

# Understanding Diabetes Risk in Patients Aged 40+ in the UK

- **Prevalence of Diabetes:** In the UK, type 2 diabetes is increasingly common, particularly among individuals aged 40 and older. This age group is at a higher risk due to various factors, including lifestyle and genetic predispositions.
- **Sociodemographic Factors:** Factors such as age, sex, social class, and education level significantly influence the risk of developing diabetes. Older adults, especially men, are more likely to be diagnosed with type 2 diabetes, as indicated by the findings in the study that highlight the importance of age as a risk factor [1].
- **Healthy Habits:** Lifestyle choices play a crucial role in diabetes risk. Engaging in regular physical activity, following a Mediterranean diet, and avoiding smoking can lower the risk of developing type 2 diabetes. The study emphasizes that individuals who are sedentary or have poor dietary habits are at a higher risk [1].
- **Risk Assessment:** The study assessed various risk scales for type 2 diabetes, showing that sociodemographic variables and healthy habits significantly influence these risk levels. This suggests that individuals aged 40 and above should be regularly screened for diabetes, especially if they exhibit risk factors such as low physical activity or poor diet [1].
- **Conclusion:** For patients in the UK aged 40 and older, it is essential to be aware of the increased risk of type 2 diabetes. Regular health check-ups, lifestyle modifications, and awareness of personal risk factors can help in early detection and management of the disease.

In summary, individuals aged 40 and above in the UK are at a heightened risk for diabetes, influenced by a combination of sociodemographic factors and lifestyle choices. Regular monitoring and proactive health measures are crucial for this age group.

## 1 Source

**Introduction:** Type 2 diabetes is one of the most prevalent metabolic diseases worldwide and is responsible for a large number of complications. There are many factors that increase the risk of presenting this pathology.

**Objectives:** The aim was to assess the influence of sociodemographic variables and healthy habits on the values of different risk scales for type 2 diabetes.

**Methodology:** Observational, descriptive, cross-sectional study in 386924 Spanish workers. We assessed how different sociodemographic variables (age, sex, social class and level of education) and healthy habits (physical exercise, Mediterranean diet and smoking) influence the level of risk of presenting type 2 diabetes by applying different scales.

**Result:** All the sociodemographic variables and healthy habits analyzed in this study will influence the values of the type 2 diabetes risk scales. Those that show the greatest influence are physical activity, Mediterranean diet, and age.

**Conclusion:** The profile of a person at high risk of developing diabetes according to the different scales is an elderly male, with a low socioeconomic level, sedentary, with low adherence to the Mediterranean diet and a smoker.