References

[1] Maternal-Fetal Medicine Committee, Chinese Society of Obstetrics and Gynecology, Chinese Medical Association; Group of Pregnancy with Diabetes Mellitus, Chinese Society of Perinatal Medicine, Chinese Medical Association. Recommended Guidelines for Clinical Diagnosis and Treatment of Gestational Diabetes mellitus (draft)(in Chinese).Chin J Obstet Gynecol 2007;42(6):426-428. doi: 10.3760/j.issn:0529-567x.2007.06.019.

[2]Maternal-Fetal Medicine Committee, Chinese Society of Obstetrics and Gynecology, Chinese Medical Association; Group of Pregnancy with Diabetes Mellitus, Chinese Society of Perinatal Medicine, Chinese Medical Association. Diagnosis and therapy guideline of pregnancy with diabetes mellitus(in Chinese).Chin J Obstet Gynecol 2014; 49(8):561-569. doi: [10.3760/cma.j.issn.0529-567x.2014.08.001](http://dx.doi.org/10.3760/cma.j.issn.0529-567x.2014.08.001" \t "https://rs.yiigle.com/CN112141202201/_blank).

[3]American Diabetes Association. 14. Management of Diabetes in Pregnancy: Standards of Medical Care in Diabetes-2021. Diabetes Care 2021;44(Suppl 1):S200-S210. doi:10.2337/dc21-S014.

[4]Wei Y, Yang H. Perspectives on diagnostic strategies for hyperglycemia in pregnancy - dealing with the barriers and challenges in China. Diabetes Res Clin Pract 2018;145:84-87. doi:10.1016/j.diabres.2018.04.005.

[5]American Diabetes Association. 14. Management of Diabetes in Pregnancy: Standards of Medical Care in Diabetes-2020. Diabetes Care 2020;43(Suppl 1):S183-S192. doi:10.2337/dc20-S014.

[6]American Diabetes Association. 2. Classification and Diagnosis of Diabetes: Standards of Medical Care in Diabetes-2020. Diabetes Care 2020;43(Suppl 1):S14-S31. doi:10.2337/dc20-S002.

[7]Zhu WW, Fan L, Yang HX, et al. Fasting plasma glucose at 24-28 weeks to screen for gestational diabetes mellitus: new evidence from China. Diabetes Care 2013;36(7):2038-2040. doi:10.2337/dc12-2465.

[8]Wei YM, Liu XY, Shou C, et al. Value of fasting plasma glucose to screen gestational diabetes mellitus before the 24th gestational week in women with different pre-pregnancy body mass index. Chin Med J (Engl) 2019;132(8):883-888. doi:10.1097/CM9.0000000000000158.

[9]International Association of Diabetes and Pregnancy Study Groups Consensus Panel, Metzger BE, Gabbe SG, et al. International association of diabetes and pregnancy study groups recommendations on the diagnosis and classification of hyperglycemia in pregnancy. Diabetes Care 2010;33(3):676-682. doi:10.2337/dc09-1848.

[10]Wei Y, Yang H, Zhu W, et al. International Association of Diabetes and Pregnancy Study Group criteria is suitable for gestational diabetes mellitus diagnosis: further evidence from China. Chin Med J (Engl) 2014;127(20):3553-3556.

[11]Ministry of Health of the People's Republic of China.WS331 Diagnosis criteria for gestational diabetes mellitus(in Chinese). Beijing:National Health Commission of the People’s Republic of China,2011.

[12]Hod M, Kapur A, Sacks DA, et al. The International Federation of Gynecology and Obstetrics (FIGO) Initiative on gestational diabetes mellitus: A pragmatic guide for diagnosis, management, and care. Int J Gynaecol Obstet 2015;131 Suppl 3:S173-S211. doi:10.1016/S0020-7292(15)30033-3.

[13]Wei Y, Zhang Q, Juan J, et al. Is it suitable for DM diagnosis using an abnormal two-hour glucose value only after 24th gestational weeks in China. J Matern Fetal Neonatal Med 2022;35(6):1075-1080. doi:10.1080/14767058.2020.1742690.

