

ABSTRACT

Background

There is evidence for high prevalence of Type 2 diabetes mellitus and pre-DM in both rural and urban areas of India. Apart from pre-diabetes and diabetes there is large population which are at risk of T2DM. We carried out survey study in the Anantapur population as a part of the Niyanthritha Madhumeha Bharata Abhiyan (NMB) sponsored by AYUSH ministry and locally controlled by the associates or the extended arms of leading yoga institutes like SVYASA.

Aim:

Present study intended to determine prevalence of Diabetic Risk among population in Anantapur, Andhra Pradesh.

Methodology:

We surveyed 311 participants residing in Anantapur of Andhra Pradesh India in the age range of 21 years to 75 years. Door to door survey method was used. Subjects were assessed for diabetes risk using Indian Diabetic Risk Score scale (IDRS). Total 311 persons were covered. Data was analyzed using Microsoft Excel and presented in the mean, SD and percentage. Subjects with known history of diabetes, physical handicapped, suffering from major chronic health problems were excluded from the study.

Results:

The prevalence of diabetic risk in Anantapur population is observed as below.

- ♣ As per the IRDS survey the sample in the high risk category is in the order of 52.73%.
- ♣ In the higher age group of 51years and above it is 23.47%, where as in
- ♣ 35 years to 50 years it is 26.37%, and in
- ♣ 34 years and below it is 2.89%.

Conclusion:

Among 311 people surveyed in Anantpur district we found 52.73% people at the risk of T2DM.