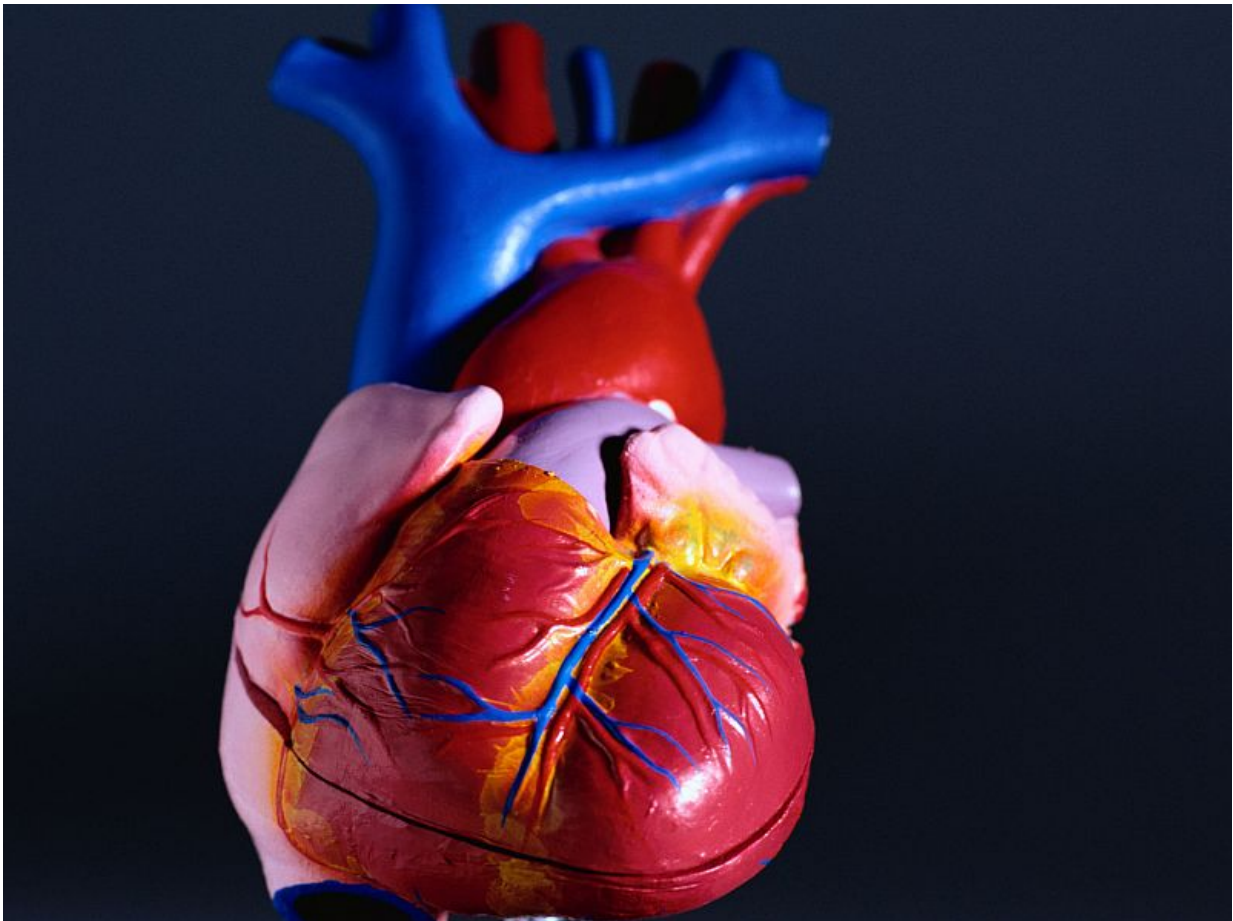


Daily steps in children with T1DM tied to early atherosclerosis

June 23 2016



(HealthDay)—For children with type 1 diabetes, the number of daily

steps is associated with early signs of atherosclerosis and adverse cardiovascular risk, according to a study published online June 15 in *Diabetes Care*.

Noting that children with type 1 [diabetes](#) report lower physical activity levels than recommended, Jemma Anderson, M.B.B.S., from the University of Adelaide in Australia, and colleagues examined the impact on vascular health. Ninety children with type 1 diabetes were included in the study; 88 wore an armband to measure activity levels for 23.2 hours per day.

The researchers found that 55 percent of the children took fewer than 10,000 steps per day. There was a correlation between the mean and maximum aortic intima-media thickness (aIMT) and the average number of steps per day. There was a decrease in the mean/maximum aIMT of 0.0082/0.0093 mm with an increase of 1,000 steps/day. The correlation was independent of confounding variables including age, glycated hemoglobin, body mass index, [blood](#) pressure, and blood lipid levels. An increase of 1,000 [steps](#)/day correlated with lower cardiovascular risk (reductions noted in weight, blood pressure, and triglycerides; increase in high-density lipoprotein cholesterol). No correlations were seen for carotid IMT.

"Our findings emphasize the importance of including advice for the benefits of exercise in routine education for [children](#) with type 1 diabetes," the authors write.

More information: [Abstract](#)
[Full Text](#)

Copyright © 2016 [HealthDay](#). All rights reserved.

Citation: Daily steps in children with T1DM tied to early atherosclerosis (2016, June 23)
retrieved 27 April 2024 from
<https://medicalxpress.com/news/2016-06-daily-children-t1dm-tied-early.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.