

A34 An online survey of sociodemographic factors and nutritional status of women with and without a history of gestational diabetes mellitus in Malaysia

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Gestational diabetes mellitus (GDM) is a disease that affects up to 28% of pregnant women globally. Malaysia is not spared from these issues, with a prevalence rate of 18.3%. Previous studies showed inconsistent findings regarding the association of a history of GDM with sociodemographic factors, obstetric history, nutritional status, and type 2 diabetes mellitus (T2DM) risk among women with and without a history of GDM. The current COVID-19 pandemic limits the collection of data as it is harder to conduct face-to-face interviews. Therefore, this study aimed to compare sociodemographic factors, obstetric history, nutritional status and T2DM risk among women with and without a history of GDM in Malaysia through an online survey. A comparative cross-sectional study was conducted among 69 subjects (mean age: 38.5±8.3 years, mean BMI: 25.4±5.1 kg/m²). A self-developed questionnaire was generated to assess the sociodemographic factors, anthropometry data, and obstetric history. Singapore Diet Screener was used to assess the food intake, and Finnish Diabetes Risk Score (FINDRISC) was used to assess T2DM risk. The proportion of women with a history of GDM was 37.3%. Women with a history of GDM were significantly younger at the current age ($p=0.001$) and age during last pregnancy ($p=0.003$) and had a lower monthly household income ($p=0.022$). They had lower sugar ($p=0.001$), total fibre ($p=0.034$), non-starchy vegetable ($p=0.001$), legume and legume products ($p=0.029$), and fruits ($p=0.001$) intakes, as well as had less tendency to ask for low sugar beverages and had a higher T2DM risk ($p=0.001$) than women without a history of GDM. Modifiable risk factors such as food intake and dietary behaviour deserve closer attention by healthcare providers. Therefore, nutritional education should focus on women with a history of GDM as they are at a high risk of developing future T2DM.