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INDIA: “THE DIABETES CAPITAL OF THE WORLD”
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This abstract provides an overview of the current situations of diabetes mellitus type 2 as an epidemic in India, mentioning IDRS (Indian diabetic risk score), diabetes in urban and rural population, to spread knowledge, awareness and the cost of this chronic co-morbid disease in India.

India as the looming “Diabetic Capital Of The World”, with millions of patients being affected by the disease makes it the objective of reviewing the study.

This is a review of Phase I results of the Indian Council of Medical Research–India Diabetes (ICMR–INDIAB) study in which a total of 363 primary sampling units (188 urban, 175 rural), in three states (Tamilnadu, Maharashtra and Jharkhand) and one union territory (Chandigarh) of India were sampled using a stratified multistage sampling design to survey individuals aged ≥ 20 years. The prevalence rates of diabetes were assessed by measurement of fasting and 2h post glucose load capillary blood glucose.

Of the 16,607 individuals selected for the study, 14,277 (86%) participated, of whom 13,055 gave blood samples. The weighted prevalence of diabetes (both known and newly diagnosed) was 10.4% in Tamilnadu, 8.4% in Maharashtra, 5.3% in Jharkhand, and 13.6% in Chandigarh.

India is the world capital of silent killer disease diabetes but many people in the country continue to silently suffer the disease without actually knowing it. It is a major cause of blindness, kidney failure, cardiovascular disease, reductions in quality of life and premature death, In addition to causing much human suffering, it imparts major economic burdens, costing an estimated annual \$174 billion in the India alone, and an increasing burden on medical care systems and resources everywhere. A country like India experiencing rapid socio-economic progress and urbanization, In both urban and rural areas, India carries the highest burden of diabetes with escalating prevalence Diabetes has emerged as a major public health problem in the 21st century.

IDRS is the strongest predictor of diabetes among Indians, IDRS was developed using four simple parameters namely age, abdominal obesity, family history of diabetes, and physical activity. In the poor country like India, it is highly cost effective way of testing of diabetes. IDRS also helps to distinguish type 2 from non-type 2 diabetes mellitus. The prevalence of diabetes is not only high but increasing steadily in urban India. A 6-fold higher prevalence of diabetes is in the urban population as compared to rural (12% vs. 2%) that has been reported.

The review of study concluded that in, Maharashtra will have 6 million individuals with diabetes, Tamilnadu will have 4.8 million with diabetes, Jharkhand will have 0.96 million with diabetes, and Chandigarh will have 0.12 million with diabetes. Projections for the whole of India would be 62.4 million people with diabetes. For the prevention of diabetes, Health care providers need to assess risks, screen appropriately, and educate the public time to time.