



Daughters and Mothers Stopping Gestational Diabetes Mellitus



Are you an American Indian or Alaska Native female between the ages of 12 and 24?

Do you have a mother, auntie, or grandmother to participate with?

If you answered “Yes” to both of these questions, then we need your help!

We are interested in helping American Indian and Alaska Native girls (ages 12 - 24) learn more about eating healthy and making exercise easier that could lead to healthy weight and lowering the chances of getting gestational diabetes (diabetes during pregnancy).

Your mother (caregiver) will also be asked to help you during the study. You have the power to stop diabetes in your family!

If you decide to participate, you will:

- Assessment procedure involves collecting clinical samples
- Watch a video on healthy lifestyles & stopping gestational diabetes
- Answer a variety of questions on a computer (that we'll provide for your use) about the video and your health
- Read a booklet on healthy lifestyles & stopping gestational diabetes
- Be compensated for your time with gift cards in the amount of \$110 for the youth and adult each, after meeting three different times over 9 months from enrollment

Contact me to schedule an assessment! 503.750.7914 or ichandra@pdx.edu



To learn more or to participate in our study, please contact Chandra Wilson, ichandra@pdx.edu, or 503.750.7914 and leave a message (or tex) with your name and number. A study team member will get back to you to further discuss the study.

