The Risk assessment of Type 2 Diabetes using Indian Diabetes Risk Score among the rural residents of Puducherry.

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INTRODUCTION

➢ Diabetes mellitus is a major clinical and public health problem. And one the leading cause of long-term morbidity.

➢ More than 50% of the diabetic subjects in Indian remain unaware of their diabetes status, which adds to the disease burden. The risk factors are non-modifiable and modifiable.

➢ A simplified Indian Diabetic Risk Score (IDRS) for screening of undiagnosed diabetic subjects was developed by Mohan diabetes foundation, Chennai.
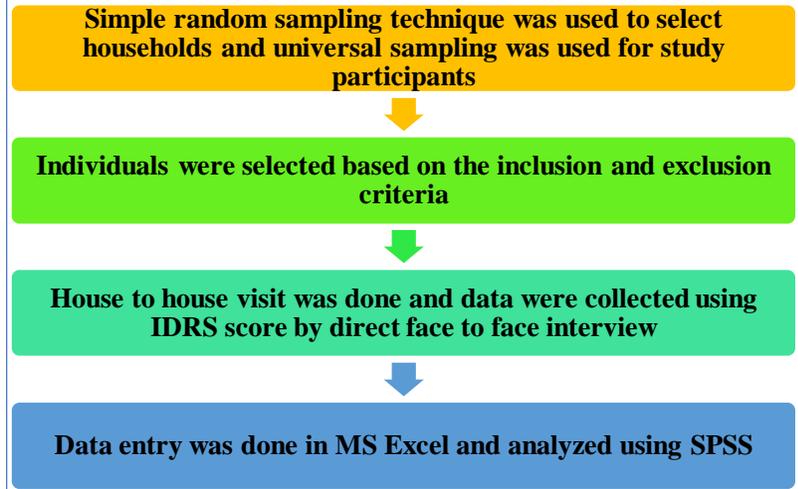
OBJECTIVES

❖ To assess the risk of DM among the rural residents using IRDS.

MATERIALS AND METHODS

Study design	•Cross-sectional study
Study setting	•Rural field practice area of SLIMS, Puducherry
Study period	•4 months (June to September 2021)
Study population	•>18 years of age
Sample size	•300 individuals
Sampling technique	•Universal sampling
Study tool	•Indian Diabetic Risk Score (IDRS)
IEC	•Ethical approval obtained

METHODOLOGY

Simple random sampling technique was used to select households and universal sampling was used for study participants

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Individuals were selected based on the inclusion and exclusion criteria

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House to house visit was done and data were collected using IDRS score by direct face to face interview

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Data entry was done in MS Excel and analyzed using SPSS

RESULTS

▪ The study population lies between the age group of 18-28 of which 47% were male and 53% were female. They were among skilled workers (26.7%). Majority of the study population had no regular physical activity (52%) and had no family history of diabetes (52.6%) The study population were normal (33.3%) in their BMI were non vegetarians(89%).

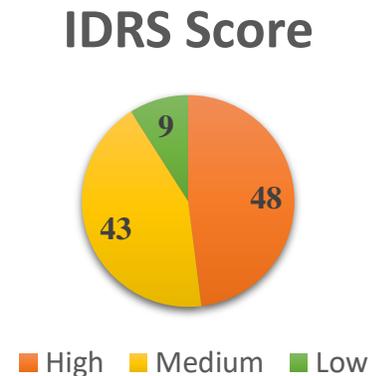**Fig:1 Distribution of Type II Diabetes risk among study population**

IDRS Score

High 48, Medium 43, Low 9

■ High ■ Medium ■ Low

Table:1 Determinants of Type II Diabetes risk (N=300)

	PARAMETERS		FREQUENCY (n) / Proportion (%)
AGE		< 35 years	115 (38.3)
		35-49 years	87 (29.0)
		≥ 50 years	98 (32.7)
WAIST CIRCUMFERENCE	Female	< 80 cm	32 (20.0)
		≥ 80-89 cm	75 (46.9)
		≥ 90 cm	53 (33.1)
	Male	< 90 cm	66 (47.1)
		≥ 90-99 cm	56 (40.0)
		≥ 100 cm	18 (12.9)
PHYSICAL ACTIVITY		Strenuous activities	36 (12)
		Mild physical activity	108 (36)
		Sedentary activities	158 (52)
FAMILY HISTORY OF DM		No DM in parents	158 (52.7)
		One parent is diabetic	104 (34.7)
		Both parents are diabetic	38 (12.3)

■ This study showed that the rural population lacks physical activity and have a high IDRS. Early detection of risk of diabetes by periodic screening would be effective in controlling the diabetes.

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