Welcome!
Disordered Eating Behaviors in Youth and Young Adults with Type 1 and Type 2 Diabetes: the SEARCH for Diabetes in Youth Study

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Disclosures

• No disclosures
Disordered Eating Behaviors (DEB) in Diabetes

• Background
  – DEB: maladaptive behaviors e.g. binge eating, dieting
  – 30% adult females with type 1 diabetes (T1D) reported to have DEB
  – Children with diabetes are also at high-risk
    • Intense focus on food and weight control

• Objectives
  – Look at how common the problem is in youth/young adults with type 1 (T1D) and type 2 diabetes (T2D)
  – Describe the characteristics associated with DEB, including age, body mass index (BMI)
  – Describe the associated health outcomes, including diabetes control, depression symptoms and quality of life
Method

• SEARCH Cohort Study
  – Diagnosed with T1D or T2D since 2002 at one of the following U.S. sites:
    • South Carolina, Ohio, Colorado, Washington, California
  – Participated in cohort visit between 2011-15
  – Age 10 years and older; boys and girls
  – Completed the Diabetes Eating Problem Survey – Revised (DEPS-R) screening tool
Results

- 2156 participants with T1D; 161 participants with T2D
- DEB observed in 21.2% with T1D and 52.5% with T2D
- Common in ages 15-19 and increased BMI
Results

• 20% participants with T1D and T2D endorsed skipping insulin
• 30% participants with T1D and 50% T2D had binge eating behaviors
• Participants with DEB had poorer health outcomes

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<thead>
<tr>
<th></th>
<th>Type 1 diabetes</th>
<th>Type 2 diabetes</th>
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<tbody>
<tr>
<td><strong>Score &gt;= 20</strong> (DEB)</td>
<td><strong>Score &lt; 20</strong></td>
<td><strong>Score &gt;= 20</strong> (DEB)</td>
</tr>
<tr>
<td><strong>HbA1c, %</strong></td>
<td>10.2</td>
<td>8.9</td>
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<tr>
<td><strong>Depression scores</strong></td>
<td>16.7</td>
<td>8.3</td>
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<tr>
<td><strong>Quality of life score</strong></td>
<td>72.4</td>
<td>84.8</td>
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Health outcomes associated with DEB in T1D and T2D
Conclusion

• DEB is common in youth/young adults with T1D (21.2%) and T2D (52.5%)
• DEB is associated with higher BMI
• DEB is associated with poorer health outcomes
  – Poorer blood sugar control
  – More depressive symptoms
  – Poorer quality of life

• Early recognition is important
  – Recommend screening for DEB starting in early adolescence in clinic setting
  – Develop collaborative and effective interventions for youth/young adults with DEB
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