It is estimated that 69% of U.S. agricultural farmworkers are of Mexican descent and 28% of farmworkers are female, with a majority being of child-bearing age.

The agricultural work environment brings many challenges to managing overall health and wellness. This is especially true for underserved populations that are at higher risk of disease.

Hispanic women are 2-4 times more likely to develop Gestational Diabetes Mellitus (GDM) over the course of their pregnancy due to genetics, socioeconomic status, and environmental factors.

The literature reflects a lack of resources tailored for Hispanic farmworkers to manage health conditions in an autonomous manner.

The purpose of my directed project is to increase health equity by creating a guidebook that aids in the overall management of GDM in an agricultural work environment.

The guidebook was created with two main components, the Farmworker and Employer sections. The graphic design software, Canva, was used to create each guidebook. Both sections of the guidebook are available in English and Spanish.

The Farmworker section provides insight on the following: Components of GDM, Managing GDM, Nutrition Education, Food Choices, Food Resources, Checking Blood Sugar, Stress Management, and Sample Meal Plans.

A majority of the guidebook was created utilizing the existing literature and reflecting on personal experiences with the target population.

Expert review feedback focused on clarifying concepts related to GDM, including additional resources surrounding blood