CONSUMPTION OF RAW MILK IS THE MAIN CAUSE OF GESTATIONAL DIABETES MELLITUS AMONG PREGNANT PATIENTS ATTENDING NATIONAL GUARD PRIMARY HEALTHCARE CENTERS IN JEDDAH CITY

Mutaz Fouad Nabrawi, Razan Mohammed Wali, Mutaz Fouad Nabrawi, Saleem Abdullah Alsaeedi, Abdullah Abdulaziz Alaltih, Abdulrahman Abdullah Aldairy. College of Medicine, King Saud bin Abdulaziz University for Health Sciences

Methods This was an observational cross-sectional study. Our sample size was calculated to be 347. We included all pregnant females, aged 15–45 years, who attended National Guard Primary Healthcare Centers in Jeddah, and had been following up there during the study period. We collected data from antenatal visit notes, and labor and delivery sheets using the electronic file system BestCare. Screening for GDM at 24–28 gestational weeks was done using the American Diabetes Association (ADA) two-step approach, starting with 1 hour 50 g glucose challenge test, followed by 3-hour 100 g glucose tolerance test. We used SPSS 24.0 to analyze data.

Results The prevalence of GDM among our population was calculated to be 19.6%. Glucose challenge test was abnormal in 36.6% (n=127) of the sample, and 6.9% (n=24) had diagnostic value. Glucose tolerance test was abnormal in 18.7% (n=65) of the sample, and 6.9% (n=24) had diagnostic value. Several factors were significantly associated with GDM including age (p<0.001), height (p=0.028), and body-mass index (BMI; p=0.045).

Conclusion Prevalence of GDM is considered high among our population. Dietary habits and high BMI play an important role in the increasing amount of GDM cases. It is important to prevent GDM to minimize risks for both the mother and fetus.