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An epidemiological study on diabetes mellitus in a slum of Kolkata city in West Bengal, India

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Background: Diabetes is a silent killer of the century. It has been defined as fasting blood glucose-126 mg/dl (7.0 mmol/L) and post-prandial blood glucose-200 mg/dl (11.1 mmol/L). Diabetes mellitus causes silent but irreversible damage to different organ systems and it increases the chance of cardiovascular diseases with very rapid progression. In India the prevalence of diabetes in adults was found to be 2.4% in rural and 4.0-11.6% in urban dwellers.

Objectives & Methodology: A cross sectional observational study was done in a sample population of 235 slum dwellers to estimate the prevalence of diabetes mellitus, to determine the association of the biosocial risk factors and to assess the awareness among the study population.

Findings: Prevalence of diabetes mellitus among the total study subjects was found to be 17.45% with prevalence of 20.93% among the female and 13.21% among the male. Awareness about diabetes mellitus was more in the female (8.53%) than male (6.6%). Significant statistical association of diabetes mellitus was observed with age, marital status, physical exercise, diet, family history, obesity, hypertension and hypercholesterolemia.

Recommendations: Recommendations were made to adopt healthy life style by quitting addiction, reduction of obesity by diet control and regular physical activities, etc.

Biography

Shibani Datta is a Professor of Public Health in All India Institute of Hygiene and Public Health. Previously, she was a Professor of Calcutta Medical College which is a very renowned college in West Bengal India. She was the Team Leader of Central Surveillance Team of India. Many of her research works have been published in national and international journals.

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