



## SEARCH Study Findings Presented at the 2013 American Diabetes Association Scientific Sessions

### Changes in Weight Influence Cholesterol Level in Youth with Type 1 Diabetes

Body Mass Index z-score (BMI<sub>z</sub>) is a way to assess body weight taking into account a child's age, sex and height, and comparing it to an average for similar children. This study showed that, among youth with Type 1 diabetes, higher BMI<sub>z</sub> scores were associated with worse lipid profiles. These findings suggest that weight loss among overweight and obese youth with Type 1 diabetes could reduce the future risk of some complications of diabetes.

*For more information, see:*

[https://www.searchfordiabetes.org/public/dsp\\_GenCitationsMain.cfm](https://www.searchfordiabetes.org/public/dsp_GenCitationsMain.cfm)



### Polyunsaturated Fatty Acids (PUFA) and Cardiovascular Risk Factors in Youth with Type 1 Diabetes

Polyunsaturated fatty acids (PUFAs) are found in nuts, seeds, fish, and leafy green vegetables and have been shown to have a number of positive health benefits when included in the diet at adequate levels. In youth with type 1 diabetes, SEARCH found that one type of PUFAs (omega-6) has beneficial effects on blood lipid levels (decreased triglycerides and cholesterol), but another type of PUFA (omega-3) was shown to have mixed effects. This suggests that although some PUFAs may be beneficial, more studies are needed to better understand the relationship between PUFA intake and cardiovascular risk factors.

### Improving Health Outcomes in Young Adults with Diabetes

SEARCH showed that better measures of blood sugar control and health satisfaction in young adults ages 18 – 24 with diabetes were associated with a number of other self-reported factors: higher levels of physical activity, quality of life, and social support, and more knowledge on health screening guidelines. Efforts to focus on improvements in these areas could significantly improve blood sugar control and long-term health in this population.

### Nutritional Factors and Preservation of $\beta$ -cell Function in Youth with Type 1 Diabetes

Leucine is an essential amino acid (building block of protein) found in eggs, soy foods, nuts, meats, fish, milk and cheese and is important for building muscle and helping muscles recover from exercise. Omega-3 is an essential fatty acid found in seafood, dairy products, nuts and seeds and has been shown to be important for heart health. SEARCH collects information about the types of foods study participants eat. Analysis of these data showed that higher levels of leucine and omega-3 fatty acids in the diets of youth with Type 1 diabetes were associated with longer preservation of the body's ability to produce insulin from the pancreas. This finding may help those with Type 1 diabetes improve their long-term health outcomes.



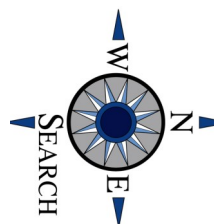


# What's New in SEARCH?



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## Interested in continuing the SEARCH?

If you have had diabetes for at least 5 years and completed a SEARCH study visit in the past, researchers may ask you to complete another follow-up visit between 2012 and 2015. If you have recently completed a visit with us, thank you!

Your continued participation in the SEARCH study will help researchers better understand diabetes and its complications.

You are part of a team of researchers and study participants who are committed to learning more about Type 1 and Type 2 diabetes among children and young adults.

### For more information, please contact us at:

1-866-595-2397 (toll-free)

1-843-792-4629 (Charleston)

1-864-454-5656 (Greenville)

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*Thank you for your interest in SEARCH!*