

Weight loss over two years predicts reduced diabetes risk

July 22 2014



(HealthDay)—Weight loss over two years is associated with reduced diabetes incidence and improvement in cardiometabolic risk factors, according to a study published online July 14 in *Diabetes Care*.

Linda M. Delahanty, R.D., from Massachusetts General Hospital in Boston, and colleagues examined measures of [weight loss](#) in relation to incident [diabetes](#) and cardiometabolic risk factors. Data were collected for 1,000 participants in the Diabetes Prevention Program lifestyle intervention arm. They analyzed nine [weight](#) measures, characterizing baseline weight, short- versus long-term weight loss, short- versus long-term weight regain, and weight cycling. The authors sought to examine predictors of incident diabetes and improvement in cardiometabolic risk factors.

The researchers found that weight loss in the first six months was protective of diabetes (hazard ratio, 0.94 per kg; P

"Two-year weight loss was the strongest predictor of reduced [diabetes risk](#) and improvements in cardiometabolic traits," the authors write.

Pharmaceutical, nutrition, and exercise industries donated materials, equipment, or medicines and/or supported the study.

More information: [Abstract](#)
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Citation: Weight loss over two years predicts reduced diabetes risk (2014, July 22) retrieved 3 May 2024 from <https://medicalxpress.com/news/2014-07-weight-loss-years-diabetes.html>

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