

光明区妊娠期糖尿病患病情况及危险因素研究

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【摘要】目的: 研究分析光明区妊娠期糖尿病患病情况及危险因素。方法: 从我院门诊随机抽取妊娠期妇女 652 例, 在 24-28 周行 OGTT, 根据 OGTT 结果诊断为妊娠期糖尿病患者 135 例, 采用问卷调查及多因子 Logistic 回归分析方法, 对患者 GDM 患病情况及危险因素进行调查分析。结果: 我院 GDM 患病率 20.71%。135 例患者中年龄在 35 岁以上的居多 (80%), 无糖尿病家族史占比 87.4%, 产检次数 4-10 次 (72.6%), 还有孕期增重超过 12.5kg (61.5%), 孕前 BM 超过 24kg/m² 的占比 56.3%, 对 GDM 认知了解程度为一般 (57.8%), 患者间生育间隔小于 3 年的占比 48.1%, 其次间隔为超过五年 (34.8%)。对妊娠期糖尿病影响因素的分析, 在 Logistic 回归分析中, 年龄、孕期增重、孕前 BMI、产检次数为危险因素 (P<0.05)。结论: 年龄、产检次数、孕前 BMI、孕期增重等是影响 GDM 发生的独立危险因素, 医院还需要采取更有效的健康教育方法, 加强对育龄女性的健康认识, 切实减少 GDM 等孕期健康问题。

【关键词】: 光明区; 妊娠期糖尿病; 患病情况

Prevalence and Risk Factors of Gestational Diabetes Mellitus in Guangming District

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Abstract: Objective: To study and analyze the prevalence and risk factors of gestational diabetes mellitus (GDM) in Guangming area. Methods: A total of 652 pregnant women were randomly selected from the outpatient department of our hospital, and OGTT was performed at 24-28 weeks. According to the OGTT results, 135 patients were diagnosed as GDM. Results: The prevalence of GDM in our hospital was 20.71%. Most of the 135 patients were over 35 years old (80%), had no family history of diabetes (87.4%), had 4-10 times of prenatal examination (72.6%), had a gestational weight gain of more than 12.5kg (61.5%), and had a pre-pregnancy BM of more than 24kg/m² (56.3%). The degree of understanding of GDM was general (57.8%). 48.1% of the patients had an interval of less than 3 years, followed by an interval of more than 5 years (34.8%). For the analysis of the influencing factors of GDM, age, gestational weight gain, pre-pregnancy BMI and the number of prenatal examinations were risk factors in Logistic regression analysis (P < 0.05). Conclusions: Age, frequency of prenatal examination, pre-pregnancy BMI and gestational weight gain are independent risk factors for the occurrence of GDM. Hospitals also need to take more effective health education methods to strengthen the health awareness of women of childbearing age and effectively reduce GDM and other health problems during pregnancy.

Keywords: Bright area; Gestational diabetes mellitus; Prevalence

椒妻婚σ她♀侵替信刺伉婚σ† (6)咕怒佬怒扇徙她伐♪替
堡↳听伉懿儋伐(口)替周倚周周听! 嫁吟她婚σ抓嘤替kℓ呀†
密信信预俊乔暨GDM噫她♀乔克佬哧侧她(株)捌↑ 伉信唔预俊
乔听亡伉办偈↳ 天替预▷ 恹噪兑替伉办偈唔挽σ♀攏她(1)↑
峇天替预俊乔她噤夔吶噓▼ μℓ墀撵掣丁擦冶她博↳ 脛↳††替
乔剥恹扇她势慰拯促惹三嶰借學←↳-啼↳ 声⊕岫僚巡揀噤夔↑
扁↳ Gh(口)伉挽她信信唔预俊乔♀乔座唯)† 偶伉湊侧她儻
↳↑ 慷↳ 攏罔復啻悒?←撵斃、徑侈偶←↳ 偃叭嬋叹冗僚伶
學俱才纳デ↑

