

Follow-up Reduces Risk of Type 2 Diabetes



Type 2 diabetes can be an inherited disease, but habits can also affect a person's risk of getting it. In particular, obesity due to fatty and high-calorie foods, often in combination with limited activity, increases the risk of developing Type 2 diabetes considerably.

A new study at The Norwegian University of Science and Technology and St. Olav's Hospital Centre of Obesity followed people in the high-risk group for five years. All participants in the study had a BMI of 25 or higher. The study started with 189 people, and about 70% completed the programme. Many of them had very good results. Participants were offered organised physical activity and courses on diet.

Findings showed that follow-up from the health services in Norwegian municipalities over a long period of time helped reduce the risk of developing type 2 diabetes and improved people's health. The highest risk group at the start included 65 people. Of this group, more than 40% reduced their risk to medium during the five years. Nine people already had symptoms of type 2 diabetes when they started, and six of them reduced their symptoms.

Other research has shown that simple lifestyle advice from people in the health care system does not reduce the risk of developing type 2 diabetes. However, the participants in this study were offered physical activity and dietary courses for one year, and were followed up with measurements over a period of five years. Having a long-term commitment appears to yield much better results.

Source: [BMJ](#)

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