

**PARTNERING WITH THE CREE TO DEVELOP, IMPLEMENT, AND EVALUATE A SUSTAINABLE DIABETES PREVENTION STRATEGY IN YOUNG FAMILIES WITH A GESTATIONAL DIABETES HISTORY**

**Semi-Structured Interview Guide- Mothers**

Participants will be asked the four open ended questions. Probes will be asked to facilitate the conversation only when needed.

**1. Tell me about you experience with diabetes in pregnancy.**

Probes:

How did you feel when you were diagnosed?

How was the diagnosis explained to you?

What was good about your care?

What was not good about your care?

What did you have to do to take care of your diabetes in pregnancy?

What were some of the challenges you faced?

**2. Right now, you are not pregnant. Does the diabetes in pregnancy that you had matter now?**

Probes:

If participant indicates no importance to health status explain

“Research shows that women who develop diabetes in pregnancy have a bigger chance of having diabetes in the future.” What do you think about this?

**3. Healthy eating and being active are ways to lower the chances of getting diabetes.**

**What does healthy eating mean to you?**

**What does being active mean to you?**

**What do you think would help people in your community eat healthier and be more active?**

**4. We have a program in Montreal for mothers with a history of diabetes in pregnancy, like yourself, and their families. We would like your thoughts on the elements of the program and if you think it would help you and your family or not.**

A group of moms and dads come to a center once a month. They learn how to exercise and they cook healthy meals together. There are babysitters there. At home, they try to eat in a healthier way and be more active based on their conversations with the people running the program and other people attending. They use a step counter to count how much they walk and write this down. They also can use apps to count ‘healthy eating’ actions like eating beans. The program lasts about 5 months.

**Do you think something like this could work in your community?**

**How could it be better?**

**Interviewers will answer questions or provide clarification about the program itself if asked.**

**5. What are the resources and activities in your community that could help you and your family be healthier?**

Probes:

What activities have you participated in?

What makes it hard to participate?

What makes it easier?

If participant indicates there are no resources of activities in the community available

What resources or activities would you like to have in your community?