

Prevalence of Type II Diabetes Mellitus and Assessment of Risk Factors Along with the Health Seeking Behavior amongst Diabetics of Slums in Delhi

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Background

India has earned the dubious distinction of being the “diabetes capital of the world”. As cited by the International Diabetes Federation Atlas 2012, there are 63million diabetics in India. The slum population seems to be at greater risk of developing diabetes.

Aims & Objectives

To ascertain the prevalence of type II diabetes and its risk amongst the slum population of Delhi and to assess their health seeking behavior.

Material & Methods

A cross sectional study was carried out in urban slums with 1000 participants aged 18 years and above. A pre-designed, pre-tested, semi-structured questionnaire was administered to subjects after a written informed consent. Status of type II diabetes mellitus was based on available health records. Indian diabetes risk score (IDRS) was used to assess individuals at risk of developing diabetes. Data

was analyzed using SPSS v16.0. ‘p-value’ less than 0.05 was considered significant.

Results

The interim data of 349 participants (53.9% males, 46.1% females) is being presented. Prevalence of diabetes was 6.0% (5.9% amongst males, 6.2% amongst females)($p>0.05$), higher in age ≥ 50 years (20.5%) ($p<0.001$), sedentary workers (16.7%)($p=0.001$), IDRS score >50 (18.5%)($p<0.001$). Education, per-capita income, waist-hip ratio, family history did not have significant relationship with risk of DM. General symptoms reported were giddiness (47.6%), thirst (57.1%), frequent urination (85.7%), weight loss (28.6%), infections (14.6%). 2 out of 21 diabetics did not take medication and 2 were on insulin.

Conclusions

The prevalence of type II DM was 6%, with increased risk among individuals aged 50 years or more, sedentary workers and IDRS score ≥ 50 . There is a need to promote healthy lifestyle focusing on regular exercise and balanced diet.