

International Summit on **HORMONAL DISORDERS**

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**Are dietary practices associated with glycemic control and risk of gestational diabetes mellitus in Gaza Strip?, Palestine: A case control study****Manal J. Bakri***Al Azhar University of Gaza, Palestine*

**Background:** This study was conducted to determine the major dietary patterns and their association with glycemic control and risk of gestational diabetes mellitus (GDM) in Gaza Strip, Palestine.

**Method:** This is a case control study was conducted in the primary healthcare centers, in the year 2021, among 210 pregnant women, aged 20-40 years (70 cases and 140 controls matched for age and geographical location), selected by a purposive sampling method. Dietary patterns were evaluated using a validated semi-quantitative food frequency questionnaire. The international physical activity questionnaire was used to measure physical activity level. Additional information regarding demographic-socioeconomic and medical history variables was obtained with an interview-based questionnaire. The WHO criteria was used for diagnosis and determination of GDM. Additionally, the HbA1c was used as a marker of glycemic control. Statistical analysis was performed using SPSS version 22.

**Results:** Two major dietary patterns were identified by factor analysis: Healthy dietary pattern and unhealthy dietary pattern. After adjustment for confounding variables, women in the lowest tertile of the healthy dietary pattern had a lower odds for GDM or poor glycemic control [OR, CI 95%: 0.730 (0.596-.895); P-value 0.002]; whereas women in the lowest tertile of the unhealthy dietary pattern had a higher odds for GDM or poor glycemic control [OR, CI 95%: 3.41 (0.033-0.154); P-value 0.003].

**Conclusion:** The healthy dietary pattern may be associated with a lower risk of GDM or poor glycemic control; whereas the unhealthy dietary pattern may be associated with a high risk of GDM or poor glycemic control.

**Biography**

I am Manal from Palestine. Bachelor degree in Pharmacy, Master degree of Clinical Nutrition, Faculty of Pharmacy, Al Azhar University of Gaza, Palestine. Throughout my career I have held positions ( in IOCC as Community Health Field Coordinator , in ACF Spain as Health Educator (Emergency preparation), in the culture and Free Thought Association (CFTA) in cooperation with CCP- Japan and UNFPA as Health Educator; Coordinator for health promotional events also in ANERA I worked as a Health Awareness Trainer (Nutrition) and in Al. Aqsa Charitable Clinic as a Head Manager of Pharmacy). I have many courses dealing with management, promotion and marketing skills as well I have good command of English, Arabic and French languages (both written and spoken) & computer skills (word, excel, PowerPoint, statistics software...). I recognize personality, presentation, professionalism and good communication skills are critical to the long-term success . These integral strengths are the standards that I consistently have embraced during my career, and are just one reason I would be a true asset to my team and the community.