

Study of Risk Factors for the High Prevalence of Type 2 Diabetes in the People of Jammu

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KEYWORDS Type 2 Diabetes. Risk Factors. Jammu

ABSTRACT The study was carried out to identify the contribution of risk factors to the susceptibility to T2DM among the people of Jammu region of Jammu and Kashmir state in North India. For this, a total of 250 diabetic patients (140 male, 110 female) and 150 non-diabetic controls (90 male, 60 female) were recruited from Jammu. A general health questionnaire was used to collect information about age, sex, onset of diabetes, smoking, alcohol intake, diet pattern, physical activity, household information and family history of diabetes. Anthropometric measurements of height, weight, waist and hip circumference were also taken on all subjects. In our study mean age of diagnosis of T2DM was 53.28 ± 9.98 years. The average duration of diabetes was longer in males than in females (10.16 ± 11.37 yr vs. 7.17 ± 5.05 yr). The mean BMI value did not vary among diabetic and non-diabetic subjects (25.91 ± 3.82 vs. 24.91 ± 3.65 ; $P = .011$) but male diabetics have higher BMI as compared to females. Diabetic complications are higher in T2DM subjects than in Control population (28 percent CHD, 32 percent Hypertension, 40 percent Ocular Problem). It is concluded that the Jammu population in North India is at a higher risk of developing diabetes and its related complications.