

Fitness, not fatness, linked to mortality in prediabetes

February 18 2014

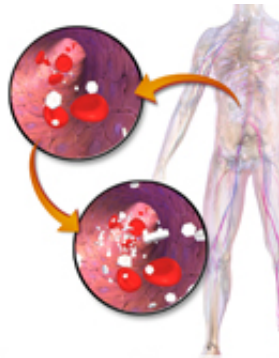


Image courtesy of Blausen Medical

(HealthDay)—Unfit individuals with prediabetes have a higher mortality risk than fit individuals, regardless of adiposity measures, according to a study published in the February issue of *Diabetes Care*.

Paul A. McAuley, Ph.D., from Winston-Salem State University in North Carolina, and [colleagues](#) used data from a cohort of 17,044 participants (89 percent men) with [prediabetes](#) (defined as $100 \text{ mg/dL} \leq$ fasting [plasma glucose](#)

Citation: Fitness, not fatness, linked to mortality in prediabetes (2014, February 18) retrieved 30 April 2024 from

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