

Prolonged Sitting May Increase Women's Diabetes Risk

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Sitting for long periods of time may increase women's likelihood of developing risk factors for type 2 diabetes, according to a study published in the American Journal of Preventive Medicine and reported by [MSNBC](#).

For the study, researchers at the University of Leicester in the United Kingdom collected information from more than 500 people living in the United Kingdom who were all attending a diabetes screening program. Individuals reported how much time they spent sitting on an average weekday in the past week. Researchers then collected blood samples to test for diabetes risk factors.

On average, women said they spent five hours a day sitting, while men said they spent six hours a day sitting.

Researchers found that for women, prolonged sitting was linked with insulin resistance and high levels of markers of inflammation, both risk factors for type 2 diabetes. Moreover, researchers found that the increased risk persisted even for women who engaged in moderate or vigorous physical activity.

"If these results are replicated, they have implications for lifestyle recommendations, public health policy and health behavior change interventions, as they suggest that enabling women to spend less time sitting is an important factor in preventing chronic disease," the researchers wrote.

This is not the first study to link prolonged sitting with diabetes or even early death. A study published in the American Journal of Epidemiology found that people who sat more than six hours a day in their leisure time were significantly more likely to die in a 14-year period than those who sat less than three hours.

Researchers are hoping that individuals will increase their physical activity in order to combat some of these negative effects.
