

Prevalence of Gestational Diabetes Mellitus in Western Australia

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Introduction

Gestational diabetes mellitus (GDM) is the subtype of diabetes which has been rapidly increasing in numbers in Australia.¹ Globally, prevalence of GDM ranges from single digit to more than 45%.² Prevalence of GDM has increased significantly last 5 years after introduction of new diagnostic criteria.²

Aim

To investigate the trend in GDM prevalence in a tertiary maternity unit at Western Australia in comparison to national prevalence

Method

Data is derived from STORK Perinatal Database which has been used by Maternity services in Western Australia to populate information on pregnancy and labour. We have selected data from 2015 until 2020 which includes 17508 women. Among them, 3850 women were diagnosed with GDM.

Discussion

Overall, we demonstrated increase in prevalence of GDM in our unit from 2015 until 2020. Our prevalence is also higher compared to national prevalence. This could be contributed by increasing number of obesity. In addition, our unit accepts referrals of women with body mass index (BMI) more than 40. Hence, further studies are required to look at other risk factors like ethnicity, socio economic status, health literacy and age which could contribute to this high prevalence

Result

In 2015, we had a total of 2213 deliveries with 345 of them being complicated GDM. GDM prevalence was 15.6% compared to Australian national prevalence of 12%.³ In 2016, total deliveries increased to 2759 with 590 of them being GDM. GDM prevalence was 21.4% compared to Australian national prevalence of 12%.³ In 2017, total deliveries further increased to 3049 with 675 with GDM. GDM prevalence was 22.1% with Australian national prevalence of 13%.³ In 2018, total deliveries continued to increase with numbers reaching 3231 with 749 being GDM. GDM prevalence was 23.2% with Australian National prevalence of 14%.³ In 2019, total deliveries were 3110 with 712 complicated by GDM. GDM prevalence was 22.9% with Australian national prevalence 14%.³ In 2020, total deliveries 3146 with 819 complicated by GDM.³ GDM prevalence increased to 26% and we were unable to compare this to national standard as national prevalence has not been released.

Conclusion

GDM prevalence in our unit has increased significantly from 2015 to 2020 (16% to 26%). Hence , further studies needed to plot feasible plan to reduce the numbers in future. Undoubtedly , GDM will strain our health care if this issue is not addressed in timely manner.

References

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