



SGDM

**Stopping Gestational Diabetes
in Daughters + Mothers**

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

Do you have a mother, auntie or grandmother?

If you answered “Yes” to both of these questions, then we need your help! A team of researchers at the Saint Regis Mohawk Tribe’s Let’s Get Healthy Program is interested in helping American Indian and Alaska Native girls (age 12-24) learn more about eating healthy and making exercise easier that could lead to healthy weight (weight loss) and lowering the chances of getting gestational diabetes (diabetes during pregnancy). Your mother 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:

- Answer a variety of questions on a computer
- Watch a video about healthy lifestyles & stopping diabetes
- Read a booklet about healthy lifestyle & stopping diabetes
- Receive resources from your community
- Be compensated for your time with gift cards
- Develop a health team with the clinic nurse and your mom

To learn more or to participate in our study, please call The SRMT Let’s Get Healthy Program at (518) 358-9667 and leave a message with your name and phone number. A study team member will call you back to further discuss the study.

