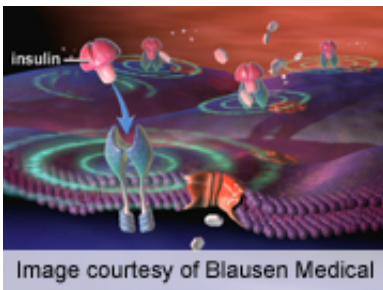


Childhood famine increases risk of type 2 diabetes

June 5 2012



Even a short period of moderate or severe undernutrition or famine during childhood or adolescence can increase the risk of developing type 2 diabetes in adulthood, according to research published online May 29 in *Diabetes*.

(HealthDay) -- Even a short period of moderate or severe undernutrition or famine during childhood or adolescence can increase the risk of developing type 2 diabetes in adulthood, according to research published online May 29 in *Diabetes*.

Annet F.M. van Abeelen, Ph.D., of the University Medical Center Utrecht in the Netherlands, and colleagues conducted a study involving 7,837 women from the European Prospective Investigation Into Cancer and Nutrition study who had been exposed to the 1944 to 1945 Dutch famine between the ages of 0 to 21 years. The association between [undernutrition](#) during childhood and adolescence with type 2 diabetes in adulthood was explored.

After adjusting for potential confounders, including age at famine exposure, smoking, and [education level](#), the researchers found that there was a dose-response association between self-reported famine exposure and the risk of type 2 diabetes. Relative to unexposed women, those who were exposed to moderate famine had an age-adjusted hazard ratio of 1.36 for type 2 diabetes, and those exposed to severe famine had an age-adjusted hazard ratio of 1.64. The associations persisted after adjustment for confounding variables.

"This study demonstrates for the first time, by using individual famine exposure data, that a short period of severe undernutrition during childhood or young adolescence is associated with an increased risk of [type 2 diabetes](#) in [adult life](#), in a dose-dependent manner," the authors write.

More information: [Abstract](#)
[Full Text \(subscription or payment may be required\)](#)

Copyright © 2012 [HealthDay](#). All rights reserved.

Citation: Childhood famine increases risk of type 2 diabetes (2012, June 5) retrieved 1 May 2024 from <https://medicalxpress.com/news/2012-06-childhood-famine-diabetes.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.