GDM 听信信唔挽唔兑偃她! 兢兢♀失替听! 嫁▷ 恹噪
夫乔替ナ⊕伶听信信天唔预▷ 恹噪兑勒慰□ 匕咕拓伉她預履
扉写兑(2)↑ 信信唔预俊乔nA侈一吹、←採、←≡峻、←、& ←
龔mV嫫蕙寬μℓ失←心攏丰嗚↳ 座←、徑、nm预俊乔←儻伴千

丁攏塵⊕偃嫫岫岫她(株)捌↑ 椒妻↳ 偃叭嬋她信否替撵斃、徑
同扉吳鳴侈偶替信信预俊乔♀乔座† 咕勃† (E)替↳ 听替伉夕
份囊伴匕替做夕份囊伴匕她信信唔预俊乔势慰她ヤ丹堀儿慶
噫咕惹三夕揖她乙啞↑ 咤媿媿† 徙拘做廿吳(口)信信唔预俊乔
势乔刺儿⊕(株)捌伶學替廿吳(口)呱懦々媿她乙倏扉听
8000-100000 ■ 噤替同鹵恹替咤吐傲儻♀懷乙惹三媿媿乙
啞↑

1 资料与方法

1.1 研究对象

| 勃拈掌兮椒咪♀?保信唔信偃 652) 替伉 24-28 log 三
OGTT 替噫鹵 OGTT 家畔伶毗† 信信唔预俊乔势慰 135) 替
↳ 扫预俊乔μℓ兢信信僚刺儿↑ 势慰伉† 估刺替兜优翹斃
暨28.6±4.1噫信↑ 傲勃咕势慰惹三曠预妒話⊕势乔忝冷怫呼↑

劬姑勢魁；嶰悚吗⊕夬芥剝儿唯恹僑写吴寔仵偕刷[⊥]暨P嗽
0.05際替二咕nA唯刺↑

宙夕哈∞暉暨1際整μℓ保信晒預儂夬怵吡哈∞^[3]暉暨2際
偲 24-28 log惹三[☘]唏 75g 帷帜預俊扉揣標暉暨3際睡劇⊕—
兢嫩尧姬剝kℓ刷|| ↑

卵掃哈∞暉暨1際勢咕ナ 劬刺夬芥耐暉暨2際偲夬勢咕
預儂夬耐暉暨3際唏豐慮恍勸預⇐唼▶ 恹巡棟魁↑

1.2 吶噏

| 夬呉(口)(口)拮伉羣寔 | 弇^ℓ勢咕保信晒預儂夬耐魁地
悚吗惹三僥憐替ナ但恹悚吗⇐勢夬剝儿⇐[⊥]六悚吗傑后替テ
憐^ℓ 652) 惹三怱呼↑ 兢忿仵擗⊖做劬姑勢魁惹三做劬ゞ
刻⊕夬芥剝儿 微瑟美她佛呼↑ 局豐侖仵倭 Logistic 少况乙
啞吶噏替做涸中偲、徑 GDM 勢夬座她[⊥]提摺捌仵倭惹三^η
(夬)仵倭^ℓ写乙啞↑

↓ 偲 24-28 log呀三 OGTT 話恹替吹^η 嬉峻唏豐 75 々帷
帜預暨300 罌(ε)嚶際替5 乙扮nm[☘]唏替[☘]唏nm 1 儂呀[⊥] 2 儂
呀替ℓ[☘]控話彌預へ替兌彌預へ[⊥] 5.1mmol/L ⇐0.0mmol/L =
8.5mmol/L↑ 侖旻彌預控話家哱揮[↓] 勃揮[↓] 嗔哈∞替儿影婉
仵[⊥] 保信預儂夬↑

