

# **ABSTRACT**

## **Background and Introduction:**

To estimate the prevalence of Diabetes and Pre- Diabetes. 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:**

There were 502 men and 521 women. Among them 49.09% men and 50.93% women participants. Among them 25.22% are of the age group of 20-25years, 50.04% are of the age group 26-40 years, 19.55% are under the age group 41-60 years and 4.69% are under the age group of 61-90 years. From total population Diabetics are 5.77% and by using Indian Diabetes Risk Score (IDRS) diabetes risk score has been calculated. Among them 21.37% are under high risk, 40.46% of them are under moderate risk and 38.17% of them are under low risk.

## **Conclusion:**

Results indicate that the Family History of a person highly influenced the diabetic status of a person (49.15% of diabetics have Family history) Also results indicate that the persons are

very highly prone for Diabetes between the age range of 30 to 50Yrs (59.32% of diabetics are in the age range of 30 to 50Yrs). Among the Pre-diabetics with high risk Maximum percentage are from the age group of 30 to 50Yrs. Among the moderate risk 80.25% are in the age group of 21 to 40Yrs. 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.