

Abstract

The incidence of diabetes and effects of different risk factors on diabetes was estimated in a cross-sectional hospital based study both with descriptive and Analytic components. Sample of 580 patients aged 20 years and above (150 men, 427 women) entering the diabetic center as outdoor patients during the month March 2002-August 2002 was taken. Urine and blood glucose test were performed and the diagnosis of diabetes was made according to WHO criteria. Heights, weight, BMI and Blood pressure of the study population were recorded. The chi-square test was used to measure the association among the different variables and Logistic Regression technique was applied to check the main significant risk factor and for the prediction of model. A physician using a standard questionnaire collected basic demographic information from the subjects. In overall analysis the factor obesity (O.R=2.204,P=0.000), Exercise (O.R = 0.173,P=0.000), and hypertension (O.R=1.056,P=0.004) were significant. But Exercise was negatively associated while hypertension and obesity was positively associated with DM. In males only family history of diabetes is the main significant risk factor, which was positively associated with DM, and in females Exercise, obesity and hypertension were the significant risk factors whereas obesity and hypertension in females were positively associated while Exercise as in the overall analysis was negatively associated. The study highlighted the result that DM is not due to any single risk factor but this disease may cause due to more than one risk factor. As in this study and other studies in Pakistan it is observed that obesity is the main cause of diabetes disease.