

# Being born via C-section may up risk for T2DM in adulthood

14 April 2020



received a diagnosis of type 2 [diabetes](#) (adjusted relative risk, 1.46) versus [women](#) born via vaginal delivery. This association remained significant after adjusting for participants' body mass index (adjusted relative risk, 1.34).

"Whether these findings are applicable to men or to individuals born today, when cesarean delivery rates are substantially higher, is uncertain," the authors write.

One author disclosed financial ties to the health insurance industry.

**More information:** [Abstract/Full Text](#)

Copyright © 2020 [HealthDay](#). All rights reserved.

(HealthDay)—Women born by cesarean delivery may have a higher risk for being obese and developing type 2 diabetes during adult life than women born by vaginal delivery, according to a study published online April 13 in *JAMA Network Open*.

Jorge E. Chavarro, M.D., Sc.D., from the Harvard T.H. Chan School of Public Health in Boston, and colleagues compared the incidence of obesity and type 2 diabetes between cesarean delivery and [vaginal delivery](#) births among 33,226 women (aged 24 to 66 years) participating in the Nurses' Health Study II (born between 1946 and 1964), with follow-up through 2015.

The researchers found that 3.3 percent of participants were born by cesarean delivery, and after 1,913,978 person-years of follow-up, 36.6 percent were obese and 6.1 percent received a diagnosis of type 2 diabetes. Participants born by cesarean delivery were more likely to be classified as obese (adjusted relative risk, 1.11) and to have

APA citation: Being born via C-section may up risk for T2DM in adulthood (2020, April 14) retrieved 3 May 2021 from <https://medicalxpress.com/news/2020-04-born-c-section-t2dm-adulthood.html>

*This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.*