[14]Charron-Prochownik D, Sereika SM, Becker D, et al. Long-term effects of the booster-enhanced READY-Girls preconception counseling program on intentions and behaviors for family planning in teens with diabetes. Diabetes Care 2013;36(12):3870-3874. doi:10.2337/dc13-0355.

[15]Peterson C, Grosse SD, Li R, et al. Preventable health and cost burden of adverse birth outcomes associated with pregestational diabetes in the United States. Am J Obstet Gynecol 2015;212(1):74.e1-74.e749. doi:10.1016/j.ajog.2014.09.009.

[16]ACOG Committee Opinion No. 762: Prepregnancy Counseling. Obstet Gynecol 2019;133(1):e78-e89. doi:10.1097/AOG.0000000000003013.

[17]Ramos DE. Preconception Health: Changing the Paradigm on Well-woman Health. Obstet Gynecol Clin North Am 2019;46(3):399-408. doi:10.1016/j.ogc.2019.04.001.

[18]Qian F, Liu G, Hu FB, et al. Association Between Plant-Based Dietary Patterns and Risk of Type 2 Diabetes: A Systematic Review and Meta-analysis. JAMA Intern Med 2019;179(10):1335-1344. doi:10.1001/jamainternmed.2019.2195.

[19]Ley SH, Hamdy O, Mohan V, Hu FB. Prevention and management of type 2 diabetes: dietary components and nutritional strategies. Lancet 2014;383(9933):1999-2007. doi:10.1016/S0140-6736(14)60613-9.

[20]Jacobs S, Harmon BE, Boushey CJ, et al. A priori-defined diet quality indexes and risk of type 2 diabetes: the Multiethnic Cohort. Diabetologia 2015;58(1):98-112. doi:10.1007/s00125-014-3404-8.

[21]Chiuve SE, Fung TT, Rimm EB, et al. Alternative dietary indices both strongly predict risk of chronic disease. J Nutr 2012;142(6):1009-1018. doi:10.3945/jn.111.157222.

[22]Schwingshackl L, Bogensberger B, Hoffmann G. Diet Quality as Assessed by the Healthy Eating Index, Alternate Healthy Eating Index, Dietary Approaches to Stop Hypertension Score, and Health Outcomes: An Updated Systematic Review and Meta-Analysis of Cohort Studies. J Acad Nutr Diet 2018;118(1):74-100.e11. doi:10.1016/j.jand.2017.08.024.

[23]Knowler WC, Barrett-Connor E, Fowler SE, et al. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. N Engl J Med 2002;346(6):393-403. doi:10.1056/NEJMoa012512.

[24]Guerin A, Nisenbaum R, Ray JG. Use of maternal GHb concentration to estimate the risk of congenital anomalies in the offspring of women with prepregnancy diabetes. Diabetes Care 2007;30(7):1920-1925. doi:10.2337/dc07-0278.

[25]Jensen DM, Korsholm L, Ovesen P, et al. Peri-conceptional A1C and risk of serious adverse pregnancy outcome in 933 women with type 1 diabetes. Diabetes Care 2009;32(6):1046-1048. doi:10.2337/dc08-2061.

[26]Nielsen GL, Møller M, Sørensen HT. HbA1c in early diabetic pregnancy and pregnancy outcomes: a Danish population-based cohort study of 573 pregnancies in women with type 1 diabetes. Diabetes Care 2006;29(12):2612-2616. doi:10.2337/dc06-0914.

[27]Suhonen L, Hiilesmaa V, Teramo K. Glycaemic control during early pregnancy and fetal malformations in women with type I diabetes mellitus. Diabetologia 2000;43(1):79-82. doi:10.1007/s001250050010.

[28]Bullo M, Tschumi S, Bucher BS, et al. Pregnancy outcome following exposure to angiotensin-converting enzyme inhibitors or angiotensin receptor antagonists: a systematic review. Hypertension 2012;60(2):444-450. doi:10.1161/HYPERTENSIONAHA.112.196352.

