

Northern Territory Diabetes in Pregnancy (NT DIP) Key Findings Reports (2019) & (2011- 2019)

The Northern Territory Diabetes in Pregnancy Clinical Register (NT DIP Clinical Register) commenced in 2011. The Summary of Key Findings Reports are provided annually and provide calendar year and cumulative data (2011-2019) for Central Australia, Top End and the whole of the NT.

Maternal characteristics in Central Australia

As of 31 December 2019 there were 2,737 women on the NT DIP Clinical Register.

In 2019, 458 women gave birth to 468 children. Of these, 123 mothers and 124 babies were from Central Australia.

In Central Australia, 78% of the women listed on the register identified as Aboriginal and/or Torres Strait Islander women.

Mother's diabetes type in Central Australia

- Of all the women with any type of diabetes in pregnancy, among Aboriginal and/or Torres Strait Islander women, 31% had type 2 diabetes and 69% had gestational diabetes;
- Of all the women with any types of diabetes in pregnancy, among non-Indigenous women, 96% had gestational diabetes (GDM) and 1 woman had type 1 diabetes.

Prenatal care in Central Australia

- 47% of Aboriginal and Torres Strait Islander women and 86% of non-Indigenous mothers had an ultrasound before or at 13 weeks of pregnancy.
- Aboriginal and Torres Strait Islander women with type 2 diabetes had an average HbA1c of 8.0%, undertaken at a median gestation of 9.8 weeks. This result is higher than recommended for women with type 2 diabetes who are planning a pregnancy (ideally HbA1c less than 6.5% pre-pregnancy).

Central Australian Birth outcomes in 2019

- Approximately 40% of babies born to mothers with type 2 diabetes were considered large for gestational age (LGA) and were born at an average of 36.8 weeks gestation. 15% of babies born to mothers with GDM were LGA and born at 38.5 weeks gestation. This is similar to the cumulative report (2011- 2019) which found 41% of mothers with type 2 had a baby considered LGA, born on average at 36.9 weeks. And 19% of mothers with GDM had an LGA baby born at 38.5 weeks gestation.
- 67% of women with type 2 diabetes had a caesarean section and 44% of women with GDM had a caesarean section. This is very similar to the cumulative report for Central Australia (2011-2019) where 66% of women with type 2 diabetes had caesarean sections and 42% of women with GDM had caesarean sections.
- Babies of mothers with type 2 diabetes were more likely to have major congenital anomalies (3%) compared to 1% of babies born to women with GDM.

These findings highlight the importance of continuing opportunistic preconception health checks and support for women with type 2 diabetes to achieve a healthy lifestyle and optimal blood glucose levels prior to pregnancy to help reduce risk.