**Objectively assessed sedentary time and type 2 diabetes mellitus: a case–control study**

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**Abstract**

There is some evidence to suggest detrimental, linear associations between objectively assessed sedentary time and various metabolic risk factors [1, 2], although it remains unclear if these associations are independent of moderate to vigorous physical activity [3, 4]. The effects of sedentary behaviour on health might be more apparent in clinical populations and the elderly, although the majority of research in this area has been conducted in healthy partici- pants, which might partly explain inconsistencies in the find- ings. Thus, translation into specific clinical populations is needed. If a reduction in risk of type 2 diabetes mellitus can be achieved by rectifying the imbalance between sitting time and light-intensity (‘lifestyle’) activity, this would have im- portant implications for early intervention and treatment. The aim of this study was to compare objectively assessed levels of sedentary and physical activity in type 2 diabetic patients and age matched healthy controls.