

## ASSESSMENT OF T2DM ONSET RISK: A STUDY IN BENGALEE YOUNG ADULT FEMALES

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*India has the second largest number of people living with diabetes and almost one in every two people with diabetes are unaware about their status of being diabetics. Early screening of people at risk is fundamental to prevent or reduce the disease onset and consequences thereof to improve the quality of life. In this context, an attempt has been made to find out the scenario of risk of developing type 2 diabetes mellitus (T2DM) using Indian Diabetes Risk Score (IDRS) in young Bengalee adult females and to assess the association between IDRS and other predictors of diabetes risk such as body mass index (BMI), waist hip ratio (WHR), waist to height ratio (WHtR), neck circumference (NC) and socioeconomic status (SES). The present study was carried out on 51 young Bengalee adult consenting females in the age group of 18-24y residing in greater Kolkata. Anthropometric parameters including body height (cm), body weight (kg), waist circumference (cm) and hip circumference (cm) were measured and BMI ( $\text{kg.m}^{-2}$ ), WHR and WHtR were computed. SES was assessed by collecting required information. Information about two modifiable risk factors – waist circumference and status of physical activity and two non-modifiable risk factors - family history with regard to diabetes and age was recorded to identify the risk scenario of developing T2DM. The mean age of the participants was 20.4y. Mean values of BMI ( $\text{kg.m}^{-2}$ ), WC (cm), WHR, WHtR and IDRS of the participants were 26.99, 88.6, 0.86, 0.58 and 43.4 respectively. It could be noted from the present study that majority of the participants had moderate-high-risk of T2DM, and IDRS was significantly ( $P<0.05$ ) correlated with other factors of T2DM.*

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