# Alarming Surge in Type 2 Diabetes and GI Cancers Among Young Adults



## Rise in Type 2 Diabetes and GI Cancers Among Younger Populations

### Surge in Type 2 Diabetes under 40 in the UK

New figures from Diabetes UK reveal that type 2 diabetes diagnoses among individuals under 40 in the UK have surged by 39% over the last six years. As of 2023, nearly 168,000 people under 40 are affected, up from 120,000 in 2016/17. This rise is attributed to factors such as increasing obesity rates, consumption of junk food, and socio-economic inequalities. NHS England highlights a significant financial burden, with annual spending on obesity-related health issues projected to rise from £6 billion to £10 billion by 2050. The report warns of severe complications associated with early onset diabetes, including heart disease, kidney disease, and early death. It also emphasizes the socio-economic disparity, with individuals from deprived areas and certain ethnic backgrounds more likely to develop the condition.

### Increase in GI Cancers in Younger People

Dr. Kimmie Ng from the Dana-Farber Cancer Center has observed a troubling rise in gastrointestinal (GI) cancers among individuals under 50. Since the 1990s, there has been a noticeable increase in early-onset colorectal cancer, with rates expected to double by 2030. Research indicates these cancers affect otherwise healthy individuals without significant family histories or typical risk factors such as smoking. Among children aged 10-14 in the U.S., colorectal cancer rates have risen by 500% since 2000. Potential factors behind this increase include diet, exposure to plastic pollution, and antibiotic use, though conclusive evidence is lacking. Dr. Ng emphasizes the necessity for vigilance regarding symptoms like blood in stool, abdominal pain, and changes in bowel movements. Despite this worrying trend, overall cancer rates among older populations are decreasing due to effective screening and treatments.