

ABSTRACT

Background and Introduction:

To estimate the prevalence and survey of the sociodemographic, 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 aged limiting to 70Yrs. 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 sociodemographic variables, anthropometric measurements, and physical activity status.

RESULTS:

The total survey population was 469, among them 55.01% was male population, 44.99% was female population. Age group of 18 – 90 years, 18-25 age group was 18.55%, 26-40 age group was 46.70%, 41-60 age group was 25.16%, 61-90 age group was 9.59%. 86.73% are married & unmarried were 13.22% . The people with diabetes was 7.04%, high risk Diabetes population was 5.33%, medium risk Diabetes Diabetes population was 47.76% & 39.87% was low risk population. Female population with diabetes are 12, male population with diabetes is 21. In the age group of 20-25 there are no diabetic people, in the age group of 26-40 there are 02 diabetic people, in the age group of 41-60 there are 18 diabetes people, in the age group of 61-70 there are 09 diabetic people. Among the diabetics in Doddatimasandra 82% have family

history of diabetes(either one or both parents). 36% of diabetics have family history of single parents being diabetic where as 46% have family history with both parents as diabetic.