

# Maintaining body weight linked to reduced costs in T2DM

August 30 2016

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(HealthDay)—For patients with type 2 diabetes, maintaining body

weight is associated with a reduction in medical care costs, while weight gain is associated with variable cost increases depending on the hemoglobin A1C level, according to a study published online Aug. 25 in *Diabetes Care*.

Gregory A. Nichols, Ph.D., from the Kaiser Permanente Center for Health Research in Portland, Oregon, and colleagues examined the four-year economic impact of maintaining body weight versus gaining weight among 8,154 patients with type 2 diabetes. Weight change was calculated as the difference between the first [body weight](#) measure in 2010 and the last measure in 2013.

The researchers found that regardless of A1C, patients who maintained weight within 5 percent of baseline experienced a reduction in costs of about \$400. An increase in costs of \$1,473 was seen for patients who gained  $\geq 5$  percent of baseline weight and had mean A1C of  $\geq 7$  percent. A more modest increase in costs (\$387) was seen for those who gained  $> 5$  percent of their baseline weight and had mean A1C

Citation: Maintaining body weight linked to reduced costs in T2DM (2016, August 30) retrieved 7 May 2024 from <https://medicalxpress.com/news/2016-08-body-weight-linked-t2dm.html>

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