

## ABSTRACT

Diabetes mellitus (DM) have become one of the principal cause of death and a disease burden globally. Because of the fast change of lifestyle in Pakistan, there is a threat that diabetes may become widespread. Lahore is one of the major cities of Pakistan, where considerable increase in urbanization could observed. So there is the need to examine the prevalence of diabetes and pre-diabetes in Lahore, Pakistan. We have run a cross-sectional study survey of representative sample of 403 individuals aged from 20 to 79 years, collected in November 2019 to February 2020 from all the five tehsils of Lahore using multistage probability sampling. Undiagnosed subjects underwent eight hours fasting plasma glucose-tolerance test. Ordinal logistic regression was applied to observe the predicted probability model.

The total prevalence of diabetes and impaired fasting glucose (IFG) were 25.06% (26.18% in males and 23.53% in females) and 17.87% (19.74% in males and 15.3% in females) respectively. Out of 233 males and 170 females, pre-diagnosed or self-reported subjects were 42 (18.03%) and 25 (14.71%) respectively. Prevalence of diabetes increased with growing age 3.7%, 9.7%, 30.8%, 50.9%, 62.5%, and 90.0% among those who were 20 – 30, 31 – 40, 41 – 50, 51 – 60, 61 – 70, and 71 – 80 age level respectively. Age, job area, regular leisure time physical activity (RLTPA), family history, hypertension, and Body Mass Index were the significant covariates for ordinal logistic regression model. Diabetes and IFG was more prevailed in urban areas. The subjects whose RLTPA is for longer time are less likely to undergo total diabetes (DM+IFG).

According to these results DM has become a leading health problem. Public awareness and prevention programs should be conducted at government level. People should disconnect themselves with sedentary lifestyle.