[29]Taguchi N, Rubin ET, Hosokawa A, et al. Prenatal exposure to HMG-CoA reductase inhibitors: effects on fetal and neonatal outcomes. Reprod Toxicol 2008;26(2):175-177. doi:10.1016/j.reprotox.2008.06.009.

[30]Bateman BT, Hernandez-Diaz S, Fischer MA, et al. Statins and congenital malformations: cohort study. BMJ 2015;350:h1035. Published 2015 Mar 17. doi:10.1136/bmj.h1035.

[31]Alexander EK, Pearce EN, Brent GA, et al. 2017 Guidelines of the American Thyroid Association for the Diagnosis and Management of Thyroid Disease During Pregnancy and the Postpartum [published correction appears in Thyroid. 2017 Sep;27(9):1212]. Thyroid 2017;27(3):315-389. doi:10.1089/thy.2016.0457.

[32]Roberge S, Bujold E, Nicolaides KH. Aspirin for the prevention of preterm and term preeclampsia: systematic review and metaanalysis. Am J Obstet Gynecol 2018;218(3):287-293.e1. doi:10.1016/j.ajog.2017.11.561.

[33]Rolnik DL, Wright D, Poon LC, et al. Aspirin versus Placebo in Pregnancies at High Risk for Preterm Preeclampsia. N Engl J Med 2017;377(7):613-622. doi:10.1056/NEJMoa1704559.

[34]Hoffman MK, Goudar SS, Kodkany BS, et al. Low-dose aspirin for the prevention of preterm delivery in nulliparous women with a singleton pregnancy (ASPIRIN): a randomised, double-blind, placebo-controlled trial [published correction appears in Lancet. 2020 Mar 21;395(10228):e53]. Lancet 2020;395(10220):285-293. doi:10.1016/S0140-6736(19)32973-3.

[35]Nathan DM, Cleary PA, Backlund JY, et al. Intensive diabetes treatment and cardiovascular disease in patients with type 1 diabetes. N Engl J Med 2005;353(25):2643-2653. doi:10.1056/NEJMoa052187.

[36]Tesfaye S, Chaturvedi N, Eaton SE, et al. Vascular risk factors and diabetic neuropathy. N Engl J Med 2005;352(4):341-350. doi:10.1056/NEJMoa032782.

[37]Howarth C, Gazis A, James D. Associations of Type 1 diabetes mellitus, maternal vascular disease and complications of pregnancy. Diabet Med 2007;24(11):1229-1234. doi:10.1111/j.1464-5491.2007.02254.x.

[38]Miodovnik M, Rosenn BM, Khoury JC, Grigsby JL, Siddiqi TA. Does pregnancy increase the risk for development and progression of diabetic nephropathy?. Am J Obstet Gynecol 1996;174(4):1180-1191. doi:10.1016/s0002-9378(96)70660-9.

[39]Gordon M, Landon MB, Samuels P, et al. Perinatal outcome and long-term follow-up associated with modern management of diabetic nephropathy. Obstet Gynecol 1996;87(3):401-409. doi:10.1016/0029-7844(95)00420-3.

[40]Kleinwechter H, Schäfer-Graf U, Bührer C, et al. Gestational diabetes mellitus (GDM) diagnosis, therapy and follow-up care: Practice Guideline of the German Diabetes Association(DDG) and the German Association for Gynaecologyand Obstetrics (DGGG). Exp Clin Endocrinol Diabetes 2014;122(7):395-405. doi:10.1055/s-0034-1366412.

[41]International Diabetes Federation Clinical Guidelines Task Force. Global Guideline on Pregnancy and Diabetes. Brussels: International Diabetes Federation, 2009[2021-09-17]. Available at: https://www.researchgate.net/publication/210254837\_Global\_Guideline\_on\_Pregnancy\_and\_Diabetes.

