

## ABSTRACT

**Thesis title:** “Current status of gestational diabetes and some related factors in pregnant women at the National Hospital of Obstetrics and Gynecology”

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*Key words:* Gestational diabetes mellitus; risk factors; pregnancy; BMI; maternal age; family history; Vietnam

This study describes the current status of gestational diabetes mellitus (GDM) among pregnant women at the National Hospital of Obstetrics and Gynecology in 2025 and examines selected associated factors. Using a cross-sectional design with data extracted from medical records and analyzed in SPSS 26, the prevalence of GDM was found to be 18.3%. The mean maternal age and pre-pregnancy BMI were  $31.0 \pm 5.7$  years and  $21.4 \pm 4.3$  kg/m<sup>2</sup>, respectively. Significant independent risk factors included a first-degree family history of type 2 diabetes, maternal age  $\geq 35$  years, and pre-pregnancy BMI  $\geq 25$  kg/m<sup>2</sup>, while no associations were observed for stillbirth history, macrosomia, ART intervention, hypertension, multiple pregnancy, or fetal sex. These findings highlight the need for early screening among high-risk groups and call for larger, more detailed studies to clarify underlying mechanisms and support improved prevention and management of GDM in Vietnam.