

It is estimated that 10% of women will develop gestational diabetes during their pregnancies [1]. Gestational diabetes mellitus (GDM) is diagnosed for the first time during pregnancy and usually remits after delivery. However, 10-40% of women with GDM will develop type 2 diabetes mellitus (T2DM) within 10 years after the delivery and 70% of women with previous GDM will develop T2DM within 20 years [2]. T2DM is one of the most common yet serious chronic diseases, causing 5.1 million deaths worldwide. GDM may be responsible for up to 30% of cases of type 2 diabetes. As women with previous GDM are at high risk for developing T2DM, interventions such as lifestyle modification [4-7

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\*Corresponding author: Jyu-Lin Chen, Department of Family Health Care Nursing, University of California, USA, Tel: 415 502 6015, Fax: 415 753 2161; E-mail: [jyu-lin.chen@nursing.ucsf.edu](mailto:jyu-lin.chen@nursing.ucsf.edu)

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