

Disordered eating associated with higher HbA1c in teens

January 31 2018



(HealthDay)—For youth with type 1 diabetes, disordered eating

behaviors (DEBs) are associated with higher hemoglobin A1c but not with measures of glycemic variability, according to a study published online Jan. 25 in *Diabetes Care*.

Miriam H. Eisenberg Colman, Ph.D., from the Eunice Kennedy Shriver National Institute of Child Health and Human Development in Bethesda, Md., and colleagues reported DEB and [diabetes](#) management at baseline and at six, 12, and 18 months for youth (ages 8 to 16) with type 1 diabetes participating in an 18-month behavioral intervention.

The researchers found that the intervention had no effect on DEB ($P = 0.84$). There were correlations for DEB with higher hemoglobin A1c ($P = 0.001$), mean sensor glucose ($P = 0.001$), and percent sensor glucose values >180 mg/dL ($P =$

Citation: Disordered eating associated with higher HbA1c in teens (2018, January 31) retrieved 11 May 2024 from <https://medicalxpress.com/news/2018-01-disordered-higher-hba1c-teens.html>

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