

# Weight, blood pressure higher in younger patients with T2DM

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(HealthDay)—Younger people who are diagnosed with type 2 diabetes

have higher weight and blood pressure (BP) than similarly aged people without diabetes, according to a study published online May 21 in *Diabetologia*.

Alison K. Wright, Ph.D., from the University of Manchester in the United Kingdom, and colleagues used the U.K. Clinical Practice Research Datalink to identify people with type 2 diabetes (187,601 diagnosed from 1998 to 2015). Weight, hemoglobin A1c (HbA1c), BP, and lipid levels at diagnosis were compared to those of 906,182 age-matched people without diabetes.

The researchers found that younger age at diagnosis was associated with greater adjusted mean difference in weight between those with type 2 diabetes versus those without (18.7 kg at age 20 to 39 years and 5.3 kg at age  $\geq 80$  years). White women had the largest weight differentials, and weight differentials were double in [white people](#) versus South Asian and black people. BP differences were also greater at a younger age of diabetes onset: 7 mm Hg at age 20 to 39 years versus  $-0.5$  mm Hg at age  $\geq 80$  years, despite lower absolute values in [younger people](#). White people, especially women, had the greatest BP differences. Younger men had the greatest differences in triacylglycerol levels. HbA1c levels were also higher with younger-onset diabetes, particularly in black people.

"Our findings could help explain why younger diabetes onset is more damaging, and offer important insights into different groups for the development of type 2 diabetes," a coauthor said in a statement. "They also suggest a need for greater health care emphasis on diabetes and heart disease management in young people developing diabetes."

Several authors disclosed financial ties to the pharmaceutical industry.

**More information:** [Abstract/Full Text](#)

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