and web-based digital tools were not evidence-based and contradict relevant existing guidelines on dietary management of GDM.

ANTICIPATED OUTCOME OF THE RESEARCH

This project will be first of its kind to investigate framework for development and implementation of dietary digital tools in the Management of Gestational Diabetes Mellitus among black African women in the UK. With the support of multidisciplinary team put in place to provide guidance throughout the course of the research, it is believed that the outcome of this study will promote normoglycemia- which will reduce the burden of GDM and consequently improve maternal and neonatal health outcomes among Black African pregnant Women in the UK. The findings from this research is also anticipated to inform knowledge about designing similar intervention to address the burden of GDM among other ethnic groups in the United Kingdom.