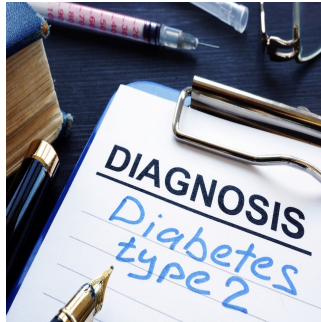


Increase in Type 2 Diabetes by 20%



A new study from the University of Georgia reveals that Type 2 diabetes surged by nearly 20% between 2012 and 2022. The research shows an increase in diabetes across all sociodemographic groups, with non-Hispanic Black individuals being particularly affected—nearly 16% of Black participants reported a Type 2 diabetes diagnosis.

The study also highlights that over 20% of people aged 65 and older had diabetes, making them more than ten times more likely to be diagnosed than those aged 18 to 24. Additionally, individuals aged 45 to 64 were over five times more likely to receive a diagnosis.

Economic factors also played a significant role, with lower-income individuals having a much higher prevalence of diabetes compared to their higher-income counterparts. High-income individuals were 41% less likely to be diagnosed, and those with a college education were 24% less likely to develop the condition.

Study authors highlight that diabetes is increasing rapidly in the U.S., and the trend is expected to continue. Diabetes costs approximately \$412 billion annually, including medical and indirect costs such as lost productivity. This number will only rise as more people are diagnosed.

The study, which analysed data from the nationally representative Behavioural Risk Factor Surveillance System, also identified regional disparities in diabetes prevalence. The South and Midwest regions saw significant increases, with states like Arkansas, Kentucky, and Nebraska reporting the highest jumps between 2012 and 2022. Ten states, including Arkansas, Texas, and Massachusetts, experienced increases of 25% or more over the decade.

In these regions, the risk of developing diabetes is higher, so policymakers and public health officials must focus their efforts here, study authors emphasise.

The study also found that overweight and obese individuals were more likely to be diagnosed with Type 2 diabetes. In 2022, about one in five obese participants had the disease, compared to one in ten overweight participants. However, physical activity appeared to offer some protection, with active individuals having a diabetes prevalence of less than 10%, while those who were inactive had a rate close to 19%.

The authors conclude that identifying and addressing these risk factors is essential. While factors like age and race are unchangeable, the risk of diabetes can be lowered by maintaining a healthy diet, staying active, and managing weight.

Source: [University of Georgia](#)

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Published on : Mon, 26 Aug 2024