[42]Kleinwechter H, Schäfer-Graf U, Bührer C, et al. Gestational diabetes mellitus (GDM) diagnosis, therapy and follow-up care: Practice Guideline of the German Diabetes Association(DDG) and the German Association for Gynaecologyand Obstetrics (DGGG). Exp Clin Endocrinol Diabetes 2014;122(7):395-405. doi:10.1055/s-0034-1366412.

[43]Yang HX.Practical handbook on gestational diabetes mellitus(in Chinese).2nd eds.Beijing:[People's Medical Publishing House](D:/program%20files/Youdao/Dict/9.1.2.0/resultui/html/index.html" \l "/javascript:;). 2018:69-83.

[44]Maternal and Child Nutrition Branch of Chinese Nutrition Society. Dietary Guidelines for Women and Children in China(2016)(in Chinese). Beijing:[People's Medical Publishing House](D:/program%20files/Youdao/Dict/9.1.2.0/resultui/html/index.html" \l "/javascript:;). 2016:13-36.

[45]Duarte-Gardea MO, Gonzales-Pacheco DM, Reader DM, et al. Academy of Nutrition and Dietetics Gestational Diabetes Evidence-Based Nutrition Practice Guideline. J Acad Nutr Diet 2018;118(9):1719-1742. doi:10.1016/j.jand.2018.03.014.

[46]Hanson MA, Bardsley A, De-Regil LM, et al. The International Federation of Gynecology and Obstetrics (FIGO) recommendations on adolescent, preconception, and maternal nutrition: "Think Nutrition First". Int J Gynaecol Obstet 2015;131 Suppl 4:S213-S253. doi:10.1016/S0020-7292(15)30034-5.

[47]Diabetes Canada Clinical Practice Guidelines Expert Committee, Feig DS, Berger H, et al. Diabetes and Pregnancy [published correction appears in Can J Diabetes. 2018 Jun;42(3):337]. Can J Diabetes 2018;42 Suppl 1:S255-S282. doi:10.1016/j.jcjd.2017.10.038.

[48]ACOG Practice Bulletin No. 190: Gestational Diabetes Mellitus. Obstet Gynecol 2018;131(2):e49-e64. doi:10.1097/AOG.0000000000002501.

[49]Viana LV, Gross JL, Azevedo MJ. Dietary intervention in patients with gestational diabetes mellitus: a systematic review and meta-analysis of randomized clinical trials on maternal and newborn outcomes. Diabetes Care 2014;37(12):3345-3355. doi:10.2337/dc14-1530.

[50]Wei J, Heng W, Gao J. Effects of Low Glycemic Index Diets on Gestational Diabetes Mellitus: A Meta-Analysis of Randomized Controlled Clinical Trials. Medicine (Baltimore) 2016;95(22):e3792. doi:10.1097/MD.0000000000003792.

[51]Jin S, Sha L, Dong J, et al. Effects of Nutritional Strategies on Glucose Homeostasis in Gestational Diabetes Mellitus: A Systematic Review and Network Meta-Analysis. J Diabetes Res 2020;2020:6062478. Published 2020 Feb 23. doi:10.1155/2020/6062478.

[52]Li M, Li S, Chavarro JE, et al. Prepregnancy Habitual Intakes of Total, Supplemental, and Food Folate and Risk of Gestational Diabetes Mellitus: A Prospective Cohort Study. Diabetes Care 2019;42(6):1034-1041. doi:10.2337/dc18-2198.

[53]Zhang Q, Cheng Y, He M, Li T, Ma Z, Cheng H. Effect of various doses of vitamin D supplementation on pregnant women with gestational diabetes mellitus: A randomized controlled trial. Exp Ther Med 2016;12(3):1889-1895. doi:10.3892/etm.2016.3515.

[54]Akbari M, Moosazaheh M, Lankarani KB, et al. The Effects of Vitamin D Supplementation on Glucose Metabolism and Lipid Profiles in Patients with Gestational Diabetes: A Systematic Review and Meta-Analysis of Randomized Controlled Trials [published correction appears in Horm Metab Res. 2017 Sep;49(9):e3]. Horm Metab Res 2017;49(9):647-653. doi:10.1055/s-0043-115225.

