

Current Results

There is growing concern that the epidemic of obesity in UK children will result in an increased incidence of type 2 diabetes. Type 2 diabetes is associated with greatly increased morbidity and mortality in adults and the prognosis is likely to be worse in those developing the disease early.

In order to ascertain the extent of the problem, national surveillance of new cases of non-type 1 diabetes in children under 17 years was undertaken through the BPSU. Specialist diabetes nurses were also asked to report cases to identify any cases not seen by paediatricians.

164 cases (90 girls, 74 boys) of physician-diagnosed non-type 1 diabetes have been notified from October 2004 to October 2005; 89 cases of type 2 diabetes, 36 cases of diabetes secondary to another condition (mainly cystic fibrosis), 22 cases of MODY, and 17 cases of syndromic diabetes. Of the 89 type 2 cases, 39 were boys and 50 girls; overall 97% were overweight and 78% obese according to International Obesity Task Force cut offs.

Preliminary results suggest a UK and Ireland incidence in under 17's of 1.22/100,000 for all cases of non-type 1 and 0.66/100000 for type 2 diabetes.

The study has found that type 2 is more common than MODY in white children, which is in contrast to the near equal prevalence that was reported by a national survey of UK paediatric endocrinologists in 2000. The results suggest that obesity-related type 2 diabetes is a growing problem, not only in ethnic minority groups, but now also in white children.

