Type 2 Diabetes Overtakes Type 1 in Hispanic Girls

BY SHERRY BOSCHERT
San Francisco Bureau
San Francisco — From age 15 years onward, Hispanic females in the United States are signifi-
cantly more likely to be diagnosed with incident type 2 diabetes than type 1 diabetes, according to an analysis of data from the Search for Diabetes in Youth study.

In addition, at ages 10-14 years, Hispanic females in the United States had twice the incidence of type 2 diabetes in 2002-2005, com-
pared with Hispanic males. The study looked at youths less than 20 years old in populations from six states, Jean M. Lawrence and her associates reported at the an-
nual scientific sessions of the American Diabetes Association.

During that period, 635 youths were diagnosed with diabetes out of a population of more than 3 million, with incidence rates peak-
ing for females at ages 5-9 years and for males at ages 10-14 years, said Ms. Lawrence of Kaiser Per-
manente Southern California, in Pasadena. She had no conflicts of interest related to the study.

Incidence rates for type 1 dia-
betes in girls were 9/100,000 in ages 0-4 years, 11/100,000 in ages 5-9 years, 16/100,000 in ages 10-
14 years, and 7/100,000 in ages 15-19 years. For boys, incidence rates for type 1 diabetes were
11/100,000 in ages 0-4 years, 16/100,000 in ages 5-9 years, 20/100,000 in ages 10-14 years, and 9/100,000 in ages 15-19 years.

Type 2 diabetes rarely was di-
aignozed in children less than 10 years old. For ages 10-14 years, the incidence of type 2 diabetes was 15/100,000 in girls and 7/100,000 for boys. For ages 15-19 years, the incidence was 13/100,000 for girls and 11/100,000 for boys.

The study identified prevalent
diabetes in the year 2001 in 781 out of more than 641,000 His-
panic youths—most of it type 2. Prevalence rates did not differ significantly
by sex in any of the age groups.

The prevalence increased with
age for both diabetes types in both sexes. In individuals ages 15-
17 years, the prevalence of type 1 diabetes was 1.6/1,000 for girls and 1.8/1,000 for boys, and the prevalence of type 2 diabetes was 0.8/1,000 for girls and 0.6/1,000 for boys, Ms. Lawrence said.

Data from two additional stud-
ies presented in the same session at the meeting showed steep in-
creases in the incidence of di-
abetes in Canadians and a faster than predicted rise in type 1 diabetes in Finland, the
world’s hot spot for the disease.

In the Canadian study data on diabetes in all residents younger than 20 years of age in the province of Alberta found 2,301 prevalent cases among 840,000 children and adolescents, for a rate of 28/1,000. Approximate-
lly 80% of cases were in 10-19 years of age, she said.

But Dr. Lawrence D. Rosen, a pedi-
atriician in Olathe, Kan., and chair of AAP’s section on complementary and integrative medicine,objec-
ted to the focus on medication in the new recom-
mendations.

While there is a lot of good information in the paper, he said, he is concerned that there is not enough research to warrant publically advocating for the use of phar-
caceutical therapy in children. The bet-
ter approach would have been a strong message about the problem of obesity and metabolic syndrome and a call for greater research into preventive ap-
proaches, Dr. Rosen said.

The AAP statement also outlines an up-
dated population approach to preventing cardiovascular disease. For example, the organization recommends following the government-issued Dietary Guidelines for Americans, including using fat-free dairy products, in children as young as 2 years. Reduced-fat milk can also be used in chil-
dren between 1 and 2 years of age if they have a family history of obesity, dyslipi-
demia, or cardiovascular disease, or over-
weight/obesity is a concern.

In an effort to address concerns about conflicts of interest, AAP policy requires that all of its committees declare any potential conflicts related to the committee’s charge at each meeting, and members are asked to voluntarily recuse themselves if a potential conflict exists.

The process is supervised by committee oversight bodies, according to AAP.