

# Few U.S. adults meet most T2DM risk reduction goals

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(HealthDay)—A small proportion of U.S. adults engage in lifestyle

behaviors known to reduce the risk of type 2 diabetes, according to a study published in the March issue of *Diabetes Care*.

Karen R. Siegel, Ph.D., M.P.H., from the U.S. Centers for Disease Control and Prevention in Atlanta, and colleagues conducted a cross-sectional analysis of 3,679 non-pregnant, non-lactating individuals aged 20 years or older without diabetes. Participants provided two days of reliable dietary data in the 2007 to 2012 National Health and Nutrition Examination Surveys. The average of two days of dietary recall and self-reported leisure time [physical activity](#) were used to assess whether participants met type 2 diabetes risk reduction goals.

The researchers found that about 21, 29, and 13 percent of individuals met fruit, vegetable, and dairy goals, respectively. About half (51.6 percent) and 18 percent met the goals for total and whole grains, respectively; 54.2 percent met the meat/beans [goal](#); and 40.6 percent met the oils goal. Overall, 37.8 and 58.6 percent met the physical activity and weight loss/maintenance goals, respectively. Only 3.1 percent of participants met the majority of type 2 diabetes risk reduction goals. The probability of meeting goals was lower with younger age and lower educational attainment.

"A small proportion of U.S. adults engages in risk reduction behaviors," the authors write. "Research and interventions targeted at young and less-educated segments of the population may help close gaps in risk reduction behaviors."

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

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