

## Health Report

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### **INCIDENCE OF DIABETES ON THE RISE IN YOUNGER AGES**

A recent article in *USA Today* stated “the prevalence of Diabetes in adults jumped nearly 70% among people in there 30s over the past 10 years.” The overall increase was 30%.

A study published in *Diabetes Care* said researchers with the Centers for Disease Control and Prevention found Diabetes more common across all ages, races and educational levels – 38% for Hispanics, 29% for whites and 26% for African Americans.

According to Frank Vinicor, endocrinologist of the CDC’s division of Diabetes, the increase among people 30-39 is not surprising.

“We’re seeing the greatest increase in obesity and lack of physical activity in that age group,” he said. “It used to be the average onset of Type 2 diabetes was age 50. Now we’re seeing it in the 40’s, and also beginning to see it in the teenage years.”

Type 2 Diabetes occurs when the body does not produce enough insulin or does not use it effectively. And, according to Vinicor, added pounds and a lack of exercise make the body more resistant to its own insulin.

This increase, he says, is the consequence of physical inactivity and weight gain.

Research has also found that diabetes can develop 12 years before a diagnosis, so the incidence is likely to be greater than the study indicates.

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### **HIGH FIBER DIETS MAY HELP CONTROL BLOOD SUGAR LEVELS IN DIABETICS**

*Diabetics may be able to gain better control over blood sugar levels by consuming a high-fiber diet, according to a study published in the Journal of the American Medical Association.*

*Researchers found the blood glucose readings were lowered by 10% in volunteers who consumed nearly twice the amount of fruits and vegetables recommended by the American Diabetes Association.*

*The six-week experiment consisted of a test diet, which contained 50 grams of fiber per day, or 7-8 servings of fruits and vegetables, plus three servings of whole wheat or other grains.*

*SOURCE: Journal of the American Medical Association, May10, 2000;  
Dynamic Chiropractic, July 24, 2000, Vol. 18, No. 16, p. 22.*