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Gestational weight gain and Gestational Diabetes in American Samoa

Gestational Diabetes (GDM) is a type of diabetes which only occurs during pregnancy around the second trimester (24 to 28 weeks gestation). A routine GDM screening test is an oral glucose tolerance test (OGTT). Several studies have shown excessive gestational weight gain to be associated with gestational diabetes. To determine whether there is a relationship between gestational weight gain (GWG) and gestational diabetes, we hypothesize that pregnant women with high GWG will most likely be diagnosed with gestational diabetes.

From June to August 2009, a total of about 600 electronic health records of pregnant women in American Samoa were reviewed and had documented weights, date of visits and GDM screening test results. Weight measurements from first, second, and third trimesters will be used to assess GWG. Participants with incomplete weight measurements from the three time points will not be included in the analysis. High GWG was defined as not following recommended gestational weight gain set forth by the American College of Obstetricians and Gynecologists. Chi-square tests will describe socio-demographic differences between pregnant women with "high" GWG and pregnant women with "normal" GWG, and to assess the relationship between GWG and GDM.

Keywords: Gestational weight gain, gestational diabetes

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