



*Study of Women and Diabetes Risk
After Gestational Diabetes*

September 2021

To Our SWIFT Study Participants,

We thank you sincerely for your continued contribution to our groundbreaking research on women's health. The study team has published 20 peer-reviewed papers from The Study of Women, Infant Feeding and Type 2 Diabetes after GDM Pregnancy (SWIFT) and we are excited to share the most recent findings with you.

The main findings are that both higher levels and longer duration of breastfeeding are associated with substantially lower risks of developing type 2 diabetes (T2D) in women following a gestational diabetes pregnancy. We will continue to identify women who develop diabetes in our SWIFT cohort of mothers who had gestational diabetes. As of October 2020, 10 years after the study began, 226 women (22 percent) who participated in the SWIFT Study after delivery developed type 2 diabetes.

We looked at SWIFT mothers' breast feeding and their infants' first-year intake of sugar sweetened beverages (SSB) and 100% fruit juice and the later obesity in children at 2 to 5 years. A major finding is that breastfeeding combined with avoidance of SSB and 100% fruit juice during early infancy may lessen future child obesity.

We invite you to read more about the findings soon when we launch our new website.

Our research promises to improve health outcomes for women who have experienced a gestational diabetes pregnancy. And this is all due to you and your willingness to partner with us and be a part of the study.

We will be reaching out to you again as we move forward with the next follow-up of the SWIFT Study, and a new study, the SWIFT Study in Youth (SWIFT-Y) set to begin soon.

If you have any questions for the SWIFT Study Team, please contact us by phone, toll-free (866-279-8624) or email (SwiftRESEARCH@kp.org).

Best regards,

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