

STUDY ON THE PREVALENCE OF TYPE 2 DIABETES MELLITUS AMONG WOMEN POPULATION OF BANGALORE

Dr. Sangeetha Menon, Dr. Shweta Sharma, Dr. Manikandan Kathirvel

Department of Life Sciences, Kristu Jayanti College (Autonomous), Bengaluru-560077

ABSTRACT:

India has observed the most devastating increases in the burden of diabetes especially type 2 *Diabetes mellitus* in the contemporary era. The high prevalence of Diabetes mellitus may be due to the rapid urbanization of the suburban regions. Diabetes mellitus continues to increase as a result of rapid cultural and social changes, such as increasing urbanization, aging populations, dietary changes, reduced physical activity and unhealthy behavior. The development and maintenance of healthy lifestyle behaviors are among the most promising strategies for reducing complications and premature death among women living with Type 2 Diabetes Mellitus (T2DM). There is currently insufficient information available on the prevalence of type 2 diabetes and associated factors in the women population of Bengaluru. With this context, the present study was undertaken to determine the prevalence of diabetes mellitus and its association with various risk factors among the women population of Bengaluru, Karnataka. Diabetes in the majority of Women was seen below 40 years of age group and was prevalent in all categories of workers i.e. heavy, moderate, and sedentary. Most of the detected Diabetes cases had Body Mass Index (BMI) >25 and Waist Hip Ratio (WHR) > 0.85, a risk factor for development of Diabetes. The majority of them had a positive family history and didn't exercise or practice dietary restrictions. The association between increasing age, low educational status, obesity, waist circumference, and diabetes mellitus was found to be significant. It was observed that the association between family history of diabetes and other risk factors in females and diabetes mellitus was highly significant.