1.3 復僊亡哈

1.3.1 勢魁 GDM 勢夬剝儿乙啞

做勢魁 GDM | 嶰剝儿⊕夬失惹三乙啞↑

1.3.2 保信晒預儂夬(恹)捌仵學家哱乙啞

做夬呉(口) 罐保信晒預儂夬她(恹)捌仵學家[☘]家哱惹三乙
啞↑

1.3.3 保信晒預儂夬勢夬学 Logistic 少况乙啞

做夬呉(口)保信晒預儂夬勢魁她涸中仵學惹三 Logistic 少
况乙啞↑

1.4 寔仵偕刷[⊥] ↑

局豐 SPSS20.0 寔仵恹 • 惹三乙啞佻堦↑ 仵扉悚吗局豐
佻同±哈∞僑暨 $\bar{x} \pm s$ 際宠瑟替寔寔唯恹局豐堦嫩哇咿 t 控標替
仵同悚吗局豐 % 彙妮替寔寔唯恹局豐 x^2 控標替 P 警 0.05 [⊥] 二
咕寔仵偕刷[⊥] ↑

2 结果

2.1 勢魁 GDM 勢夬剝儿

俏彙 1 劬妮替佛呼劬咕保信晒勢魁テ 652) 替ナ | 悦伶
[⊥] 保信晒預儂夬勢魁 135) 暨20.71%際↑ 勃拮 GDM 勢夬座
20.71%↑ 135) 勢魁 | 呉預儂夬俊启kA(恹)唯吼[⊥] 87.4%替
ナ唏[⊥]、控唏同 4-10 唏暨72.6%際暨寔寔偲偲侖慮 12.5kg
暨61.5%際替做 GDM 忒惹^η 微瑟美[⊥] | 嶰暨57.8%際↑

彙 1 勢魁 GDM 勢夬剝儿

		(恹)唯
頡斃	警35 信	27暨20%際

	≥35 信	108暨80%際
偲 BMI	≤24kg/m ²	59暨43.7%際
	嗽24kg/m ²	76暨56.3%際
巨夕	警3000 グ	36暨26.7%際
	3000-5000 グ	57暨42.2%際
	嗽5000 グ	42暨31.1%際
、控唏同	≤3 唏	2暨1.5%際
	4-10 唏	98暨72.6%際
	嗽10 唏	35暨25.9%際
保信唏同	1-2 唏	68暨50.4%際
	≥3 唏	67暨49.6%際
偲偲侈扇	警10kg	22暨16.3%際
	10-12.5kg	30暨22.2%際
	≥12.5kg	83暨61.5%際
預儂夬俊启kA	咕	17暨12.6%際
	呉	118暨87.4%際
GDM 忒惹瑟美	拋兌 ^η 微	30暨22.2%際
	嶰	78暨57.8%際
	1 η 微	27暨20%際
罐罔挽接	警3 頡	65暨48.1%際
	3-5 頡	23暨17.1%際
	≥5 頡	47暨34.8%際

2.2 保信晒預儂夬(恹)捌仵學家哱

俏彙 2 劬妮替做夬呉(口) 罐保信晒預儂夬她仵學惹三乙
啞替做(夬)仵學 | 二咕寔仵偕刷[⊥] 她^ℓ侖× [⊥] 睡^ℓ侖替做[⊥]家
哱惹三乙啞↑ 彙 2 テ惟^ℓ 7 嫁^ℓ侖替兢做[⊥] 她睡^ℓ侖恹へ
吶冒惹三伶呉↑

彙 2 保信晒預儂夬(恹)捌仵學家哱

ℓ侖	恹へ吶冒
頡斃	警35 信=1替≥35 信=2
偲 BMI	≤24kg/m ² =1替嗽24kg/m ² =2
巨夕	警3000 グ=1替000-5000 グ=2替嗽5000 グ=3
偲偲侈扇	警10kg=1替10-12.5kg=2替≥12.5kg=3
、控唏同	≤3 唏=1替4-10 唏=2替嗽10 唏=3

