

Diabetes tied to higher use of hospital bed-days for many conditions

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Type 2 diabetes is associated with increased risks for hospital bed-days

for a wide range of medical conditions, according to a study published online Aug. 4 in *PLOS Medicine*.

Hongjiang Wu, M.P.H., Ph.D., from the Chinese University of Hong Kong, and colleagues used data from 758,254 people with incident type 2 diabetes and matched controls without diabetes followed for a median of 7.8 years, up to 2019.

The researchers found that 60.5 percent of people with type 2 diabetes and 56.5 percent of controls had a [hospital admission](#) for any cause, with a hospital bed-day rate of 3,359 and 2,350 bed-days per 1,000 person-years, respectively. With increasing age, the all-cause hospital bed-day rate increased in controls but showed a J-shaped relationship in people with type 2 diabetes. More than one-third (38.4 percent) of bed-days in those diagnosed with diabetes before 40 years of age were caused by [mental health disorders](#). There was an increased risk observed for a wide range of medical conditions with type 2 diabetes for all-cause hospital bed-days (relative risks, 1.75 in men and 1.87 in women); both were statistically significant. For people diagnosed with diabetes at a younger age, rate ratios were greater but varied by sex according to [medical conditions](#).

"Health care systems and policymakers should consider allocating adequate resources and developing strategies to meet the mental health needs of young people with type 2 diabetes, including integrating [mental health services](#) into [diabetes](#) care," the authors write.

Several authors disclosed ties to the pharmaceutical industry.

More information: Hongjiang Wu et al, Age- and sex-specific hospital bed-day rates in people with and without type 2 diabetes: A territory-wide population-based cohort study of 1.5 million people in Hong Kong, *PLOS Medicine* (2023). [DOI](#):

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