

## Gestational Diabetes



### Overall Goal of Lecture

To increase the participants' knowledge of gestational diabetes. To make the participants aware of very practical and common sense steps they can take to control blood sugar levels to avoid complications during the pregnancy.

This Lecture is offered in English and Spanish.  
Lecture to last 3 hours with 15 minutes break.

### Learning Opportunities

A combination of a dynamic and engaging power point presentation, discussion and workout material will be used to deliver the session contents to the class participants.

### Lecture objectives

1. To **inform** the audience about the short and long term consequences of gestational diabetes.
2. To **persuade** the audience to be physically active to reverse or control the condition.
3. To **educate** the audience on the proper use of carbohydrates.

**Lecture covers the following themes:**

- Understanding blood sugar in gestational diabetes
- Risks to the baby
- Risks to the mother
- Eating right:
- Starches and Grains
- Proteins
- Vegetables
- Fruits
- Dairies
- Fats
- Sugars
- Fiber
- Portions
- Reading the labels
- Planning meals
- exercise
- Questions and answers



Participants will receive a handout with the lecture highlights

Although each class is designed to be independently instructed, "Gestational Diabetes" will be very effective when taught along with "Say Goodbye to Cholesterol" and "Hypertension, The Silent Killer".

For additional information please contact:

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