Insulin Resistance & Chronic Disease — Evidence Summary

Pearson r correlation between IR prevalence and condition prevalence, USA & UK, 1975–2022. Ordered by number of people affected (highest first).

#	Condition	r (USA)	r (UK)	Strength	USA Prevalence	UK Prevalence	USA Rise 1975-2022	UK Rise 1975-2022
1	**Hypertension** All diagnosed high blood pressure	**0.97**	**0.95**	Dominant	~48% of adults	~30% of adults	**+24%** 25%→31%	**+15%** 26%→30%
2	**Arthritis** Osteoarthritis & rheumatoid arthritis	**0.87**	**0.83**	Strong	58M (~22%)	~10M (~15%)	**+41%** 13.5%→19.0%	**+70%** 10.0%→17.0%
3	**Asthma** All diagnosed asthma	**0.89**	**0.85**	Strong	8.2% (~27M)	12% (~8M)	**+173%** 3.0%→8.2%	**+50%** 8.0%→12.0%
4	**IBS** Irritable Bowel Syndrome	**0.71**	**0.74**	Moderate	13.5% (~45M)	15.5% (~10M)	**+42%** 9.5%→13.5%	**+48%** 10.5%→15.5%
5	**Alzheimer's Disease** Type 3 Diabetes — adults 65+	**0.97**	**0.96**	Dominant	10.9% of 65+	7.9% of 65+	**+142%** 4.5%→10.9%	**+108%** 3.8%→7.9%
6	**Type 2 Diabetes** Highest r in the series	**0.98**	**0.97**	Dominant	7.4% (~25M)	7.2% (~4.3M)	**+640%** 1.0%→7.4%	**+620%** 1.0%→7.2%
7	**Stroke** Including TIA / ischaemic stroke	**0.96**	**0.95**	Dominant	2.9% (~7.5M)	1.2% (~1.3M)	**+106%** 1.41%→2.90%	**+134%** 0.50%→1.17%
8	**ADHD** Attention Deficit Hyperactivity Disorder	**0.94**	**0.91**	Dominant	10.5% (~26M)	6.0% (~4M)	**+950%** 1.0%→10.5%	**+1,900%** 0.3%→6.0%

#	Condition	r (USA)	r (UK)	Strength	USA Prevalence	UK Prevalence	USA Rise 1975-2022	UK Rise 1975-2022
9	**Multiple Sclerosis** Per 100,000 population	0.96	0.97	Dominant	310 per 100k	240 per 100k	+377% 65→310/100k	+300% 60→240/100k
10	**OCD** Obsessive-Compulsive Disorder	0.73	0.76	Moderate	2.6% (~6.5M)	1.4% (~0.9M)	+44% 1.8%→2.6%	+27% 1.1%→1.4%

Strength key: Dominant = r ≥ 0.90 — IR accounts for the overwhelming majority of the trend. **Strong** = r 0.80–0.89 — IR is a major driver alongside other factors. **Moderate** = r 0.70–0.79 — meaningful relationship; other factors also significant. Alzheimer's = adults 65+. MS = per 100,000 population.