

T2DM risk with weight gain higher in younger adults

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(HealthDay)—The risk of developing diabetes is higher in younger adults versus middle-aged adults despite the same duration and degree of weight gain, according to research published online Sept. 10 in *Diabetes Care*.

Gina S. Wei, M.D., M.P.H., of the National Institutes of Health in Bethesda, Md., and colleagues examined rates and risk of incident diabetes using data from three cohort studies for a total of 17,404 [participants](#) (56 percent women, 21 percent black). Participants were stratified by baseline age as younger adults (≥ 30 and

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