



Cystic Fibrosis Research News

Title:

Association of Race and Ethnicity with the development of cystic fibrosis-related diabetes

Lay Title:

How Race and Ethnicity Affect the Development of Diabetes in People with Cystic Fibrosis

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What was your research question?

Does race or ethnicity impact the likelihood of developing cystic fibrosis-related diabetes (CFRD)?

Why is this important?

CFRD is common, affecting 20% of teenagers and almost half of adults with CF. We know factors like pancreatic insufficiency, liver disease, and poor nutrition increase the risk of CFRD. We do not know if a person's race or ethnicity influences their risk to develop CFRD. Studying this is important because CFRD can worsen lung function and increase death rates, making it crucial to identify people at higher risk. Additionally, we know Black and Hispanic people with other types of diabetes, such as type 1 and type 2, often face more diabetes-related health problems compared to white people.

What did you do?

In this study, we used data from the CF Foundation Patient Registry, which includes most people with CF in the US, to see if Black and Hispanic people have higher rates of CFRD.



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What did you find?

We found that CFRD is more common in Black people when compared to white people. Black women and young people with obesity are especially at risk for CFRD. CFRD appears at a younger age in Black and Hispanic people, and CFRD is more common in people with public health insurance.

What does this mean and reasons for caution?

Our study suggests that race and ethnicity influence a person's risk of developing CFRD. We cannot use the registry data to find out which specific factors increase the risk.

What's next?

We need more studies to understand why CFRD risk differs for Black and Hispanic people with CF. These studies should look into whether genetic factors, like a family history of type 2 diabetes, or social factors, like not having access to healthy foods, play a role in this risk.

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