

Incidence of type 1, type 2 diabetes increasing in people younger than 20

March 31 2023, by Elana Gotkine



The incidence of type 1 and type 2 diabetes is increasing among children

and young people aged 0 to 19 years, according to a study published in the April issue of *The Lancet Diabetes & Endocrinology*.

Lynne E. Wagenknecht, Dr.P.H., from Wake Forest University School of Medicine in Winston-Salem, North Carolina, and colleagues identified [children](#) and [young people](#) aged 0 to 19 years with a physician diagnosis of type 1 or type 2 diabetes at five U.S. centers between 2002 and 2018 to describe the incidence during a 17-year period.

The researchers identified 18,169 individuals aged 0 to 19 years with type 1 diabetes in 85 million person-years and 5,293 individuals aged 10 to 19 years with type 2 diabetes in 44 million person-years. The annual incidence of types 1 and 2 diabetes was 22.2 and 17.9 per 100,000, respectively, in 2017 to 2018. A linear effect and a moving-average effect were captured in the [model](#) for trend, with a significant increasing linear effect observed for types 1 and 2 diabetes (2.02 and 5.31 percent, respectively).

Greater increases in the incidence of both types of diabetes were seen for children and [youth](#) from racial and ethnic-minority groups such as non-Hispanic Blacks and Hispanics. The peak age at diagnosis was 10 and 16 years for type 1 and type 2 diabetes, respectively. Diagnoses of type 1 diabetes peaked in January, while type 2 diabetes diagnoses peaked in August.

"These findings will help guide focused prevention efforts," Wagenknecht said in a statement. "Now that we have a better understanding of risk factors, our next phase of research will be studying the underlying pathophysiology of youth-onset [diabetes](#)."

More information: Jonathan E Shaw et al, SEARCHing for answers to youth-onset type 2 diabetes, *The Lancet Diabetes & Endocrinology* (2023). [DOI: 10.1016/S2213-8587\(23\)00037-2](https://doi.org/10.1016/S2213-8587(23)00037-2)

Lynne E Wagenknecht et al, Trends in incidence of youth-onset type 1 and type 2 diabetes in the USA, 2002–18: results from the population-based SEARCH for Diabetes in Youth study, *The Lancet Diabetes & Endocrinology* (2023). DOI: [10.1016/S2213-8587\(23\)00025-6](https://doi.org/10.1016/S2213-8587(23)00025-6)

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