

The Prevention of Type 2 Diabetes: An Overview

David G. Marrero, Ph.D.

Abstract

Type 2 diabetes mellitus is one of the major public health threats in the United States today, reaching epidemic rates. Epidemiological evidence suggests a strong link between obesity and the risk of developing diabetes. Increasing evidence demonstrates that lifestyle interventions can significantly delay or possibly prevent the onset of type 2 diabetes in persons with increased risk. Despite these findings, there remain important barriers to the translation of this research to the public health. These include identifying persons with an increased risk for developing the disease and the lack of easily accessible, cost-effective intervention programs. At least one study, however, has effectively implemented an evidenced-based intervention in community settings, suggesting that it may be possible to develop a model for the national scalability of primary prevention in the United States.

J Diabetes Sci Technol 2009;3(4):756-760

Author Affiliation: Diabetes Translational Research Center, Indiana University School of Medicine, Demonstration and Education Division, Indianapolis, Indiana

Abbreviations: (BMI) body mass index, (DPP) Diabetes Prevention Program, (DTRC) Diabetes Translational Research Center, (FDP) Finish Diabetes Prevention, (IGT) impaired glucose tolerance, (NDEP) National Diabetes Education Program, (YMCA) Young Men's Christian Association

Keywords: community programs, lifestyle interventions, primary prevention, review, type 2 diabetes

Corresponding Author: David G. Marrero, J.O. Ritchey Professor of Medicine, Director, Diabetes Translational Research Center, Indiana University School of Medicine, Demonstration and Education Division, 250 North University Boulevard, Room 122, Indianapolis, IN 46202; email address dgmarrer@iupui.edu