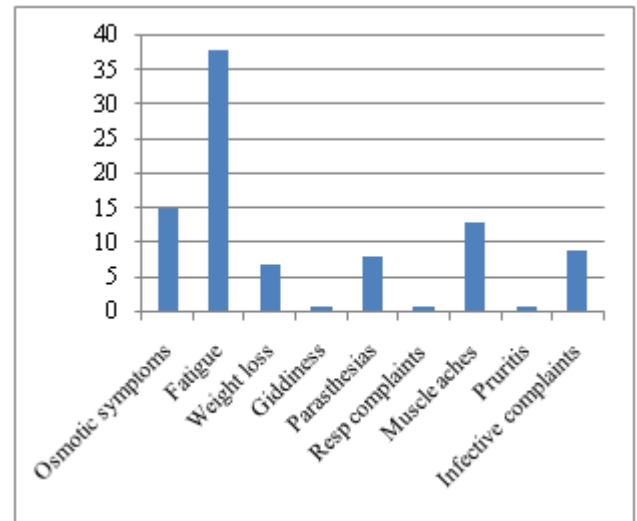
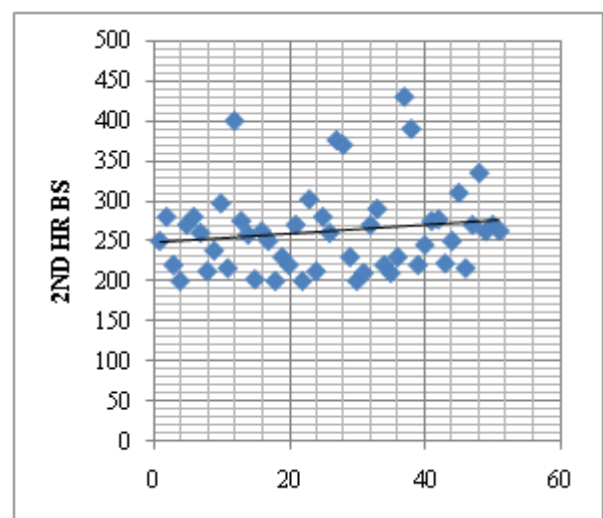
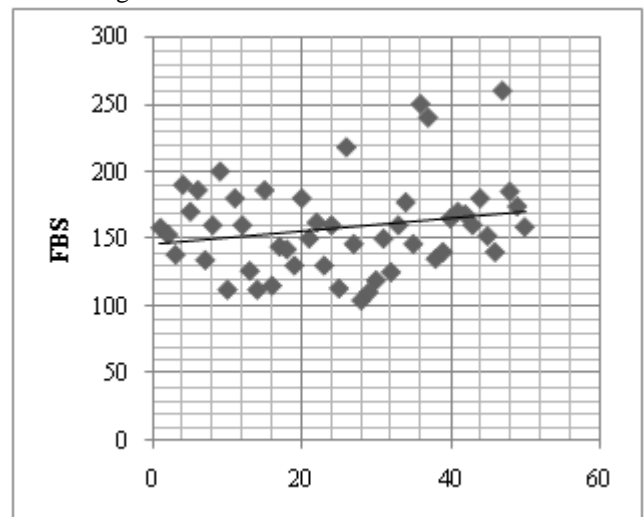


Sl No	Variable	N=50
1	Age in years	
	40-50	30
	51-60	16
	>60	4
2	Sex	
	Male	30
	Female	20
3	Educational qualification	
	Illiterate	16
	Primary	8
	High school	14
	10th and above	12
4	Religion	
	Hindu	37
	Muslim	10
	Christian	3
5	Occupation	
	Farmer/ agricultural laborer	25
	Housewife	17
	Others	8
6	Family history of diabetes	
	Present	23
	Absent	27
7	History of childhood obesity	
	Present	26
	Absent	24
8	Physical activity	
	Active	18
	Moderate	20
	Sedentary	12
9	Smoking	
	Present	10
	Absent	40
10	Alcoholism	
	Present	11
	Absent	39
11	BMI	
	18.5-22.9	3
	23-24.9	10
	25-29.9	19
	30-34.9	14
	>35	4
12	Waist circumference	
	Male	
	>90	25
	<90	5
Female		
>80	18	
	<80	2
13	Waist hip ratio	
	Male	
	<0.95	7
	0.96-1.0	11
	>1	12
	Female	
<0.8	2	
	0.81-0.85	4
	>0.85	14
14	Blood pressure	
	Normal	30
	Pre HTN	10
	Stage1 HTN	5
	Stage2 HTN	5

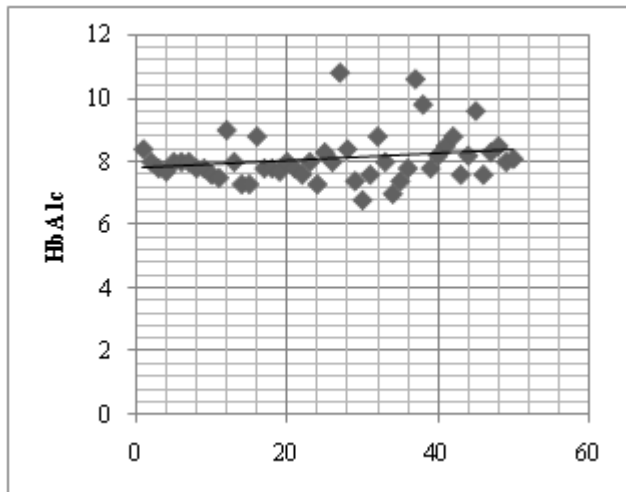


OGTT was done in all patients with symptoms suggestive of diabetes. Fasting blood sugar ranged from 110mg/dl to 260 mg/dl with a mean FBS of 158.6 mg/dl. 2nd hr blood sugars ranged from 200mg/dl to 400 mg/dl with a mean 2nd hr sugar of 262.4 mg/dl.



Glycosylated hemoglobin is done in all patients to diagnose diabetes and the diagnostic value is more than or equal to 7. The value ranged from 7 to 10.8 and the mean value is 8.

Fatigue is the commonest presenting complaint followed by osmotic symptoms like polyurea, polydypsia.



5. Discussion

India, with 1.2 billion people is the second most populous country in the world and is currently experiencing rapid epidemiological transition. Under nutrition due to poverty which dominated in the past, is being rapidly replaced by obesity associated with affluence⁶. Industrialization and urbanization also contribute to increased prevalence of obesity. Studies from different parts of India have provided evidence of the rising prevalence of obesity. This study was done in rural population and risk factors leading to diabetes are studied. Rural India which is well known for hard working and fit personalities is slowly being replaced by childhood obesity, less physical activity, adult obesity, increased waist circumference and increased incidence of metabolic diseases like diabetes and coronary artery disease.

DM was highest in people who were illiterate and with primary education. This shows role of education in prevalence of diabetes.

DM was more prevalent in housewives and men who are moderate to sedentary men with farming profession.

DM was higher in the people who had a positive family history of diabetes as compared to those who did not. The above is consistent with results Gupta et al [3].

DM was prevalent in obese individuals. Similar results were reported by Mc Keigue PM 1991 [4].

Among diabetics 20% are hypertensive. Similar results were reported by Gress et al [5].

6. Conclusion

Rural India which is well known for hard working and fit personalities is slowly being replaced by childhood obesity, less physical activity, adult obesity, increased waist circumference and increased incidence of metabolic diseases like diabetes and coronary artery disease.

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