

Obesity up in past decade, but diabetes incidence stable

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(HealthDay)—Trends show that diabetes incidence has stayed higher in recent decades than it was in the 1970s, although in the past decade, diabetes incidence remained steady despite the ongoing trend of rising adiposity, according to research published online Dec. 31 in *Diabetes Care*.

Tobin M. Abraham, M.D., of Harvard Medical School in Boston, and colleagues examined trends over the past four decades using data from 4,795 participants, aged 40 to 55 years, in the Framingham Heart Study.

The researchers found that the annualized rates of incident [diabetes](#) per 1,000 individuals were 2.6, 3.8, 4.7, and 3.0 for women, and 3.4, 4.5, 7.4, and 7.3 for men, in the 1970s, 1980s, 1990s, and 2000s, respectively. Compared with the 1970s, the age-adjusted and sex-adjusted relative risks of diabetes were 1.37 (95 percent confidence

interval [CI], 0.87 to 2.16; $P = 0.17$) in the 1980s, 1.99 (95 percent CI, 1.30 to 3.03; $P = 0.001$) in the 1990s, and 1.81 (95 percent CI, 1.16 to 2.82; $P = 0.01$) in the 2000s. The relative risk of diabetes in the 2000s was 0.85 (95 percent CI, 0.61 to 1.20; $P = 0.36$), compared with the 1990s.

"In our community-based sample, the risk of new-onset diabetes continued to be higher in the 2000s compared with the 1970s," the authors write. "In the past decade, diabetes incidence remained steady despite the ongoing trend of rising adiposity."

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