WASHINGTON, DC (June 25, 2021) – Findings of a new study show diabetes was the main risk factor for the accelerated advancement to a severe state in Japanese COVID-19 patients. Results of the retrospective analysis were presented at the virtual 81st Scientific Sessions of the American Diabetes Association® (ADA).

Throughout the pandemic, diabetes has persisted as a significant risk factor for COVID-19. In hospitalized patients with diabetes and COVID-19, one in 10 people die within seven days of admission.1 Across the U.S. alone, diabetes is the second most reported underlying health condition among COVID-19 patients.2 Ongoing research is required to understand the global impact of COVID-19 on individuals with diabetes.

The study focused on patients characterized as “moderate” by the Osaka Prefectural Government stratification. A retrospective analysis in type 2 diabetes patients compared with a control was conducted. Patients enrolled were 51% male, aged 42.2–78.2, with body mass indexes ranging from 22.4–32.8. Of the total 102 patients, 49% were type 2 diabetes patients.

Findings show that 88% of patients moving from the moderate to the severe classification had type 2 diabetes. A total of 25 patients (24.5%) moved from the moderate to the severe classification, with 18 patients (17.6%), including 88.9% with type 2 diabetes, ventilated and transferred to another hospital for advanced treatment. Seven patients (6.9%), including 71.4% with type 2 diabetes, died after ventilation was declined by the families due to advanced age and dementia. Twenty-five diabetes patients (24.5%) improved.

“Our findings shed light on the combined threat of COVID-19 and diabetes has on global population health and reinforces the importance of diabetes prevention more than ever before,” said Shizuka Kaneko, MD, PhD and lead author of the study. “While future

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1 https://diatribe.org/1-10-people-covid-and-diabetes-die-within-seven-days-hospital-admission
2 https://www.cdc.gov/mmwr/volumes/69/wr/mm6928e1.htm
pandemics are unpredictable, diabetes can be effectively managed—which could ultimately have far-reaching impacts on patient outcomes especially during times of public health crisis, like the COVID-19 outbreak.”

The authors state that a more comprehensive study is needed to access diabetes as a risk factor for COVID-19 progression.

**Research presentation details:**

- Poster Diabetes in Japanese COVID-19 Patients as the Primary Factor of Accelerated Progression to Severe State will be made available beginning Friday, June 25, at 11:30 a.m. ET.

For more information or to request an interview with Dr. Kaneko, please contact the ADA Scientific Sessions media team at SciSessionsPress@diabetes.org.

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**About the ADA’s Scientific Sessions**

The ADA’s 81st Scientific Sessions, the world’s largest scientific meeting focused on diabetes research, prevention and care, will be held virtually June 25-29, 2021. Leading physicians, scientists and health care professionals from around the world will unveil cutting-edge research, treatment recommendations and advances toward a cure for diabetes. Though the conference will be remote this year, attendees will receive exclusive access to nearly 2,000 original research presentations and take part in provocative and engaging exchanges with leading diabetes experts. Learn more and register at scientificsessions.diabetes.org and join the Scientific Sessions conversation on social media using #ADA2021.

**About the American Diabetes Association**

Every day more than 4,000 people are newly diagnosed with diabetes in America. More than 122 million Americans have diabetes or prediabetes and are striving to manage their lives while living with the disease. The American Diabetes Association (ADA) is the nation’s leading voluntary health organization fighting to bend the curve on the diabetes epidemic and help people living with diabetes thrive. For 80 years the ADA has been driving discovery and research to treat, manage and prevent diabetes, while working relentlessly for a cure. We help people with diabetes thrive by fighting for their rights and developing programs, advocacy and education designed to improve their quality of life. Diabetes has brought us together. What we do next will make us Connected for Life. To learn more or to get involved, visit us at diabetes.org or call 1-800-DIABETES
(1-800-342-2383). Join the fight with us on Facebook (American Diabetes Association), Twitter (@AmDiabetesAssn) and Instagram (@AmDiabetesAssn).