

B) Chronic Diseases

Diabetes

Women with Type 1 or Type 2 diabetes around the time of conception have a greater risk of having infants with birth defects, stillbirth, and preterm birth.² Gestational diabetes caused by insulin resistance can develop in 6-9% of women during pregnancy due to bodily changes like weight gain and hormone production.² This puts pregnant women at risk for high blood pressure and developing Type 2 diabetes. It also puts the infant at a higher risk of heavy weight, preterm birth, low blood sugar, and developing Type 2 diabetes.³

Obesity

Nationally, the percentage of obese women over 20 has nearly doubled from 25.5% to 40.7% over the last few decades. Louisiana ranks above the national average with 34.1% of women age 18-44 in the state being obese. This puts women at risk for decreased quality of life and serious health conditions such as hypertension, Type 2 diabetes, heart disease, stroke, and more. There are additional impacts on health including reduced fertility, gestational hypertension and diabetes, birth complications, miscarriage, and more.
