

Rise in type 2 diabetes amongst young

May 20 2013



The number of young people diagnosed with type 2 diabetes has seen the sharpest rise over the last twenty years compared to a background of a general increase across the board, new University research has found.

The research by Professor Craig Currie, School of Medicine, published in the journal *Diabetes, Obesity and Metabolism*, examined the published data describing the incidence of newly diagnosed cases of type 2 diabetes between 1991 and 2010.

The team found a significant increase in the overall incidence of type 2 diabetes, with a marked increase among younger people aged 40 and under.

"We have known for some time that the incidence — new cases — and prevalence — the total number of people — of type 2 diabetes has been increasing in the UK," said Professor Craig Currie who led the research.

"We also know that there has been an increase in the prevalence of type 2 diabetes in children and [adolescents](#). This is thought to be dependent on many factors such as obesity, diet and [family history](#) amongst many other factors.

"By analysing routine NHS data we've managed to confirm this and show an increase in the incidence of type 2 diabetes in the UK population, matched by an overall decrease in the average age of diagnosis.

"We also found that the incidence of type 2 diabetes was higher for males after the ages of 40 and slightly higher for [females](#) aged under 40," he adds.

Irrespective of the causes, the results show that over the last twenty years, type 2 diabetes can now be considered common amongst relatively young people, which could have major implications for greater [health problems](#) in later life.

"Early onset of type 2 diabetes could result in longer disease duration and lead to an increased risk of developing health complications," according to Professor Currie.

"This will undoubtedly place an increasing burden on healthcare resources and result in poorer [quality of life](#). An earlier age of onset may also ultimately lead to premature death," he adds.

The retrospective cohort study tracked those patients newly diagnosed with type 2 [diabetes](#) between 1991 and 2010 using data from the UK general practice. Patients were then grouped into five-year intervals by year of diagnosis and age at diagnosis to examine trends over time.

Professor Richard Donnelly, Editor of *Diabetes, Obesity and Metabolism* said: "This is an important study which highlights the continued rise of

type 2 diabetes as a major public health challenge for the UK. The results are likely to mirror similar trends in other European countries"

Provided by Cardiff University

Citation: Rise in type 2 diabetes amongst young (2013, May 20) retrieved 27 April 2024 from <https://medicalxpress.com/news/2013-05-diabetes-young.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.