

**A-13 Some epidemiological aspects of non-insulin dependent Diabetes mellitus in a defined population in Sri Lanka**

S M Samarage\*

*National Institute of Health Sciences (NIHS), Kalutara*

A cross-sectional prevalence study was undertaken to estimate the prevalence of non-insulin dependent diabetes mellitus (NIDDM) and impaired glucose tolerance, in the field practice area of the NIHS in the Kalutara district.

1480 adults (aged 25 - 74 years) were selected by stratified cluster sampling. A pre-tested, coded questionnaire was used to obtain information on socio-demographic variables, personal and family history. Oral 75g 2-hour glucose tolerance test was performed on the study subjects. Glucose was measured in capillary whole blood using a reflectance photometer. Data collection was carried out between October 1993 and January 1994, with 2 survey teams working concurrently at different survey sites. Strict standardisation of methodology was sought through pretraining and in-survey checks. Edited data was analysed using a computer. Basic descriptive statistics are presented. Age-standardised prevalence and associated 95% confidence intervals were calculated by the direct method.

Based on the 75g oral glucose tolerance test and World Health Organization criteria, the age-standardised prevalence rate for NIDDM was 8.1% (95% Confidence Interval {CI} 6.6 - 9.6) and impaired glucose tolerance 12.9% (CI 11.2 - 14.6).

The age-standardised prevalence of NIDDM was significantly greater in men (9.4%, CI 6.6 - 12.2) than in women (7.2%, CI 5.7 - 8.7). By contrast the prevalence of IGT was significantly higher in women (14.5%, CI 12.4 - 16.7) than men (8.5%, CI 5.9 - 11.0).

There is a considerable reservoir of undetected NIDDM subjects in the study population (~50% of total cases).

This study suggests that non insulin dependent diabetes mellitus may be a prevalent disorder amongst the adults in Sri Lanka.

Financial assistance by the Health Systems Research Project of the NIHS, Kalutara is acknowledged.

\* Present Address: Organization Development, Management Development & Planning Unit, Ministry of Health & Indigenous Medicine, Colombo 10