FACTORS AFFECTING THE PREVALENCE OF DIABETES MELLITUS

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Prevalence of diabetes mellitus has risen faster in low and middle income countries than in high income countries. An estimated 422 million people are suffering from diabetes worldwide. Many environmental factors contributed to development of diabetes. But the majority of the humankind is unaware of the factors of the prevalence for this. This study determines the various socioeconomic and demographic factors underlying the prevalence of diabetes mellitus. A cross sectional study was conducted among 100 participants chosen from a cluster sampling. The data about the socioeconomic status, occupation, body mass index, place of residence and food routine were collected and analysed. Out of 100 participants, 51% were suffering from diabetes mellitus and 61% of them were females. They were from various occupations, educational levels and socio-economic levels. Among them diabetics, 56.9% had family history of diabetes; and 47.10% were doing sedentary work. There was a significant association between diabetic and BMI $x2$ (3) = 31.041, p = .000. With a decreasing level of physical activity, people are more likely to be diagnosed with diabetes. Socioeconomic and demographic factors influence the commencement and evolution of diabetes mellitus. The majority of diabetic patients were doing sedentary work, had least knowledge of self-monitoring, and had a bad food routine. Therefore, measures must be taken to implement health policies to make the society aware about the diabetes mellitus.

Keywords: Diabetes Mellitus, Economic Burden, Risk Factors