

ABSTRACT

Background and Introduction: To estimate the prevalence and survey of the socio-demographic, physical activity, food habits, physical activity etc., correlates of type 2 diabetes among adults aged 20 years and above. In villages where health center facilities are not easily approachable, the use of IDRS in assessing the risk for Diabetes is well appreciated.

Methods: A cross-sectional community-based survey was conducted, among individuals of either sex, above 20 years age. Study variables included socio-demographic characteristics, physical activity, diet, and anthropometry. Written informed consent was obtained from all the subjects. During house visits, data were collected by personal face to face interview using a pre-designed questionnaire. The questionnaire included details on socio-demographic variables, anthropometric measurements, and physical activity status.

RESULTS: The total survey population was 469, among them 55.01% was male population, 44.99% were female population. Age group of 20 – 40 years were 62%, 41-60 age group were 27%, 61-80 age group were 11% .86.73% are married & unmarried were 13.22% . The people with diabetes was 7.04%, high risk Diabetes population was 30%, medium risk Diabetes Diabetes population was 34% & 36% was low risk population.