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Nutrition and Lifestyle Intervention to Prevent and Manage Gestational Diabetes

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Message from the Guest Editors

Dear Colleagues,

Standards of care for gestational diabetes mellitus (GDM) begin with lifestyle and behavioral management, which improves pregnancy outcomes and the long-term health of women. It can also promote an optimal intrauterine environment for the offspring, potentially impacting their future metabolic health. Lifestyle interventions among at-risk women are likely to prevent GDM occurrence and reoccurrence in subsequent pregnancies, yet high-quality studies conducted during the preconception period are lacking. Nutrition and physical activity interventions initiated in the early weeks of pregnancy have been found to reduce GDM risk among women with multiple GDM risk factors, whereas negligible benefits have been reported among those with a single risk factor, such as being overweight or obesity. Identifying such women who may benefit from early interventions may facilitate personalized care planning.

In this Special Issue, we focus on high-quality studies that have examined the benefits of nutrition and lifestyle interventions for preventing and managing GDM detected in early and late gestation.

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Guest Editors



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Special Issue



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