

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

September 26 2023, by Elana Gotkine



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.

Mefford disclosed receiving grants from Merck, Sharp, & Dohme.

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)

Copyright © 2023 [HealthDay](#). All rights reserved.

Citation: Increase in types 1 and 2 diabetes seen in US youth during pandemic (2023, September 26) retrieved 11 May 2024 from

<https://medicalxpress.com/news/2023-09-diabetes-youth-pandemic.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.