

# GESTATIONAL DIABETES MELLITUS IN THE OC

ORANGE COUNTY HEALTH CARE AGENCY  
PLANNING & RESEARCH



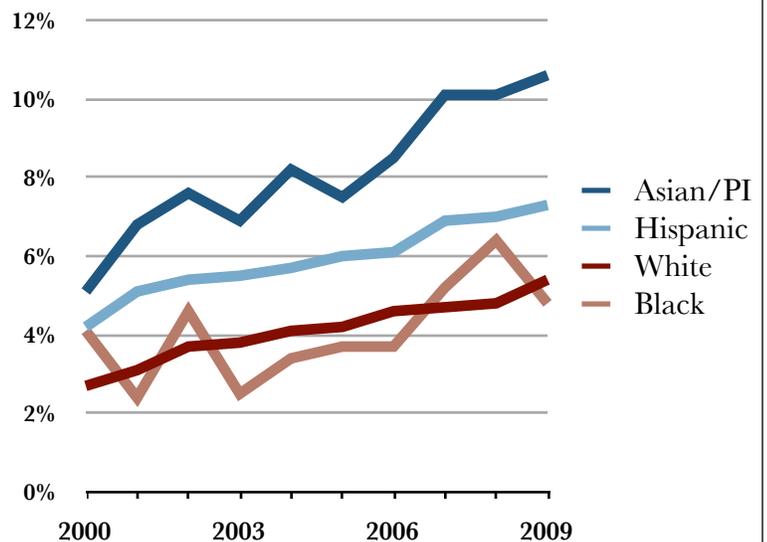
The incidence of gestational diabetes mellitus (GDM) in Orange County has increased substantially over the past decade, more than any other perinatal complication (1 in 14 women or 7.1% in 2009). Notably, among the various race/ethnic groups, Asian/Pacific Islander women had the highest incidence at 10.6%. GDM increases a woman's risk of developing multiple complications (e.g., preeclampsia, macrosomia or big baby syndrome) that can affect both the mother and her baby. The disease also increases a woman's likelihood of having to deliver her baby by cesarean section.

## GESTATIONAL DIABETES IS ON THE RISE

Over 437,000 hospitalizations for OC mothers who delivered their baby between 2000 and 2009 were analyzed. Women with a diagnosis that included international classification of disease codes for GDM (ICD-9 codes 648.80-648.84) were included in the analysis.

The incidence of GDM has almost doubled since 2000, from 3.7% to 7.1% in 2009. Asian/Pacific Islander women, in particular, have shown the greatest increase (107%) over the past decade. Whites and Hispanics also showed marked increases in GDM, 99% & 77%, respectively. Black women have increased 17% since 2000.

GDM by Race/Ethnicity



## GDM BY MOTHER'S ZIP CODE (2009)

As shown in the map, the highest rates of GDM (8-11% per ZIP code) were found in western and northern regions of the county.

Areas with higher percentages of women with GDM included ZIP codes in Westminster, Fountain Valley, La Palma, Anaheim, Fullerton, Orange and Cypress.

The risk of developing GDM increased with maternal age and others have shown an increase in risk of GDM with increasing body mass index. Screening efforts should be directed at those most at risk to reduce the burden of GDM and other maternal complications of pregnancy in the county.

