Long work hours tied to poor glycemic control in T2DM

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(HealthDay)—Long work hours (≥60 hours/week) are associated with

poor glycemic control in young Japanese men with type 2 diabetes, according to a study published in the January issue of the *Journal of Diabetes Investigation*.

Yasushi Azami, from Jouhoku Hospital in Kanazawa, Japan, and colleagues assessed associations between working conditions, eating habits, and glycemic control among Japanese workers with type 2 diabetes (352 men and 126 women aged 20 to 40 years).

The researchers found that suboptimal glycemic control in male workers was associated with a disease duration of ≥10 years (odds ratio [OR], 2.43), glycosylated hemoglobin level of ≥7 percent at baseline (OR, 8.50), skipping breakfast and having late evening meals (OR, 2.50), and working ≥60 hours/week (OR, 2.92). In female workers, suboptimal glycemic control was associated with a glycosylated hemoglobin level of ≥7 percent at baseline (OR, 17.96), oral hyperglycemic agent therapy (OR, 12.49), and insulin therapy (OR, 11.60).

"To maintain close to normal glucose levels, interventions to reduce unhealthy lifestyles and reduction in working hours are necessary," write the authors.

More information: Abstract/Full Text