

Epidemiologic studies have identified a number of risk factors for type 2 diabetes. Several, such as age, ethnicity, and prenatal and perinatal conditions cannot be modified in an individual at risk, but knowledge of these risk factors can be used to identify high risk persons for intervention research. Other risk factors, such as obesity, physical inactivity, and moderate elevations of plasma glucose below diabetes diagnostic thresholds, are potentially modifiable. Several randomized clinical trials have evaluated the effects of modification of these risk factors on the incidence of type 2 diabetes. The encouraging findings of these clinical trials have not yet been widely implemented.