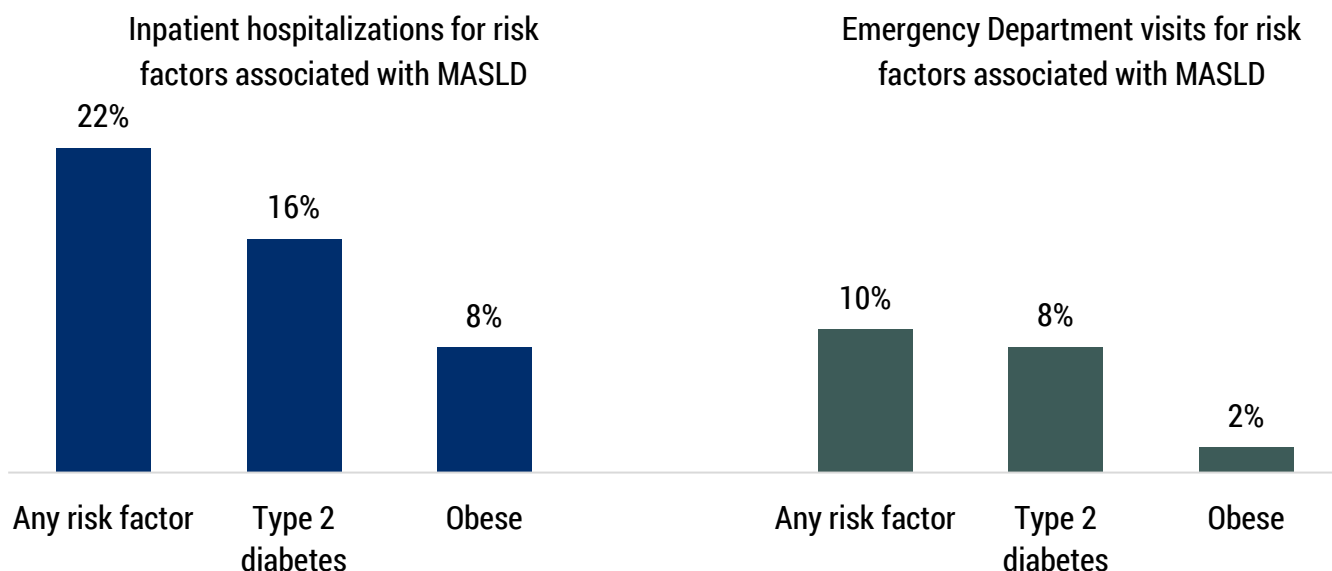




METABOLIC DYSFUNCTION-ASSOCIATED STEATOTIC LIVER DISEASE RISK FACTORS IN MONTANA ADULTS, 2020-2024

Among Montana adults, type 2 diabetes occurred most frequently as a recorded risk factor for metabolic dysfunction-associated steatotic liver disease¹.

- Metabolic dysfunction-associated steatotic liver disease (MASLD) was previously known as non-alcoholic fatty liver disease (NAFLD)².
- Risk factors for non-alcoholic fatty liver disease (MASLD) are type 2 diabetes, obesity, and metabolic syndrome².
- In inpatient settings, between 2020 to 2024, 22 percent of admissions had at least one risk factor for the disease coded in the record¹.
- In the Emergency Department in the same years, 10 percent of visits had at least one risk factor coded in the record¹.
- National Institutes of Health estimates that 24 percent of American adults live with MASLD².
- MASLD is usually a silent disease and may go unnoticed until more severe liver damage occurs².
- The primary defense against MASLD is healthy diet and exercise, which can reverse the disease and restore liver health².



Metabolic syndrome was observed in less than 1% of records in both settings.

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1. Epidemiology and Scientific Support Bureau, PHSD, MT DPHHS. (2020-2024). Montana Hospital Discharge Data System. Data provided courtesy of participating MHA members. 2. National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases (ndg). Nonalcoholic fatty liver disease (NAFLD) & NASH. Retrieved from <https://www.niddk.nih.gov/health-information/liver-disease/naflid-nash>.