

Body composition and development of diabetes: a 15-year follow-up study in a Japanese population

This study looked into the relationship between the development of diabetes and body composition—in other words, fat mass, lean muscle mass, and the distribution of body fat and lean muscle in the body.

With body fat distribution and diabetes development in particular, the study found that the disease tends to develop in Japanese people with increased abdominal fat; conversely, increased leg fat seems to play a preventive role.

Few studies have investigated the association between body composition and diabetes risk in Asian populations. This study suggests that body composition assessment could be useful for detection of high risk individuals for diabetes.

RERF's objective with this brief outline is to succinctly explain the research for the lay public. Much of the technical content of the original paper has been omitted. For further details about the study, please refer to our longer online Summary Explanation or to the full paper published by the journal.