[55]Chinese Nutrition Society.T/CNSS 009-2021Pregnancy weight monitoring and evaluation in Chinese women(in Chinese).Beijing:Chinese Nutrition Society,2021.

[56]Dempsey JC, Butler CL, Sorensen TK, et al. A case-control study of maternal recreational physical activity and risk of gestational diabetes mellitus. Diabetes Res Clin Pract 2004;66(2):203-215. doi:10.1016/j.diabres.2004.03.010.

[57]Wang C, Wei Y, Zhang X, et al. Effect of Regular Exercise Commenced in Early Pregnancy on the Incidence of Gestational Diabetes Mellitus in Overweight and Obese Pregnant Women: A Randomized Controlled Trial. Diabetes Care 2016;39(10):e163-e164. doi:10.2337/dc16-1320.

[58]Wang C, Wei Y, Zhang X, et al. A randomized clinical trial of exercise during pregnancy to prevent gestational diabetes mellitus and improve pregnancy outcome in overweight and obese pregnant women. Am J Obstet Gynecol 2017;216(4):340-351. doi:10.1016/j.ajog.2017.01.037.

[59]Ming WK, Ding W, Zhang CJP, et al. The effect of exercise during pregnancy on gestational diabetes mellitus in normal-weight women: a systematic review and meta-analysis. BMC Pregnancy Childbirth 2018;18(1):440. Published 2018 Nov 12. doi:10.1186/s12884-018-2068-7.

[60]de Barros MC, Lopes MA, Francisco RP, et al. Resistance exercise and glycemic control in women with gestational diabetes mellitus. Am J Obstet Gynecol 2010;203(6):556.e1-556.e5566. doi:10.1016/j.ajog.2010.07.015.

[61]Brankston GN, Mitchell BF, Ryan EA, Okun NB. Resistance exercise decreases the need for insulin in overweight women with gestational diabetes mellitus. Am J Obstet Gynecol 2004;190(1):188-193. doi:10.1016/s0002-9378(03)00951-7.

[62]ACOG Committee Opinion No. 650: Physical Activity and Exercise During Pregnancy and the Postpartum Period. Obstet Gynecol. 2015;126(6):e135-e142. doi:10.1097/AOG.0000000000001214.

[63]Mottola MF, Davenport MH, Ruchat SM, et al. 2019 Canadian guideline for physical activity throughout pregnancy. Br J Sports Med 2018;52(21):1339-1346. doi:10.1136/bjsports-2018-100056.

[64]Singh R, Pattisapu A, Emery MS. US Physical Activity Guidelines: Current state, impact and future directions. Trends Cardiovasc Med 2020;30(7):407-412. doi:10.1016/j.tcm.2019.10.002.

[65]Evenson KR, Barakat R, Brown WJ, et al. Guidelines for Physical Activity during Pregnancy: Comparisons From Around the World. Am J Lifestyle Med 2014;8(2):102-121. doi:10.1177/1559827613498204.

[66]Savvaki D, Taousani E, Goulis DG, et al. Guidelines for exercise during normal pregnancy and gestational diabetes: a review of international recommendations. Hormones (Athens) 2018;17(4):521-529. doi:10.1007/s42000-018-0085-6.

[67]Colberg SR, Castorino K, Jovanovič L. Prescribing physical activity to prevent and manage gestational diabetes. World J Diabetes 2013;4(6):256-262. doi:10.4239/wjd.v4.i6.256.

[68]Davenport MH, Meah VL, Ruchat SM, et al. Impact of prenatal exercise on neonatal and childhood outcomes: a systematic review and meta-analysis. Br J Sports Med 2018;52(21):1386-1396. doi:10.1136/bjsports-2018-099836.

