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Pesticides in Food increases risk of Type 2 Diabetes

Wed, 06 Feb 2013

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According to the results of a new study that has been conducted by researchers at the University of Granada, **pesticides** found in food, air and water can significantly increase the chances of developing **Type 2 Diabetes**.

Adipose tissue or more commonly known as **fat** has an important role in the body acting as an energy store with critical metabolism functions. However fat cells can also store potentially toxic substances that can damage the body such as persistent organic **pollutants** (POP) or pesticides. These pollutants are not easily broken down and are subsequently found in the food chain, water, air and stored in animal and human cells.

Previous research has shown that these persistent pollutants could increase the risk of **cancer**. This latest research has found that their presence in fat tissue in the human body is correlated with the development with **type 2 diabetes**.

Samples of fat tissue were taken from 386 Spanish adults. The concentration of 6 major groups of pesticides was established and examined alongside life style factors such as dietary habits and health statuses.

The researchers found that those individuals who were overweight or **obese** had higher levels of pesticide in their fat cells. This increase in pesticide concentration was linked to a higher incidence of Type 2 Diabetes. This direct relationship between high levels of pollutants was found irrespective of age, gender or **BMI**.


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