Low risk trajectory
In life with normal pregnancies

High risk trajectory
In life with normal pregnancies

High risk trajectory exacerbated by GDM pregnancies

NCD Risk
In Mother

1st GDM Pregnancy

2nd GDM Pregnancy

Corresponding NCD Risk
In First Offspring

Healthy diet, lifestyle and body composition pre-conception reduce later risk

plasticity

Inadequate response to new challenges

High risk trajectory with transgenerational effect

Low risk trajectory

High risk trajectory

Low risk trajectory