



Interview suggestion cards

Diet and physical activity

1. More information about the impact of healthy diet/exercise on your diabetes risk	2. More information about the impact of healthy diet/exercise on your wider health (e.g. stress, weight)
3. More information about the impact of healthy diet/exercise on your family	4. Suggested ways for your children and wider family to be healthier
5. Help for you to exercise with others	6. Advice about how to have a healthy diet (food shopping, cooking, healthy substitutions, etc.)
7. Advice about how to exercise with a busy schedule (e.g. around the home)	8. Advice about how to keep going with healthy changes to your diet/exercise
9. Advice about saving money and healthy diet/exercise	10. Monitoring your progress

Postpartum diabetes screening

11. Doctors talking more about postpartum tests while you were pregnant	12. Invitations and reminders for tests
13. Your GP knowing more about your pregnancy	14. More opportunities to understand gestational diabetes
15. More child-friendly clinics/waiting rooms	16. Being able to get tested at a place of your choice
17. Shorter, more pleasant tests	18. Combining glucose testing with other appointments
19. A better understanding of the purpose of glucose testing	20. Not being able to monitor your blood sugar yourself