

ABSTRACT

Background and Introduction:

To estimate the prevalence of Diabetic and pre diabetic and survey the socio-demographic, physical activity, waist circumference, BMI and blood pressure etc., correlates of type 2 diabetes among adults aged 20 years and above. With fast modernization, and the stress caused due to modernization, made the urban population to get into high risk for many psychosomatic diseases. IDRS score that is used in this study has helped to identify pre-diabetics.

Methods:

The present study is among individuals of either sex, aged 20 years and above. Study variables included, socio-demographic characteristics, physical activity, and anthropometric parameters. Starting from the first house onwards all the houses within the lane were covered continuously, keeping towards the left. This procedure was continued until the whole locality was covered. Written informed consent was obtained from all the subjects. During house visits, data was 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:

1023 participants were surveyed. Among them 502 (49.09%) were men and 521 (50.93%) were women. Among them 25.22% participants were under the age group of 20-25 years, 50.04% participants were under the age group of 26-40 years, 19.55% participants were under the age group 41-60 years and 4.69% participants participated were under the age group of 61-70 years. By using Indian Diabetes Risk Score (IDRS), 23.75% of them are under high risk (IDRS \geq 50), 24.63% are under moderate risk (IDRS range in between 30-50) and 45.94% are under low risk (IDRS < 30).

Conclusion:

Results indicate that the Family History of a person highly influenced the diabetic status of an individual (59.45 % of diabetics have Family history). Also results indicate that the persons between the age range of 40 to 60Yrs are very highly prone for Diabetes (54.04% of diabetics are in the age range of 40 to 60Yrs). This study created awareness of diabetes and its complication in urban population of this region. The baseline data of the present study regarding the prevalence of T2DM could be useful for implementation of the National Program for control of Diabetes. Therefore, future research in this direction is a need of the time.