

Fast eating and the risk of type 2 diabetes mellitus: A case-control study

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Background & Aim: In the meantime in scientific literature we had not found data about eating speed as a risk factor for type 2 diabetes mellitus. The aim of the study was to assess the relationship between eating speed and the risk of type 2 diabetes mellitus.

Subjects and Methods: A case-control study included 234 cases with newly diagnosed type 2 diabetes and 468 non diabetic controls. A specifically designed questionnaire was used to collect information on possible risk factors of type 2 diabetes. The speed of eating was self-reported by study subjects compared to other subjects, with whom they were eating at the same table. The odds ratios (OR), and 95% confidence intervals (95% CI) for type 2 diabetes were calculated by a conditional logistic regression.

Results: Variables such as a family history of diabetes, body mass index, waist circumference, educational level, morning exercise, smoking and plasma triglyceride level were retained in multivariate logistic regression models as confounders because their inclusion changed the value of the OR by more than 5% in any exposure category. After adjustment for possible confounders more than twofold increased risk of type 2 diabetes was determined for subjects eating faster (OR=2.52; 95% CI 1.56-4.06) vs. subjects eating slower.

Conclusions: Our data support a possible relationship between faster eating speed and the increased risk of type 2 diabetes mellitus.

Biography

Lina Radzeviciene has completed her Ph.D. in Lithuanian University of Health Sciences in 2007. She works as a Researcher in the Institute of Endocrinology, Medical Academy, Lithuanian University of Health Sciences. Her major research interest: risk factors, complications and treatment of diabetes and obesity, as well as nutrition, physical activity and prevention of diabetes. She is a member of the Editorial Board of journal "Journal of Nutritional Therapeutics". Lina Radzeviciene is affiliated to a number of professional societies and organizations, she also has a degree Master of Public Health Management (2006) and is author and co-author more than 50 publications.