

생활습관병으로서 당뇨병의 중요성 인식

The Importance of Lifestyle in the Prevention and Treatment of Diabetes

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가 . 1970

1% , 1980

3%, 1993 1997

8.0%, 7.1%

. 2030 2

가 .

가 .

Abstract

The association between diabetes and lifestyle habit is well known. Recently many studies confirmed that

lifestyle modification is effective in the prevention and treatment of diabetes.

Keywords : Diabetes; Lifestyle; Prevention;

Treatment; Lifestyle modification

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1970 1~3% 1980 3~10% 가

, 1990 40

8.3~19.8% .

가

. 1970 40

1.3~4.7% 1980 ~1990

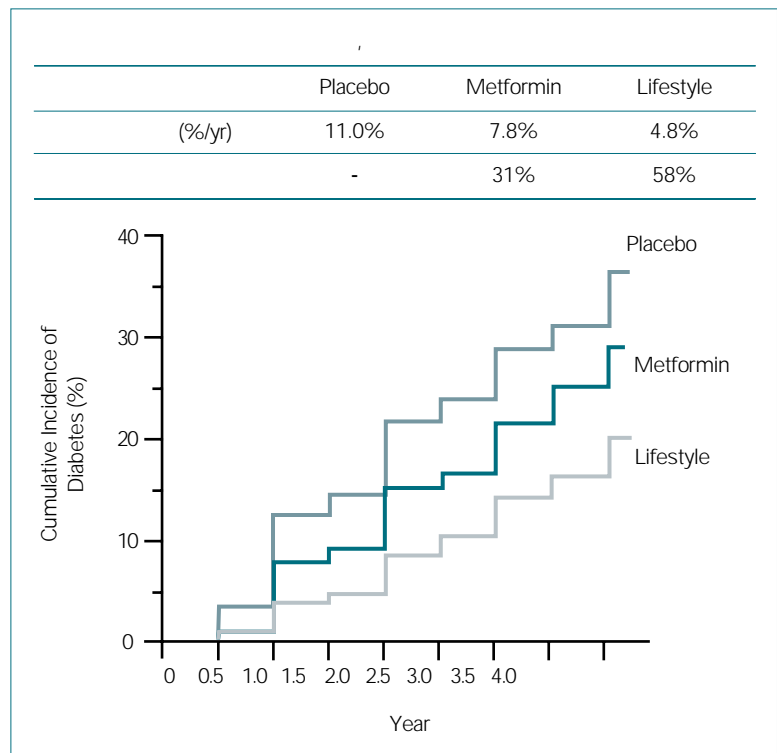
WHO 10~12%

가 .

가

, 가

가 . 2002
10 1
(10 130.7), 2
(77.2), 3
(37.2), 4 (25.1)
2002
11.6% 가 가
3
King 가
(lifestyle),
(socioeconomic)



1.

2

(high risk group)

2

가

가

가

가 . Diabetes Prevention Program(DPP) lifestyle intervention . DPP

2

1

27

25

(impaired glucose tolerance) 3,819

3

. 1

intensive lifestyle modification (n=1,079), 2

metformin (n=1,073), 3 placebo

(n=1,082).

7%

150

58%

(1).

705

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Peer Reviewer Commentary

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