

1999 to 2018 saw increase in prevalence of prediabetes in teens

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Among U.S. youth aged 12 to 19 years, the prevalence of prediabetes

increased significantly from 1999 to 2018, according to a research letter published online March 28 in *JAMA Pediatrics*.

Junting Liu, from the Capital Institute of Pediatrics in Beijing, and colleagues used [data](#) from 10 cycles of the National Health and Nutrition Examination Survey from 1999-2000 to 2017-2018, combining every two consecutive cycles, to examine trends in prediabetes among U.S. youth aged 12 to 19 years. The analysis included 6,598 individuals (3,412 male).

The researchers observed a significant increase in the prevalence of prediabetes among U.S. youth, from 11.6% in 1999 to 2002 to 28.2% in 2015 to 2018. This trend was seen across population subgroups. Disparities in the prevalence of prediabetes remained stable; in subgroup analyses of sex and body mass index category, these [disparities](#) were most pronounced. For example, the prevalence of prediabetes increased from 1999-2002 to 2015-2018 among male and female youth, from 15.8 to 36.4% and from 7.1 to 19.6%, respectively. During the same period, among youth with underweight or [normal weight](#), overweight, and obesity, the prevalence increased from 9.41 to 24.3%, from 15.3 to 27.5%, and from 18.2 to 40.4%, respectively.

"In this survey study, the prevalence of prediabetes increased significantly among U.S. youths from 1999 to 2018," the authors write.

More information: Junting Liu et al, Trends in Prediabetes Among Youths in the US From 1999 Through 2018, *JAMA Pediatrics* (2022). [DOI: 10.1001/jamapediatrics.2022.0077](https://doi.org/10.1001/jamapediatrics.2022.0077)

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