

MEDIA RELEASE

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Nationwide shift in gestational diabetes diagnosis: new recommendations aim to focus care where it's needed most

Changes to the diagnosis of gestational diabetes mellitus (GDM) have been outlined in new recommendations released today by the Australasian Diabetes in Pregnancy Society (ADIPS).

Published in the [Medical Journal of Australia](#), the updated recommendations include higher glucose thresholds for GDM diagnosis along with clear guidance for early pregnancy screening for women with risk factors for diabetes in pregnancy. The new guidance from ADIPS will impact how GDM screening is offered to more than [280,000 pregnant women](#) across Australia each year.

GDM is diagnosed when blood sugar levels exceed a certain limit. The updated thresholds will lead to fewer GDM diagnoses among women at lower risk of complications. Endocrinologist and President of ADIPS, Dr Matthew Hare said the changes will help focus diabetes care and support towards the women and babies who will benefit most.

The first update in more than a decade, these recommendations come after a thorough review of the latest evidence and extensive consultation with health professionals and women with lived experience. For the first time, key relevant peak bodies representing general practitioners, obstetricians, midwives, diabetes clinicians and pathologists have united in support of the recommendations. Dr Hare said, "Health professionals and consumers have been calling for consistency and clarity in how GDM is diagnosed for some time. These new consensus recommendations are an important step forward."

GDM is one of the most common medical complications of pregnancy. As rates of diabetes and obesity continue to rise globally, [nearly one-in-five pregnancies](#) are affected by GDM. Routine screening is recommended for all pregnant women because treatment is [proven to significantly reduce the risk of adverse pregnancy outcomes](#). Women with GDM are at least [seven-times more likely](#) to develop type 2 diabetes later in life. Dr Hare emphasised, "Routine screening for GDM remains crucial – it supports healthy pregnancies and it identifies women who could benefit from long-term diabetes prevention programs."

With implementation rolling out in Australian hospitals and primary care over the coming months, Dr Hare said, "Pregnant women are encouraged to speak with their antenatal care team to understand what the changes mean for them and ensure their care remains tailored to individual needs."

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Australasian Diabetes in Pregnancy Society

About ADIPS

The Australasian Diabetes in Pregnancy Society (ADIPS) is a member-based organisation of multidisciplinary health professionals committed to advancing care and improving outcomes for women living with diabetes and their children. ADIPS is the leading national voice for health professionals working in the field of diabetes and pregnancy.

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Additional information

Dr Matthew Hare, ADIPS President, is available for comment.

Support with obtaining consumer comments, photos or B-roll footage is available.