[69]Rowan JA, Hague WM, Gao W, et al. Metformin versus insulin for the treatment of gestational diabetes [published correction appears in N Engl J Med. 2008 Jul 3;359(1):106]. N Engl J Med 2008;358(19):2003-2015. doi:10.1056/NEJMoa0707193.

[70]Li G, Zhao S, Cui S, Li L, Xu Y, Li Y. Effect comparison of metformin with insulin treatment for gestational diabetes: a meta-analysis based on RCTs. Arch Gynecol Obstet 2015;292(1):111-120. doi:10.1007/s00404-014-3566-0.

[71]Balsells M, García-Patterson A, Solà I, Roqué M, Gich I, Corcoy R. Glibenclamide, metformin, and insulin for the treatment of gestational diabetes: a systematic review and meta-analysis. BMJ 2015;350:h102. Published 2015 Jan 21. doi:10.1136/bmj.h102.

[72]Gui J, Liu Q, Feng L. Metformin vs insulin in the management of gestational diabetes: a meta-analysis. PLoS One 2013;8(5):e64585. Published 2013 May 27. doi:10.1371/journal.pone.0064585.

[73]Su DF, Wang XY. Metformin vs insulin in the management of gestational diabetes: a systematic review and meta-analysis. Diabetes Res Clin Pract 2014;104(3):353-357. doi:10.1016/j.diabres.2013.12.056.

[74]Dhulkotia JS, Ola B, Fraser R, Farrell T. Oral hypoglycemic agents vs insulin in management of gestational diabetes: a systematic review and metaanalysis. Am J Obstet Gynecol 2010;203(5):457.e1-457.e4579. doi:10.1016/j.ajog.2010.06.044.

[75]Jiang YF, Chen XY, Ding T, et al. Comparative efficacy and safety of OADs in management of GDM: network meta-analysis of randomized controlled trials. J Clin Endocrinol Metab 2015;100(5):2071-2080. doi:10.1210/jc.2014-4403.

[76]Kitwitee P, Limwattananon S, Limwattananon C, et al. Metformin for the treatment of gestational diabetes: An updated meta-analysis. Diabetes Res Clin Pract 2015;109(3):521-532. doi:10.1016/j.diabres.2015.05.017.

[77]Mesdaghinia E, Samimi M, Homaei Z, et al. Comparison of newborn outcomes in women with gestational diabetes mellitus treated with metformin or insulin: a randomised blinded trial. Int J Prev Med 2013;4(3):327-333.

[78]Rowan JA, Rush EC, Obolonkin V, et al. Metformin in gestational diabetes: the offspring follow-up (MiG TOFU): body composition at 2 years of age. Diabetes Care 2011;34(10):2279-2284. doi:10.2337/dc11-0660.

[79]Rowan JA, Rush EC, Plank LD, et al. Metformin in gestational diabetes: the offspring follow-up (MiG TOFU): body composition and metabolic outcomes at 7-9 years of age. BMJ Open Diabetes Res Care 2018;6(1):e000456. Published 2018 Apr 13. doi:10.1136/bmjdrc-2017-000456.

[80]Ijäs H, Vääräsmäki M, Saarela T, et al. A follow-up of a randomised study of metformin and insulin in gestational diabetes mellitus: growth and development of the children at the age of 18 months. BJOG. 2015;122(7):994-1000. doi:10.1111/1471-0528.12964.

[81]Tertti K, Toppari J, Virtanen HE, Sadov S, Rönnemaa T. Metformin Treatment Does Not Affect Testicular Size in Offspring Born to Mothers with Gestational Diabetes. Rev Diabet Stud. 2016;13(1):59-65. doi:10.1900/RDS.2016.13.59.

[82]Mu YM, Ji LN, Ning G, et al. Chinese Experts Consensus Statement on Metformin in the Clinical Practice: 2018 Updated(in Chinese). Drug Evaluation 2019;16(5):3-15. doi: [10.3969/j.issn.1672-2809.2019.05.001](http://dx.doi.org/10.3969/j.issn.1672-2809.2019.05.001" \t "https://rs.yiigle.com/CN112141202201/_blank).