

Prevalence and Risk Factors of Diabetes Mellitus among Adults residing in Field-Practice area of B. J. Medical College, civil hospital, Ahmedabad

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Abstract

Background & Aims: The worldwide prevalence of Diabetes Mellitus (DM) has risen dramatically in the developing countries over the past two decades. Diabetes Mellitus is emerging as a major health-care challenge for India. So the aim of this study is to determine the prevalence of Diabetes Mellitus among the adult population > 30 years of age and to assess the risk factors of Diabetes Mellitus. **Materials and Method:** This was a population-based cross-sectional study carried out in the urban field practice area of tertiary care medical teaching institute in Ahmedabad, Gujarat. Simple random sampling technique was used for the selection of 1900 adults, 30 years of age and above. Main outcome measures were the assessment of the prevalence of Diabetes Mellitus and correlates of Diabetes Mellitus. A Pre-designed and pretested questionnaire was used to elicit the information on family and individual socio-demographic variables. Height, weight, waist circumference, hip circumference, blood pressure were measured and venous blood was also collected to measure fasting and postprandial blood glucose. **Results:** Overall the prevalence of DM was 20.0% with known DM being 6.2% of study population and undiagnosed DM being 13.8% subjects. Significant association was seen between prevalence of DM and age, Obesity and Hypertension. **Conclusion:** It was observed that every 5TH study subject is having Diabetes Mellitus. Adults with age >40 years, Obesity and Hypertension, belonging to middle/ high class are more likely to develop Diabetes Mellitus. Also family history of Diabetes & sedentary lifestyle were seen as risk factors. **Keywords:** Diabetes Mellitus, Fasting glucose level, Obesity, Hypertension.