

Study of lifestyle of women with gestational diabetes referred to Ardabil health centers in 2020

Abstract

Background: Gestational diabetes is a common and noteworthy medical condition in the field of carbohydrate intolerance that affects the pregnancy and can lead to adverse consequences of pregnancy and high-risk delivery and adverse effects on mother, fetus and infant. Unhealthy lifestyle is considered as one of the important factors in diabetes, but no study has been conducted in this field in Ardabil and the lifestyle of women with gestational diabetes is not clear.

Aim: to evaluate the lifestyle position of women with gestational diabetes referred to Ardabil health centers in 2020

Materials and methods: The present study was a descriptive cross-sectional study. The statistical population consisted of mothers with a definite diagnosis of gestational diabetes who referred to health centers and had a gestational age of 24-32 weeks. A total of 360 pregnant mothers were selected by random cluster sampling. Data of these mothers were collected using the "SIB system" and the standard lifestyle questionnaire.

Results: Most mothers were in the age group of 26-30 years (38.4%). Average scores of mothers in the subscales of physical health, exercise and fitness, weight control and nutrition, disease prevention, psychological health, spiritual health, social health, drug and opium avoidance, accident prevention, and environmental health were 13.1 ± 2.6 , 8.7 ± 3.0 , 10.4 ± 2.9 , 15.0 ± 2.1 , 11.0 ± 2.3 , 9.7 ± 2.2 , 1.1 ± 2.4 , 16.8 ± 0.7 , 13.8 ± 2.1 , and 13.1 ± 1.9 , respectively. There was a significant relationship between patients' age with physical health ($P=0.001$), patients' body mass index with physical health ($P=0.011$) and psychological health ($P=0.015$), patients' level of education with exercise and health ($P=0.033$) and accident prevention ($P=0.004$), and patients' employment with exercise and health ($P=0.045$) and disease prevention ($P=0.009$).

Conclusion: The results regarding the lifestyle of women with gestational diabetes showed that these women were in an unfavorable position in terms of

three dimensions of exercise and health, weight control and nutrition, and mental health. In addition, there was a significant inverse relationship between age with physical health and between body mass index and physical health and psychological health. While there was a significant direct relationship between education level with exercise and fitness and accident prevention and between employment with exercise and fitness and disease prevention.

Keywords: Pregnant women, Gestational diabetes, Life style.