

# Increase in types 1 and 2 diabetes seen in US youth during pandemic

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The incidence of type 1 and type 2 diabetes increased among U.S. youth

during the COVID-19 pandemic, according to a study published online Sept. 21 in *JAMA Network Open*.

Matthew T. Mefford, Ph.D., from Kaiser Permanente Southern California in Pasadena, and colleagues examined [diabetes](#) incidence rates among youth (from birth to 19 years) in the United States using data from Kaiser Permanente Southern California between Jan. 1, 2016, and Dec. 31, 2021. The age- and sex-standardized annual and quarterly incidence rates were calculated per 100,000 person-years (PYs) for type 1 and type 2 diabetes.

The researchers found 1,200, 1,100, and 63 [patients](#) had type 1 diabetes, type 2 diabetes, and other diabetes, respectively, between 2016 and 2021. The incidence of type 1 diabetes increased from 18.5 to 22.4 per 100,000 PYs in 2016-2019 to 2020-2021, with increased incidence rate ratios (IRRs) for those aged 10 to 19 years, males, and Hispanics. Type 2 diabetes incidence increased from 14.8 to 24.7 per 100,000 PYs from 2016-2019 to 2020-2021, with increased IRRs among those aged 10 to 19 years, males and females, and those with Black, Hispanic, and other/unknown race and ethnicity.

"Future research to understand potential underlying physiologic and [behavioral risk factors](#) before and during the pandemic among individuals at high risk for incident diabetes is warranted," the authors write.

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**More information:** Matthew T. Mefford et al, Incidence of Diabetes Among Youth Before and During the COVID-19 Pandemic, *JAMA Network Open* (2023). [DOI: 10.1001/jamanetworkopen.2023.34953](https://doi.org/10.1001/jamanetworkopen.2023.34953)



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