

## Prevalence and Risk Factors of Diabetes Mellitus among Adults in Batticaloa District – A pilot study

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Diabetes Mellitus is one of the Non-Communicable Diseases (NCDs) and also an important public health problem in the world. This chronic disease is expected to rise due many factors including rapid population growth, urbanization, aging population, obesity and physical inactivity as well. The objective of this study was to determine the prevalence of diabetes mellitus and distribution of its risk factors among adults in Batticaloa district. This cross sectional descriptive pilot study was carried out in a sample of 100 participants aged 20 and above by multistage random cluster sampling method. The socio-demographic data were collected by pre-tested interviewer administrated questionnaire while the anthropometric parameters and their blood pressure (BP) were measured manually. The Glycosylated hemoglobin (HbA<sub>1c</sub>) was tested in all participants. The study population consisted of 28 (28.0%) males and 72 (72.0%) females with a mean age of 51.8±13.9 years. The overall prevalence of Diabetes Mellitus in this study population was 39.0%. Participants with physical inactivity are 12 times more likely to develop Diabetes Mellitus than those who are physically active in this study population (OR 11.75, 95% CI 2.54 -15.27). The prevalence of Diabetes Mellitus in our study is high compared to the studies done in other parts of Sri Lanka. Thus, it seems the prevalence of Diabetes Mellitus is on increase among the adults. There is a need for active screening for Diabetes Mellitus among the adults in Batticaloa district in larger scale.

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