

## Knowledge of Gestational Diabetes Mellitus Among Pregnant Women in a Tertiary Hospital in Marawi City Lanao Del Sur

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**Abstract :** Gestational diabetes mellitus (GDM) is a common pregnancy complication that can have detrimental effects on both the mother and the baby. In the Philippines, addressing GDM is not just about managing pregnancy-related conditions; it's a strategic opportunity for preventing the rising prevalence of diabetes and improving long-term health outcomes for women and their families. Here, this study aimed to assess the current level of knowledge regarding GDM among pregnant women in a tertiary hospital in Lanao del Sur. This study also aimed to increase awareness and understanding of GDM, and recognition of the knowledge gap will help develop targeted health education and intervention strategies. After obtaining informed consent from the study subjects, a 15-item tool was used to measure GDM knowledge among pregnant patients aged at least 16 years in a tertiary hospital in Lanao del Sur. In this current study, the total number of participants was 558, where GDM knowledge was inadequate or poor among more than half of the women, 383 (68.6%), versus good or adequate knowledge status among 175 (31.3%). The mean score for adequate knowledge is 11.1 and SD +/- 1.7, while the mean score for inadequate knowledge is 3.9 +/- SD 2.6. Most participants were university or college graduates (n=260, 46.6%) and identified themselves as housewives (n=488, 87.5%). In addition, the majority of the participants have a family working in the medical field (67.90%), have a family history of diabetes (43.50%), and healthcare providers were quoted as a source of Gestational Diabetes Mellitus information by 43.5% of the women. Statistically significant associations were noted between knowledge about GDM and educational status, job type, respondents with family members working in the medical field, and family history of diabetes. Similarly, individuals who have tested their blood sugar before demonstrated higher mean knowledge scores ( $7.3 \pm 4.1$ ) than those who have not ( $5.3 \pm 3.9$ ), showing a significant association. Findings highlight the necessity of therapeutic education practices for expectant mothers. They must understand how to effectively manage their pregnancy and cultivate the proper mentality and habits for preventing GDM. Last but not least, doctors and other healthcare professionals require education and orientation because they play a significant role in raising awareness among expectant mothers.

**Keywords :** knowledge, gestational diabetes mellitus, public health, awareness

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