

Type 5 Diabetes

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Type 5 Diabetes Latest News

Type 5 diabetes has been officially recognised as a distinct form of diabetes by the International Diabetes Federation (IDF).

What is Type 5 Diabetes?

- **Type 5 diabetes** primarily affects **lean, undernourished teenagers and young adults** in **low- and middle-income countries (LMICs)**.
- It is caused by **malnutrition-induced reduction in insulin production**, unlike **Type 2 diabetes**, which involves **insulin resistance** with continuing insulin secretion.
- In **Type 5**, the **pancreatic beta cells** function abnormally, resulting in **severely reduced insulin secretion**.
- This form of diabetes has long been **neglected in medical research** and often **misdiagnosed**.

Historical Background

- The condition was **first reported in Jamaica** in **1955** under the term **J-type diabetes**.
- In **1985**, the **World Health Organization (WHO)** named it “**malnutrition-related diabetes mellitus**”, but this was removed in **1999** due to **lack of causal evidence** linking malnutrition to diabetes.
- Despite this, similar cases were later reported in **India, Sri Lanka, Bangladesh, Uganda, Ethiopia, Rwanda, and Korea**, mostly in the **Global South**.
- The condition is estimated to affect **about 25 million people globally**.

Clinical Markers of Type 5 Diabetes

- **No autoimmune or genetic cause** is associated with this condition.
- Patients have **very low BMI (<18.5 kg/m²)**, much lower than typical Type 2 diabetic patients.
- **Insulin levels are extremely low**, significantly **below Type 2 diabetes** and **slightly above Type 1 diabetes**.
- **Body fat percentage** is substantially lower than in Type 2 patients.
- **Dietary intake of protein, fibre, and micronutrients** is notably inadequate.

Source: **IE**

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