



MEDIA LITE

Keeping up with the Jones' may keep diabetes at bay

Moving to a nicer neighbourhood, the *Daily Mail* reports, could improve your health. It reports the results of a study that found that poor women are less likely to end up obese or suffering from diabetes if they live in an affluent suburb.

Around 16% of the poorest women who moved into private housing had diabetes, compared with 20% who stayed in properties provided by the state. Likewise, nearly 18% of women suffered from obesity in the poorest neighbourhoods compared with just 14% of those who left.

Carried out over a 20-year period, the researchers tracked women in Baltimore, Boston, Chicago, Los Angeles and New York.

Those living in richer areas are thought to have seen their health improve because of improved access to gym and health facilities, a lower concentration of takeaway restaurants and more healthy neighbours to model their lifestyles on.

Daily Mail
21 October 2011



Diabetes in the UK rises 50% in five years

The *Daily Mail* reports that the number of people with diabetes in Britain has risen by 50% in just five years.

The total number of adults and children with diabetes now numbers 3 million, 90% of whom have type 2 diabetes – a rise fuelled by soaring levels of obesity. Diabetes UK warns that the NHS is now spending almost a tenth of its budget (£9 billion) every year treating diabetes.

In a separate report earlier in the year, it was reported that the number of children being diagnosed with type 2 diabetes is rising too. Figures suggest up to 1400 children in Britain have type 2 diabetes – a few decades ago there were virtually no children with the condition.

Daily Mail
27 October 2011

“Designer” diabetes drugs a waste of NHS money

BBC News reports that NHS doctors have wasted millions of pounds on “designer” diabetes drugs, when cheaper ones would have been just as effective.

A study, published online in *BMJ Open*, found that the NHS spent £2.73 billion on insulin – mainly on newer, “designer” forms – and could have saved £625 million over 10 years if older types of insulin had been prescribed.

Researchers at Cardiff University found NHS spending on insulin prescriptions rose from £156 million a year in 2000 to £359 million in 2009, while “designer” insulin increased from 12% of the total annual insulin cost to 85% of total insulin.

BBC News
22 September 2011

Obese teens’ diabetes risk reduced by healthy sleeping habits

A study published in *Diabetes Care* revealed that 62 obese teenagers who slept for between 7.5 and 8.5 hours a night kept insulin and blood glucose at optimum levels.

The teenagers were monitored over 1.5 days, during which their blood glucose levels were tested and their sleep patterns were analysed by researchers. The optimal amount of sleep for metabolic control was 7.5–8.5 hours per night. Spending less or more time in bed increased the chance of raised glucose levels, while a lower amount of deep sleep caused insulin levels to drop.

Conducted at the Children’s Hospital of Philadelphia, this study backed up previous research that showed sleep-deprived adults had a higher risk of type 2 diabetes.

The Telegraph
20 September 2011

The right participant for the right trial

BBC News reports that a massive recruitment drive is under way to match up people with diabetes with research projects. Professor Martin Gibson from the Diabetes Research Network says they want to bring people with diabetes and researchers together in the hope of finding a cure for diabetes.

The involvement of people with a condition in clinical trials varies depending on the type of condition. Researchers say about 30% of people with cancer are taking part in clinical trials, but for diabetes that figure is less than 1%.

BBC News
7 October 2011