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عنوان مقاله:

Prevalence of Diabetes Mellitus in Adult Residents of Rural Regions of Grash Town, Fars, Iran during ۲۰۱۵-۲۰۱

محل انتشار:

فصلنامه آموزش بهداشت و ارتقا سلامت, دوره 7, شماره 2 (سال: 1398)

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خلاصه مقاله:

Aims: To find prevalence and related factors of diabetes mellitus in rural regions of Grash Town located in central Iran (Fars province) composed of ۲۵ rural regions. Instruments & Methods: This cross sectional study was conducted on a sample of ۱۵۲۳ adults aged ≥۳۰ years, living in rural regions of Grash Town during ۲۰۱۵-۲۰۱۶. We used stratified random sampling. Participants were invited by calls and informed consent was obtained from all. We checked HbA۱c of participants and demographic information, past medical history, and some risk factors (BMI, familial and personal history of diabetes and level of physical activity) among them were investigated. Cases with HbA۱C≥۶.۵% were considered diabetics. Pregnant women and people with haemoglobinopathies, anemias, and chronic liver/renal diseases were excluded. Data were analyzed, using SPSS۱۹ software. Statistical significant level was <۰.۰۵ in this study. Findings: In this study, ۵۰۷(۳۳.۳%) cases were with HbA۱c≥۶.۵%, of whom ۲۴۱ (۱۵.۸%) were previously diagnosed as diabetic. Diabetes was associated with age (p<۰.۰۰۱), occupation (p=۰.۰۴), education (p<۰.۰۰۱), marital status (p<۰.۰۰۱), BMI (p<۰.۰۰۱), and familial history (p<۰.۰۰۱). Age ≥ ۵۰ years, familial history of diabetes, obesity/overweight, unemployment, low educational attainment, and loss of partner were all more frequent in diabetics. Conclusion: Prevalence of diabetes measured by HbA۱c in this study was greater than most previous studies in Iran. However, most studies have used FBS and we need further studies to determine optimal threshold of HbA۱c for diagnosis of diabetes in Iranian population. High risk people should be focused in preventive and control programs.

کلمات کلیدی:

Diabetes Mellitus, Glycated Hemoglobin A, Prevalence, Screening, Risk factor

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