

Excess BMI ups risk of T1DM in autoantibody-positive relatives

February 20 2017



(HealthDay)—For autoantibody-positive relatives of patients with type 1

diabetes, elevated body mass index (BMI) is associated with increased risk of progression to type 1 diabetes, especially for those aged younger than 12 years, according to a study published online Feb. 15 in *Diabetes Care*.

Christine Therese Ferrara, M.D., from the University of California in San Francisco, and colleagues studied 1,117 children in the TrialNet Pathway to Prevention cohort, which comprised autoantibody-positive relatives of patients with type 1 diabetes. A cumulative excess BMI (ceBMI) index was generated using longitudinally accumulated BMI above the 85th age- and sex-adjusted percentile. Sex- and age-specific ceBMI thresholds were examined for type 1 diabetes risk.

The researchers found that higher ceBMI conferred significantly elevated risk of progression to type 1 diabetes. In children aged younger than 12 years, the increased [diabetes risk](#) occurred at lower ceBMI values, compared with older subjects, and in females versus males.

"Elevated BMI is associated with increased risk of diabetes progression in pediatric autoantibody-positive relatives, but the effect varies by sex and age," the authors write.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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Citation: Excess BMI ups risk of T1DM in autoantibody-positive relatives (2017, February 20) retrieved 26 April 2024 from <https://medicalxpress.com/news/2017-02-excess-bmi-ups-t1dm-autoantibody-positive.html>

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