WHO IS MOST AT RISK FOR MASLD?

Metabolic dysfunction–associated steatotic liver disease (MASLD) does not develop randomly. It is strongly linked to metabolic health patterns that are increasingly common in young adults.

Understanding these risk factors can help identify liver stress early, often before symptoms appear.

KEY RISK FACTORS

Insulin Resistance

When the body does not respond properly to insulin, blood sugar regulation becomes impaired. Excess glucose is converted into fat and stored in the liver, increasing the risk of fatty liver disease.

Abdominal or Visceral Body Fat

Fat stored around the organs, particularly in the abdomen, triggers inflammatory signals in the body. These signals promote fat buildup in the liver and increase the risk of liver inflammation.

Type 2 Diabetes or Prediabetes

Elevated blood sugar levels accelerate fat accumulation in liver cells and increase the likelihood of liver damage progressing over time.

Family History

Genetics can influence how the liver processes fat and how susceptible a person may be to liver inflammation or scarring.

You may be at higher risk if you:

- Are overweight or obese
- Have high blood sugar or diabetes
- Have high blood pressure
- Have high cholesterol or triglycerides
- Have a sedentary lifestyle
- Follow a diet high in sugar and ultra-processed foods
- Have a family history of liver disease

WHY IT MATTERS

Early Liver Damage is Often Silent

MASLD rarely causes noticeable symptoms in the early stages. Many individuals feel completely well while fat buildup, inflammation and early scarring slowly develop in the liver.

Early recognition can change the trajectory of liver health.

Early awareness. Healthier choices. Better liver health.

Educational resource. Not medical advice. Consult a qualified healthcare professional for personal medical concerns.

Sources

- American Association for the Study of Liver Diseases Practice Guidance on MASLD
- National Institute of Diabetes and Digestive and Kidney Diseases MASLD overview
- World Health Organization liver disease and metabolic risk information