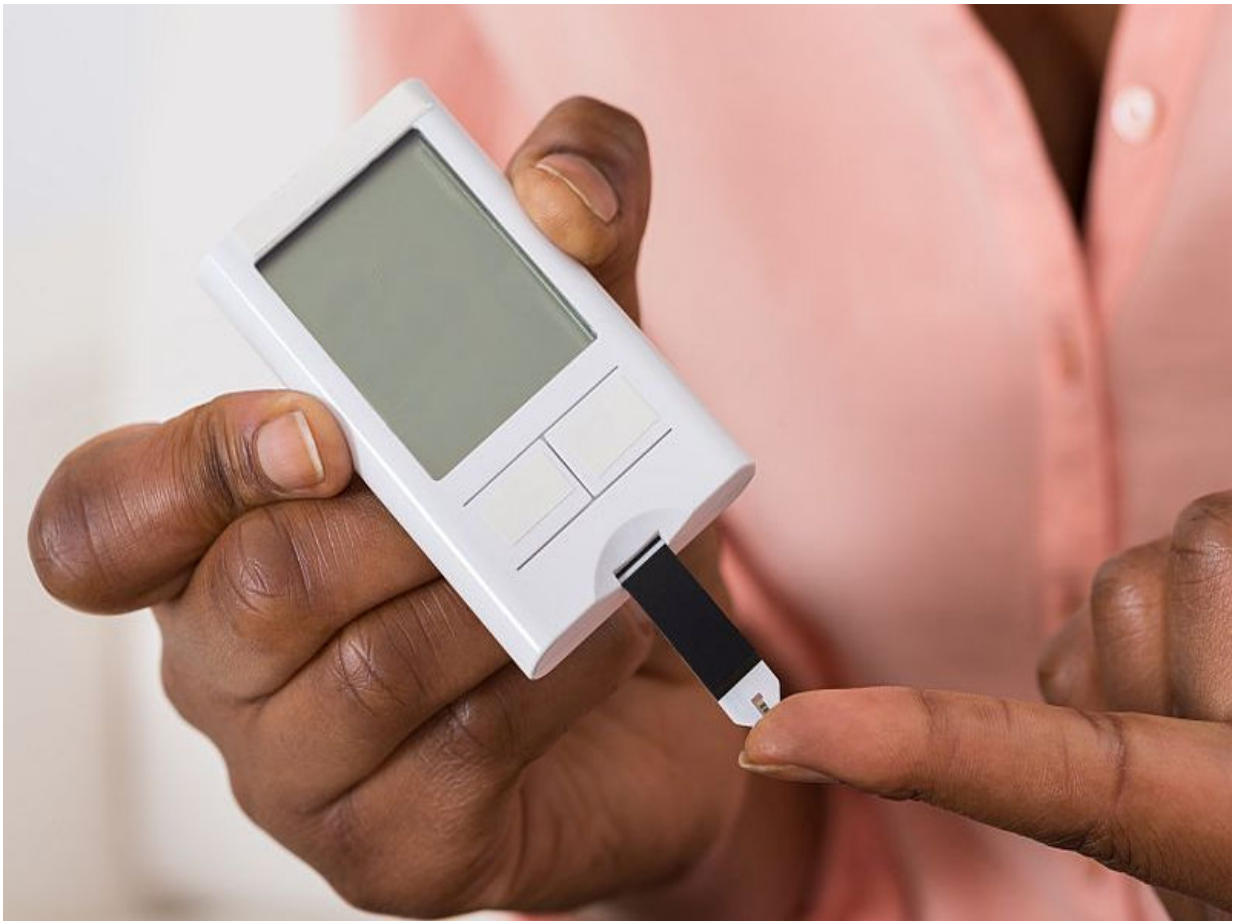


Risk of T2DM at different BMIs varies with ethnicity

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(HealthDay)—The risk of developing type 2 diabetes mellitus (T2DM)

associated with body mass index (BMI) varies between ethnic groups, according to a study published online Feb. 17 in *Diabetes, Obesity and Metabolism*.

Sanjoy K. Paul, Ph.D., from the QIMR Berghofer Medical Research Institute in Brisbane, Australia, and colleagues examined the probability of developing T2DM in a case-control study involving 90,367 patients with incident [diabetes](#) and 362,548 age-, sex-, ethnicity-matched controls from U.K. primary care.

The researchers found that, compared with matched controls, patients with T2DM had significantly higher mean BMI level at diagnosis (32.2 versus 27.4 kg/m²). At diagnosis, white Europeans, African-Caribbeans, and South Asians were age 58, 48, and 46 years old, with mean BMI of 32.5, 31.1, and 29.2 kg/m², respectively. Compared with White Europeans and African-Caribbeans, more South Asians developed T2DM at BMI below 30 kg/m² (38 versus 26 and 29 percent, respectively; all $P < 0.01$). Compared with White Europeans and African-Caribbeans, South Asian males and females age 18 to 70 years had significantly higher probability of developing diabetes with a BMI from 18 to 30 kg/m². Compared with White Europeans, South Asians and African-Caribbeans had significantly higher probability of developing T2DM in the normal-weight and overweight categories for those age

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