

## Mayo Clinic - Risk factors of gestational diabetes

*Any woman can develop gestational diabetes, but some women are at greater risk.*

Risk factors for gestational diabetes include:

**Age greater than 25.** Women older than age 25 are more likely to develop gestational diabetes. Family or personal health history. Your risk of developing gestational diabetes increases if you have prediabetes – slightly elevated blood sugar that may be a precursor to type 2 diabetes – or if a close family member, such as a parent or sibling, has type 2 diabetes. You're also more likely to develop gestational diabetes if you had it during a previous pregnancy, if you delivered a baby who weighed more than 9 pounds (4.1 kilograms), or if you had an unexplained stillbirth.

**Excess weight.** You're more likely to develop gestational diabetes if you're significantly overweight with a body mass index (BMI) of 30 or higher.

**Nonwhite race.** For reasons that aren't clear, women who are black, Hispanic, American Indian or Asian are more likely to develop gestational diabetes.