

A Study on Prevalence and Associated Risk Factors for Type-2 Diabetes Mellitus in the Individuals Aged 20 Years and Above in Guntur City

G Sreekanth, K Prashanth

Dr. G Sreekanth, Assistant Professor, Department of Community Medicine, Rajiv Gandhi Institute of Medical Sciences [RIMS], Adilabad. Email: mbbs.sree@gmail.com Mobile: +919030452552

Abstract

Background: Diabetes Mellitus is emerging as a major health problem owing to its serious complications. It is important to assess the various factors contributing to the occurrence of the diseases so that by limiting these factors the progression of the disease in patients can be controlled. Hence, the present study was undertaken to determine the risk factors for T2DM amongst individuals aged above 20 years in Guntur city, Andhra Pradesh. **Methods:** Community based descriptive cross sectional study was carried out at The subjects included in the present study were the people aged 20 years and above residing in the 17 administrative wards of the total 52 administrative wards in Guntur city. **Statistical analysis:** chi-square test, proportions was used to study the association of different risk factors with prevalence of type 2 DM. p-values <0.05 was considered as statistically significant. **Results:** Age, occupation, Body Mass Index, diet, smoking, alcohol, truncal obesity and family history of DM were significantly associated with T2DM Interpretation and conclusion: The prevalence of T2DM was influenced by predictors such as age, occupation, BMI, diet, Smoking, alcohol consumption, truncal obesity and family history of diabetes. **Conclusion:** The prevalence of T2DM was 21% the highest prevalence was seen in the age group of 50-59 years, but there was no difference in the prevalence gender wise. The prevalence of hypertension is higher in diabetics compared to non-diabetics and the difference is statistically significant.