

ABSTRACT

Background and Introduction:

Diabetes Mellitus is developing as a chief health problem owing to its serious difficulties. It is important to assess the various factors contributing to the incidence of the disease so that by limiting these factors the advancement of the disease in patients can be controlled. Hence, the present study was commenced to determine the risk factors for T2DM amongst adults aged above 20 years in rural population of North Karnataka.

Methods:

We conducted a cross-sectional community based survey, among persons of either sex, aged 20 years and above. Study variables included, socio-demographic characteristics, physical activity, and anthropometric. Starting from the first house onwards all the houses within the lane were covered continuously, keeping towards the left. This process was continued until the whole village is covered. Written informed approval was obtained from all the subjects. During house visits, data was collected by personal face to face discussion using a pre-designed questionnaire. The questionnaire included details on socio-demographic variables, anthropometric measurements and physical activity position.

Results:

There were 212 men and 228 women. There were 48.18% of men and 51.82% women participants. 19.1% of the people are in the age group of 20-40 years and 35.9% of the people are in the age group of 41-60 years, 4.9% of the people are in the age group of 61-90 years, and 4.5% of the people are in the age group of 61-90 years. The overall prevalence of diabetes

was 5.90%, and 13.29% of the people are in High Risk for Diabetes, 51.69% of the people are in moderate risk for diabetes and 35.02% of the people are in low risk diabetes.

Out of the 26 diabetes 73% of them are of the age range 40-60years, 11.5% are of age range 20- 40years and 15% are of age above 60 years and above. Out of the 26 diabetes 38.5% have family history.

Among the 167 person who have medium risk for DM, 9.5% have family history, out of the 167 medium risk persons 26% people are of age range from 40-60. And 63% people are of age range from 20-40years and 11% people of age range above 60.

Conclusion:

The prevalence of diabetes is 5.90%. As per the IDRL score 13.29% of the people are in High Risk for Diabetes, 51.69% of the people are Medium Risk for diabetes.

Maximum (i.e. 2/3rd of) diabetics are of age range 40-60 years and almost 2/5 of the diabetics are having family history. Among the medium risk diabetics almost 2/3 are of the age range 20-40 years. This shows more risk for young generation.

Regular yoga practice can reduce the possibilities due to family history because family history gives only possible tendency. Positive changes in life style, exercise, relaxation and diet can possibly reduce this. Similarly youngsters of medium risk also can avoid getting into problem by adhering to yoga.

This study created alertness of diabetes and its complications in rural people of this region.

The standard data of the present study concerning the prevalence of T2DM and its related

risk factors could be useful for implementation of the National Program for control of Diabetes. Hence, future research in this direction is a necessity of the time.

Among the medium risk diabetics almost 2/3 are of the age range 20-40 years. These shows more risk for young generation.

Regular yoga practice can reduce the possibilities due to family history because family history gives us possible tendency. Positive changes in life style, exercise, relaxation and diet can possibly reduce this. Similarly youngsters of medium risk also can avoid to get into problem by adhering to yoga.